



# Core Coach Training (Module 1)

Our Core Coach Training program is widely respected as the gold standard. Our industry-first programs gave birth to a new professional, the Certified Health and Wellness Coach. Wellcoaches® Australia Core Coach Training (Module 1) is the first step in becoming a Certified Coach in Health and Wellness or Lifestyle Medicine.

The core training and certification programs, endorsed by our strategic partners, the Australasian Society of Lifestyle Medicine, the American College of Sports Medicine and the American College of Lifestyle Medicine, are designed for both medical and health professionals. They are also open to: those with no prior professional training in a health-related area, who wish to become trained and credentialed in health coaching; and those who do not intend to become a Health and Wellness Coach but wish to learn the skills and behaviours to apply in other settings as Personal Coach.

## WHAT YOU WILL LEARN IN THIS COURSE

Our classes provide you with the essential theories of coaching science and application of skills coaching, based on our Coaching Psychology Manual. In addition, you will receive our 10-hour coaching habits e-course.

Topics include:

- THE ROLE OF THE COACH
- GROWTH-PROMOTING RELATIONSHIPS
- COACH PRESENCE
- EXPRESSING COMPASSION
- CELEBRATING OUR BEST
- ELICITING MOTIVATION TO OVERCOME AMBIVALENCE
- BUILDING SELF-EFFICACY
- READINESS TO CHANGE
- BUILDING DREAMS AND VISIONS
- CRAFTING DESIGNS
- MEASURING RESULTS
- GENERATIVE MOMENTS
- ONGOING COACHING CONVERSATIONS
- COACHING MECHANISMS OF ACTION

The course includes many opportunities throughout the learning for students to practice their coaching skills with the support and guidance of Wellcoaches® faculty from Australia and the USA. Collectively, this faculty experience spans medical and allied health care, fitness, health executive coaching and health administration.

## WELLCOACHES® CORE COACH TRAINING IS ACCREDITED FOR CPD BY THE FOLLOWING ORGANISATIONS:



Completion of this educational activity entitles eligible participants to claim  
**15 CPD hours**

Completion of this educational activity entitles eligible participants to claim  
**27.5 CPD hours**

Completion of this educational activity entitles eligible participants to claim  
**16 CPD points**

If you'd like to speak with Wellcoaches® Australia about coach training or certification please contact us at: [admin@wellcoachesaustralia.com.au](mailto:admin@wellcoachesaustralia.com.au) or +61 (0)449 990 345



By consciously taking off the "expert hat", by being present, compassionate, using open-ended inquiry more and working from a partnership and facilitator approach. This helps elicit clients' true motivation, capacity to change and consolidation of their new habits. The process becomes curious and fun.

**- Helen, Health & Wellness Coach**

## WHY WELLCOACHES® AUSTRALIA?

Wellcoaches® was the first coaching school for health and wellness professionals, founded in 2000. We work in collaboration with the American College of Sports Medicine, the American College of Lifestyle Medicine and the Australasian Society of Lifestyle Medicine, and are first-movers in establishing evidence-based coaching science.

## EVIDENCE BASED. HIGH IMPACT. WE DEFINE THE CUTTING EDGE.

Video: [Wellcoaches® School of Coaching Training and Certification](#)

Read: Research about [Coaching Science](#) and its efficacy

**WOULD YOU LIKE  
SOMEONE FROM  
WELLCOACHES®  
AUSTRALIA  
TO CONTACT  
YOU?**



## OUR PARTNERS



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