



## Certified Intrinsic Health & Wellbeing Coach (CIHWC)

### Certification Steps

1. Intrinsic Coach® Series I
2. Intrinsic Coach® Series II
3. About Coaching: Structure, Process, & Ethics
4. Health and Wellness 101 & Matters of Wellbeing
5. Coaching Mastery Journal
6. 2-hours 1-1 with your coach mentor
7. 30-minute 1-1 Practical Skills Assessment

### Descriptions

1. Intrinsic Coach® Series I
2. Intrinsic Coach® Series II
  - Live (50-hours), interactive, and skill and application focused
  - Typically meeting once a week for two hour sessions, accelerated options are also offered, for example, meeting twice a week, including a Saturday-Sunday option
  - When more than one group starts the same week, you have the option to attend a different group's session when a schedule conflict prevents you from attending with your home group
  - Expect to see yourself developing the skills for making quality coaching choices, appraising the value of one coaching choice over another, and engaging a person in discovering their best thinking about themselves and the world around them while also integrating information and expertise as appropriate
3. Coaching Structure, Process, & Ethics
4. Health and Wellness 101 & Matters of Wellbeing
  - Video (25-hours) to view at your own pace and in any order or concurrently, preferably beginning after completing Series I so you can bring a greater context to your learning.
  - While all steps prepare you for coaching and to pass National Board Certification exams, steps 3 & 4 more heavily and directly serve as an exam prep class for the NBHWC exam in that they parallel the NBHWC [study guides](#) content
5. Coaching Mastery Journal
  - Step 5 is a journal review of 10 conversations during which you coached or were coached and can include your live coaching experiences during Series I & II
6. 2-hours 1-1 with your coach mentor



#### 7. 30-minute Practical Skills Assessment

- Step 6 is two, 1-hour, 1-1 meetings with your coach mentor, scheduled by appointment
- Step 7, a 30-minute 1-1 meeting with your coach mentor, scheduled by appointment, is your last step before certification. Upon completion of Step 7, you can begin your coaching log for your NBHWC application if applying to sit for the National Board Certification exam is your next goal.

#### A few additional details

- You can choose up to a 6-month payment plan
- You can get up to 75 CE, depending on your credential
- Listed start dates are intended to prepare for the next possible NBHWC exam
- When two or more groups start the same week, you can attend any of the corresponding live sessions when you can't attend with your home group
- You can get credit for a limited number of missed live sessions by listening to an audio recording and submitting a brief learning survey

#### A few links:

- [Certified Intrinsic Health & Wellbeing Coach](#) (Details)
- [Start Dates & Schedule](#)
- [Enroll Now](#) (\$1995 – payment plans appear after you click “add to cart”)
- Contact us [online](#), email [registrar@isintl.com](mailto:registrar@isintl.com), or leave a message at 480-515-5220

