

# WELLNESS INVENTORY

## Certification Training Intensives

ICF Approved – 20 CCEUs

### 2011 Intensives

January 21-23, 2011 | February 18-20, 2011

March 18-20, 2011 | April 29 – May 1, 2011

Asheville, North Carolina

The Wellness Inventory Certification Training Intensive is a comprehensive weekend program that provides you in-depth personal experience and practical knowledge of the Wellness Inventory assessment and life-balance program ([www.WellPeople.com](http://www.WellPeople.com)).

The intensive accelerates your own personal growth process offering you an opportunity to make real changes. It also introduces you to a unique coaching skill-set to maximize effectiveness in helping your clients, patients, students, or employees change their lives. The goal of the course is to create competence in delivering the program in order to create sustainable lifestyle change.

The process of working with the Wellness Wheel helps to develop greater coherence in your personal life and teaches you how to use this whole person process in your work. By owning the material in your personal life, it makes your professional use of the tools much more potent.

#### Who Benefits from this Program?

The intensive is designed for:

- Those who are not trained coaches and who plan to administer the Wellness Inventory, but don't intend to make coaching a primary feature of their work.
- Professionals who would like to carry out their work in a more coach-like manner.
- Trained or experienced coaches in need of fast-track training.

#### Structure of the Program

To prepare for the weekend, you will read the informative commentaries from the Wellness Inventory on the 12 dimensions of wellness, articles about Wellness Inventory coaching which promotes the Holographic Change Process, as well as articles on the Wellness Wheel (Wellness Energy System), and the Six Stages of Change (the Transtheoretical Model of Change). This information gives you a good didactic grounding so that you will have more time during the weekend for experiential learning.

- The course begins with a 90-minute orientation teleconference call at least one week prior to arriving at the Intensive site.
- After the weekend, you will arrange to have a minimum of three phone buddy coaching sessions with another participant of the Intensive or graduates of the training.
- You will also have a 90-minute follow-up teleconference call with the instructor and other participants approximately one month after the weekend program.



- The instructor will be available to answer your questions and will offer additional optional paid consultations/coaching should you feel you need it.
- You are required to complete a Proficiency Portfolio, consisting of four written projects, two of which portray your personal proficiency and two of which portray your professional proficiency with the course material.
- The weekend sessions will be geared towards your specific needs and will allow for discussion, question and answer, demonstrations of skills you are learning by the instructor, and hands-on practice of these skills while being observed by the instructor. The class is presented in a safe, non-judgmental learning environment that is a lot of fun.

You will also be trained to use a suite of coaching, reporting and communication tools to facilitate successful wellness coaching and implementation of the program with your clients, patients, students, or employees.

From a business and marketing perspective, you will learn strategies for using the program to:

- Create a wellness dimension in your practice
- Quickly determine client's "change readiness" in each dimension of wellness
- Create the context for ongoing wellness coaching
- Build your practice, increase client retention, and create new profit centers

**Cost:** \$1,395 per participant

**Payment:** Check, Credit card, PayPal.

**Continuing Coaching Education (CCE):** ICF-approved for 20 CCEs or portfolio certification. 10.5 hrs – ICF Core Competencies; 5 hrs – Dev. of Coaching Practice; 4.5 hrs. - Personal dev. of coach

**Training is for:** Wellness coaches, life coaches, executive coaches, health practitioners, therapists, consultants, wellness professionals, HR professionals, corporate trainers.

**Testimonials:** [www.WellPeople.com/Certification\\_Testimonials.asp](http://www.WellPeople.com/Certification_Testimonials.asp)

**Instructor:** Bobbie Burdett, our Director of Training, was a co-creator of the first wellness center in the U.S. in 1975 with John W. Travis, MD, MPH. She developed the wellness coaching process for the center and has been coaching for the past 35 years. In the process, she has developed an unparalleled depth of understanding of the Wellness Inventory. A lifelong learner, she has studied many aspects of wellness for nearly 40 years.



**For more information or to register contact:**

**Jim Strohecker**  
 President, HealthWorld Online  
 310-823-9553  
[jim@healthy.net](mailto:jim@healthy.net)

**Bobbie Burdett**  
 Director of Training, HealthWorld Online  
 828-258-0067  
[bobbie@authenticcoach.com](mailto:bobbie@authenticcoach.com)

## Background of the Wellness Inventory - Teaching People to Be Well

The Wellness Inventory is based on the pioneering work of John W. Travis, MD, MPH, recognized as a founder of the wellness movement. Dr. Travis was a protégé of Lewis Robbins, MD, creator of the Health Risk Appraisal, while a resident at Johns Hopkins and working with the US Public Health Service. In the early 1970s influenced by the pioneering work of Abraham Maslow and his concept of self-actualization, and other early leaders in the field of human potential, he decided to dedicate his life to "teaching people to be well" rather than treating patients.

He opened the first wellness center in the US in 1975 and created the first wellness assessment (Wellness Inventory) for use at the center, based on the 12 life processes in the Wellness Energy System (below). The work at his wellness center was a forerunner of the coaching model, in which clients were considered the experts in their own lives and were encouraged to form a co-creative relationship with the center's wellness facilitators. Dr. Travis authored the classic Wellness Workbook (Celestial Arts, 2004) which has been used by wellness and health promotion educators in universities for over 25 years. In collaboration with his wife, Meryn Callander, and Bobbie Burdett, Dr. Travis also helped pioneer working with helping professional burnout using his wellness model during the 1980s.

## Wellness Energy System 12 Dimensions of Wellness



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