

Health Coaching

Program Materials

Most course materials are included in the cost of tuition. Course materials will be distributed in digital format and accessible through [Blackboard](#), Georgetown's learning management system.

Required Reading

Reading assignments will be outlined within the course syllabi on Blackboard for registered students. All books are available through major booksellers and online retailers.

- Arloski, M., *Wellness Coaching for Lasting Lifestyle Change*, 2nd ed, 2009
- Moore, M. and Tschannen-Moran, B., *Coaching Psychology Manual (Wellcoaches)*, 2010
- Whitworth, L, Kimsey-House, L., Sandahl, P. *Co-Active Coaching: New skills for Coaching People Toward Success in Work and Life*, 2nd edition. 2013
- Miller, W. R. and Rollnick, S., *Motivational Interviewing: Helping People Change*, 3rd ed, 2013
- Silsbee, D., *The Mindful Coach: Seven Roles for Facilitating Leader Development*, 2010.
- Hanh, T. N., *Peace is Every Step*, 1992.
- Prochaska, J. O., Norcross, J., DiClemente, C., *Changing for Good: A Revolutionary Six-Stage Program for Overcoming Bad Habits and Moving Your Life Positively Forward*, 2007.
- Emerald, D., *The Power of TED*, 2nd ed, 2013.

Updated 7/28/2016. Requirements subject to change.