



Health and Wellness Coaching Certificate Program
Spring 2023 Program Schedule

Modality Format: Synchronous Virtual (Live-Online) Cohort

Courses	Spring 2023 Cohort Dates
1. Health & Wellness Coaching Fundamentals: Psychology of Behavior Change	March 8-10, 2023
2. Health & Wellness Coaching Skills I	March 30-31, 2023
3. Health & Wellness Coaching Skills II	May 4-5, 2023
4. Health & Wellness Advanced Frameworks	June 8-9, 2023
5. Health & Wellness Integration	July 13-14, 2023
6. Your Health & Wellness Coaching Practice	August 16-18, 2023
7. Health and Wellness Focus Topics	March 10 – August 16, 2023*
8. Health & Wellness Coaching Practicum	March 10 – September 15, 2023**

*Online webinar instruction

**Training occurs within the first 6 class meetings