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# Holistic Life Coaching certification

*Self- Paced Syllabus*

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## Course Materials

Recommended Materials and Books include:

- *Authentic Success: Essential Lessons and Practices from the World's Leading Coaching Program on Success Intelligence* by Robert Holden Ph.D.
- *Million Dollar Habits* by Brian Tracy
- *May Cause Miracles: A 40-Day Guidebook of Subtle Shifts for Radical Change and Unlimited Happiness* by Gabrielle Bernstein
- *The Soul Searcher's Handbook: A Modern Girl's Guide to the New Age World* by Emma Mildon
- *The Goddess Revolution: Make Peace with Food, Love Your Body and Reclaim Your Life* by Melissa Wells
- *The Big Leap: Conquer Your Hidden Fear and Take Life to the Next Level* by Gay, PhD Hendricks
- *Light Is the New Black: A Guide to Answering Your Soul's Callings and Working Your Light* by Rebecca Campbell
- *Manifest Your Destiny: The Nine Spiritual Principles for Getting Everything You Want* by Wayne W. Dyer
- *Money, A Love Story: Untangle Your Financial Woes and Create the Life You Really Want* by Kate Northrup

## Introduction

During this certification, each student will be trained in each of the University of Wellness' Nine Elements -spiritual, physical, emotional, nutritional, financial, social, intellectual, occupational, entrepreneurial wellness. You will also be taught how to build an amazing online business. The main delivery of the curriculum will be pre-recorded segments featuring the curriculum lessons. Then, you will meet for a monthly live Q&A session where you will discuss the topic and have an opportunity to ask any questions you may have.

## Expectations and Goals

Upon completion of the six month program, all students are required to coach Kerissa or a University of Wellness Mentor three times. Additionally, students are also required to complete five individual coaching sessions and report their experience.

**Also in order for certifications to be given all payment plans must be complete.**

Please direct any questions to [kerissa@universityofwellness.org](mailto:kerissa@universityofwellness.org).

## Curriculum Outline

### **Module 1: Orientation (1 lesson)**

During orientation, you will learn the ins and outs of the coaching industry, along with what coaching is and what it is not. We will also go over everything you need to know for the course.



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**Suggested Reading to Begin:** *Authentic Success: Essential Lessons and Practices from the World's Leading Coaching Program on Success Intelligence* by Robert Holden Ph.D. (Also, begin reading *Million Dollar Habits* by Brian Tracy)

**Module 2: Self Care & Self Love for Spiritual Entrepreneurs: Getting Yourself Ready (1 lesson)**

During this topic, you will learn an overview of each element and what it means to be healthy in each area. We will also go over time management techniques, as well as how to use our miracle day planners with yourself and your clients. You will also learn techniques to keep yourself present and grounded.

**Suggested Reading to Begin:** *May Cause Miracles: A 40-Day Guidebook of Subtle Shifts for Radical Change and Unlimited Happiness* by Gabrielle Bernstein

**Module 3: Energy Work (2 lessons)**

You will learn how to perform an energetic body scan. Then, you will receive an overview of reiki. You will learn how to use reiki on yourself and your clients. We'll also explore the concept of detoxing from corporate.

**Suggested Reading to Begin:** *The Soul Searcher's Handbook: A Modern Girl's Guide to the New Age World* by Emma Mildon

**Module 4: Coaching and Counseling Skills; Initial Intakes (4 lessons)**

During this four-week segment, you will learn transformational coaching and counseling skills. You will also learn how to format a coaching session, along with some strategies you can apply when working with clients. You will learn active listening, positive psychology, and motivational interviewing. You will receive the know-hows to book and facilitate amazing clarity sessions for prospective clients. Next, you will discover how to do an initial consultation; this will include an introduction to all the legal forms you need for your business. You will begin your practice sessions after week eight.

**Module 5: Nutritional/Physical Wellness (2 lessons)**

During these weeks, you will learn how to coach clients in nutrition and physical wellness. You will also learn the guidelines of what you can and cannot do as coach to help clients with nutrition and fitness. There will also be an optional FAQ session if you are interested in also obtaining a NASM certification.

**Suggested Reading to Begin:** *The Goddess Revolution: Make Peace with Food, Love Your Body and Reclaim Your Life* by Melissa Wells

**Module 6: Intellectual Wellness (1 lesson)**

You will learn strategies for staying balanced in this area and uncovering a client's passions and talents which will lead to further intellectual pursuits and growth.

**Suggested Reading to Begin:** *The Big Leap: Conquer Your Hidden Fear and Take Life to the Next Level* by Gay, PhD Hendricks



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## ***Module 7: Spiritual Wellness (3 lessons)***

During this module, you will learn the many exercises you can use in your coaching sessions that will allow connection to God energy and remove the ego so that you can lead clients through their greatest blocks and into a place of transformation. This includes introductions of angel card readings, breathwork, spiritual gifts, intuition, and guided meditation.

**Suggested Reading to Begin:** *Light Is the New Black: A Guide to Answering Your Soul's Callings and Working Your Light* by Rebecca Campbell and *Manifest Your Destiny: The Nine Spiritual Principles for Getting Everything You Want* by Wayne W. Dyer **Also, please have angel cards. I recommend Angel Tarot Cards** by Doreen Virtue

## ***Module 8: Emotional Wellness (1 lesson)***

Because Emotional Freedom Technique (EFT) is one of the fastest ways to lead clients through their biggest blocks and past traumas, you will be given full instruction for using Emotional Freedom Technique (EFT). You will also be given techniques for emotional health, such as more nourishing self-care rituals and transcending journaling practices to use with yourself and your clients.

## ***Module 9: Fearless Finances (2 lessons)***

During these two weeks, you will learn strategies to manage your money and how to find freedom and love in your relationship with money so that you can help your clients do the same. You will be provided with the "Five Steps to Fearless Finances: How to Create a Great Relationship with Your Money."

**Suggested Reading to Begin:** *Money, A Love Story: Untangle Your Financial Woes and Create the Life You Really Want* by Kate Northrup

## ***Module 10: Entrepreneurial Wellness (1 lesson)***

During this segment, you will learn the basics of creating and sustaining your own coaching business. This includes list building, profit plans, sales strategies, and manifesting clients.

## ***Module 11: Retreats and Corporate Wellness Programs (1 lesson)***

You will discover how to create partnerships with resorts and how to create your own retreats. We will also dive into corporate wellness programs, including what companies are looking for and how to get in the door.

## ***Module 12: Group programs, Digital courses, and Webinars (1 lesson)***

Structures for group programming and workshops will be explored. You will be given guidance and frameworks for designing unique group programs, digital courses, and webinars.

## ***Module 13: Marketing with Websites and Social Media for Spiritual Entrepreneurs (2 lessons)***

It's time to leverage your creations and expertise by learning the ins and outs of marketing and social media. You will be given tools and strategies for uncovering your target market, creating your brand, attracting your tribe, and launching new programs and courses. Following this module, you will know how to become visible in the media and get your name/brand out there! We will also show you how to create and submit press releases. Enjoy learning how to land speaking engagements, media attention, and retreat opportunities, also!



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***Module 14: Blogging and Writing (1 lesson)***

We will talk about the stages of writing and blogging, including everything you need to know to allow your message to be heard!

***Module 15: Conclusion Q & A***

You will get the opportunity to ask any questions you may have. We will also present certifications and review coaching hours to ensure everyone is ready to begin with clients.