

**Organization Name: Wellcoaches Corporation**

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**What specific theorists have contributed to your coach training philosophies?**

Barbara Fredrickson

Martin Seligman

Ed Deci

Rich Ryan

Albert Bandura

James Prochaska

Bill Miller

Stephen Rollnick

Robert Kegan

Lisa Lahey

**What delivery method does your program use? (e.g.Face to Face, Virtual)**

Virtual

**How many participants are in a program?**

We have trained over 6,000 coaches

**What are the foundational core competencies that your program supports?**

Motivational Interviewing

The Transtheoretical Model of Behavior Change

Positive Psychology

Social Cognitive Theory

Self-Determination Theory

Immunity to Change

Appreciative Inquiry

Flow

Non-Violent Communication

Goal Setting Theory

**Who are your students?**

We specialize in enabling health professionals to: Become polished, professional, and confident health and wellness coaches, standing out from the crowd Work with clients in-person or by phone, in formal coaching programs or short interventions and visits, in individual or group programs, and a variety of settings – consumer, corporate, hospital, clinical practice, or health clubs.

**What philosophy(s) does your program use for the personal development of coaches?**

We believe in supporting the care of self and the care of others. We devote a lesson to the topic of self-care and authenticity, as well as to Coaching Presence and Being Skills.

**What do you do to support your students to determine the ROI of a coaching relationship?**

We offer Trainees and Members the use of our web coaching platform, and excellent resource for the tracking and measurement of client visions and goals.

**What kind of support, if any, does your program offer to your learners in developing a coaching business or managing an internal coaching program?**

Wellcoaches supports your lifelong journey in coaching through never-ending inspiration, learning, support, even transformation, while connecting you to the Wellcoaches community of coaches, now 6,000 strong in 50 countries. We offer two compelling and affordable membership programs: [Wellcoaches Membership](#) - delivers delicious coaching nuggets each month and helps you stay in touch with the Wellcoaches journey (we're growing as much as you are!)

[Coach-in-Practice Membership](#) - designed to meet your developmental needs as a coach, professional, business, and marketing

**What, if any, are the prerequisites for a student to enter your program?**

The health and wellness coach certification program is separate from and follows the coach training program. While the training program is available to all students, regardless of prior education, credentials, and experience, you must furnish proof of pre-requisites in the health field to become a Certified Health and Wellness Coach. We require certified health and wellness coaches to have health credentials in one of the following areas: Physical activity (e.g. exercise physiologists, personal trainers, athletic trainers, physical therapists, occupational therapists); Nutrition (e.g. dietitians and nutritionists); Physical health (e.g. nurses, physicians, health educators); Mental health (e.g. social workers, psychotherapists, psychologists). To learn more about the certification program and prerequisite requirements, visit [www.wellcoaches.com](http://www.wellcoaches.com).

**What else do you want us to know about your program?**

Wellcoaches Coaching Psychology Manual published by Lippincott, Wilkins, & Williams and endorsed by the ACSM, the first coaching textbook in healthcare and wellness, developed over eight years by twenty

Wellcoaches faculty members and advisors. This comprehensive program is taught by an experienced team of Wellcoaches- certified coach training faculty and includes thirteen 90-minute live weekly teleclasses. To enrich your experience, you learn from a variety of faculty members so that you will appreciate a diversity of coaching styles and strengths, some of which may fit your strengths better than others.

In order to build an academic foundation, Wellcoaches founder Margaret Moore/Coach Meg co-founded and is Co-Director of the Institute of Coaching at McLean Hospital/Harvard Medical School and is Co-Director of the annual Coaching in Leadership & Healthcare conference offered by Harvard Medical School. The Institute is helping to build a scientific foundation for coaching, translating science into best practices, conducting and supporting coaching research. Her collaboration with Harvard physician Edward Phillips to build Harvard CME programs which teach physicians basic coaching skills, led to the launch of the Harvard Institute of Lifestyle Medicine, of which Margaret is a founding advisor.

In 2010, co-led by Margaret Moore, a National Consortium for Credentialing Health & Wellness Coaches, comprising 75 industry and academic leaders, formed to build standards and legitimacy for the role of professional health and wellness coaches in healthcare and consumer wellness. The National Consortium has embarked on a path toward national training & education standards, coach certification, and a collaborative coaching research strategy. A second important agenda is to integrate basic coaching skills into the work of all health professionals who assist patients struggling with lifestyle-related chronic disease.