

TRAINING & CERTIFICATION PROGRAM

OVERVIEW OF HEALTH COACHING TRAINING PROGRAM

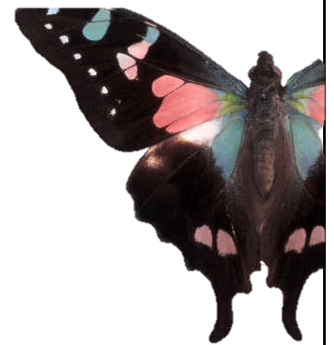
The Institute for Optimizing Health Outcomes Health Coaching Canada offers an evidence-based, comprehensive training and support program. The training goals are: *To enable healthcare practitioners to integrate health coaching principles, skills, and tools into their practice to engage and support patients in self managing their chronic conditions.*

HEALTH COACHING TRAINING AND CERTIFICATION

To qualify for IOHO Health Coach certification, participants must (1) complete an in-person one or two-day workshop, (2) contribute case reports to the Community of Practice over a 12-month period, and (3) participate in skills enhancement sessions through webinars and advanced workshops.

The 2-Day Health Coaching Training workshop includes: (1) Overview of Health Coaching principles and skills; (2) Health Coaching framework and 5-Step model; (3) Case studies; (4) Practice; and (5) Planning for Application.

Prospective Health Coaches may choose a 1-Day workshop if they have completed other self-management support or coaching programs.



COMMUNITY OF PRACTICE COMPLETION CERTIFICATE

All IOHO-trained health coaches will be given access to the Community of Practice. To be certified, participants must submit six case reports and participate in three online sessions over a period of 12 months or participate in a 1-day skills enhancement workshop.

HEALTH COACHING CANADA TRAINERS

Health coaches who are in the process of or have achieved their certificate of completion are eligible to apply to become Health Coaching Canada Trainers. Prospective trainers are encouraged to gain experience by actively participating in the CoP and serving as a CoP facilitator. A 2-day Train the Trainers program will start in 2012.

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