



## Enrollment Cohort: Biweekly 2025-26

[Enroll Now To Save Your Seat](#) *Early Bird Enrollment Save 25% thru August 30, 2025.*

**Students in this cohort will be eligible to take the NBHWC exam in Summer of 2026 if all requirements of the National Board have been met (including the log of 50 coaching sessions).**

**Please click here to see the requirements:** <https://nbhwc.org/become-a-board-certified-coach/>

**Live Sessions on Saturdays:** Sept 9, 2025-March 7, 2026: attend 1 session per week

**Independent Work:** March 7, 2026-April 4, 2026 (can be completed early)

	Pacific Time	Mountain Time	Central Time	Eastern Time
Saturdays	6-9am pt	7-10am mt	8-11am ct	9-12pm et

Agenda: Weekly Focus	Saturdays
<b>Pillar 1</b> Module 1: Welcome and Introduction to Coaching and Discovery Sessions	09/20
Module 2 and 3: Hosting Discovery Sessions, Coaching with Intake Forms, Understanding Scope of Work	10/4
Module 4: Exploring a Client's Vision and Defining Goals	10/18
<b>Pillar 2</b> Module 5: Stages of Change and Motivational Interviewing	11/01
Module 6:: Integrating Values into Coaching	11/15
Module 7 and 8: Coaching Clients through Nutrition Goals, Coaching Clients who are Pre-Diabetic	11/29
<b>Pillar 3</b> Module 9 and 10: Coaching Clients through Stress and Emotional Wellness, Using Affirmations, Visions Boards, and Growth Mindset to Inspire Change	01/10
Module 11 and 12: Coaching Clients with Fitness Goals, Coaching Difficult Clients Who are Resistant to Change	01/24
<b>Healthy Lifestyle</b> Module 13: Coaching Clients with Chronic Health Conditions	2/07
Module 14 and 15: Coaching Clients with Alcohol, Tobacco, and other Drug Use, Coaching Clients through Life Balance Goals	2/21
Module 16: Holistic Coaching - Meeting the Whole Client	3/07

*Please note that some course content takes longer to master and some concepts require less practice time, thus some modules are combined with others within the biweekly schedule above.*



## FAQ's

### **Does this program qualify me for the National Exam or do I need to take another course?**

Yes, this certification program qualifies you for the NBHWC National Exam, no other courses are needed. You will receive a letter of eligibility along with your certificate once you've completed all program requirements (online content/modules and live, mock coaching sessions with your peers on Saturdays).

### **Will this program prepare me for the National Exam?**

Yes, this program will prepare you for the National Exam. In addition, we have an NBHWC study course available to you **for free** upon completion of the Expert Coach Center program.

### **How long is the program?**

Cohort	Weeks	Live Session Hours per Week
Spring (Feb-May)	16	2
Summer (June-July)	6	6 (2 days per week)
Fall (Sept-Jan)	16	2
Biweekly (Sept-Mar)	11	3

*All cohorts, regardless of timeline, have the exact same curriculum.*

### **Is there a final assessment I need to pass in order to earn my certification?**

Yes, the 4 weeks of independent work consist of showcasing your coaching skills through a collection of 3 recorded coaching sessions, completed with the same client, and a written reflection. As a requirement for certification, students must schedule three Zoom calls (20 minutes each) to obtain feedback on these sessions.

### **Can I finish early?**

Yes, 4 weeks of independent time is included after the culmination of the weekly live sessions. It is possible to do the independent work once 80% of the weekly course content has been completed.

### **What happens if I don't finish the classes within that time?**

You have a full year to complete the classes and you may attend the live sessions of another cohort at no additional cost. After one year, you may choose to re-enroll in a new cohort for a \$500 re-enrollment fee. The re-enrollment fee is necessary since you would be taking a spot in an additional cohort and we aim to keep our cohorts small.

### **I'm in the military, what happens if I need to pause my classes?**

If you are in the military and can provide the requested documentation, you are able to pause and return as your schedule allows. There is no additional cost with the proper documentation.

### **What else do I get with my enrollment?**



We welcome you to our private Facebook group where you can continue to collaborate with others in the field.

If you would like continued access to content, you can join our annual ECC membership for \$97.00/year. The proceeds help support our Wellness Warrior scholarship program. Membership includes access to our content bank, continued support from ECC instructors, and discounted CE courses through ECC.

### **What happens if I finish my classes but I don't make it to all the live sessions?**

- To earn your certificate as a Certified Expert Wellness Coach (CEWC) you will need to complete your coursework and log 30 live hours, in addition to passing the final Practical Skills Assessment. Your PSA counts towards the 30 hours.
- To earn your certificate of eligibility needed to register for the NBHWC exam, you will need to complete your coursework and log 40 live hours, in addition to passing the final Practical Skills Assessment. Your PSA counts towards the 40 hours.
- You are able to join the live sessions of another cohort during your 1-year access and can work towards achieving the required 40 live hours. If you need more time to complete the 40 live hours after your year expires, you can pay a \$500 re-enrollment fee and you will continue to have access to the live sessions.

### **Do you have a coupon code that I can use?**

Thanks for asking. I love to save money too! We offer coupon codes for early enrollments. These are posted on our website.

### **Do you have payment plans?**

Yes, we offer a 6-month and 12-month payment plan. Your tuition must be paid in full before receiving your certificate.

### **What if I enroll and then decide your program isn't for me?**

Please set up a no-pressure Q and A call with our success coach to make sure you are choosing the right certification program in advance. We believe in our product and provide fantastic support to our students, but understand that there is no "one size fits all" program. You can schedule a call via our "Contact Us" page.

We want this to be a great experience for you and if it isn't, we encourage you to reach out to our Owner and Director, Holly Miller, to discuss solutions. Holly can be reached at [hollymiller@expertcoachcenter.com](mailto:hollymiller@expertcoachcenter.com).