



SCHOOL OF HEALTH AND HUMAN SERVICES

GRADUATE CERTIFICATE IN HEALTH COACHING

Enhance Your Coaching Skills

Extend and improve your ability to coach patients through lifestyle and health changes by enrolling in the Graduate Certificate in Health Coaching. This certificate program is designed for integrative health professionals, including physicians, nurses, chiropractors, nutritionists, pharmacists, acupuncture practitioners, naturopathy practitioners, physical fitness trainers, weight management coaches, and physical therapists, among others.

No matter what your background, this certificate will enhance the way you work with patients and clients. You'll have greater insight into their physical and mental needs and apply the knowledge you learned to help transform their lives.

Program highlights:

- Recognize how to use self-awareness tools to facilitate personal development and growth in self and in coaching clients
- Learn the core skills of motivational interviewing, when to use it, and why it's important in coaching
- Understand EQ assessment tools and how to use the results in coaching

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GRADUATE CERTIFICATE IN HEALTH COACHING

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This certificate is designed for integrative health professionals seeking to extend and improve their ability to coach patients through lifestyle and health changes. Potential students include physicians, nurses, chiropractors, nutritionists, pharmacists, acupuncture practitioners, naturopathy practitioners, physical fitness trainers, weight management coaches, and physical therapists, among others.

For admission to the graduate certificate program, students must meet all requirements for admission to a graduate degree program. For integrative practitioners and other interested individuals who are professionally prepared and licensed, but may not have completed a bachelor's degree, six of the eight courses are offered in partnership with Extended Learning and may be taken for nonacademic credit. Please see Extended Learning Catalog for more information on nonacademic coursework.

Program Learning Outcomes

Upon successful completion of this program, students will be able to:

- Demonstrate an understanding of coaching the “whole person.”
- Recognize how to use self awareness tools to facilitate personal development and growth in self and in coaching clients.
- Evaluate health coaching models and methods.
- Demonstrate knowledge of the coaching relationship.
- Be able to discuss the three phases of transition: endings, neutral zone, and new reality; recognize how to use exercises/tools to facilitate transition through coaching.
- Demonstrate an understanding of the core skills of motivational interviewing and when to use it, as well as why it is important for health coaching.
- Demonstrate knowledge of emotional intelligence and social intelligence.
- Demonstrate an understanding of the use of EQ assessment tools and how assessment results are useful in the coaching practice.
- Practice core coaching competencies with clients.
- Write a project-focused research paper, which results in the development of a coaching application, tool or training method.
- Describe the key elements of healing environments
- Demonstrate understanding of the elements and implications of holistic stress management
- Differentiate between allopathic and complementary and integrative health care practices.

Certificate Requirements

(8 courses; 36 quarter units)

To receive a Certificate in Health Coaching, students must complete the eight courses listed below. These include the six core courses, a practicum experience that requires students to complete 120 hours of coaching, and an independent study course that requires a project-focused research paper.

IHC 600	Intro to Complementary Healing
IHC 610	Self as Coach
IHC 615	Fundamentals of Health Coaching
IHC 620	The Coaching Relationship
IHC 635	Multiple Intelligences in Heal
IHC 630	Advanced Health Coaching Semin.
IHC 632	Practicum in Health Coaching
IHC 640	Independent Study