

WELLNESS INVENTORY

Holographic Coaching Practicum

Integrating Coaching Core Competencies with the Wellness Inventory Holographic Change Process
A 7 Week Teleconference Course

November 1- December 13, 2010 (7-9 ET)
January 3 – February 14, 2011 (1-3 ET)
January 3 – February 14, 2011 (7-9 ET)

We offer a Holographic Coaching Practicum course for graduates (and current students) of the Wellness Inventory Certification Training who want to hone their coaching skills using the Holographic Change Process and the Coaching Core Competencies as outlined by the International Coach Federation. This course is appropriate for both novice coaches as well as highly experienced ones. Wholehearted participation will move the participant to his or her next level of coaching (see testimonials below).

The instructor is Bobbie Burdett, Director of Training for HealthWorld Online.

Two Practicums are scheduled for Fall 2010 / Winter 2011:

Nov. 1 – Dec. 13, 2010 (Mondays)	7:00-9:00 pm ET (6-8 CT, 5-7 MT, 4-6 PT)
Jan. 3 – Feb. 14, 2011 (Mondays)	7:00-9:00 pm ET (6-8 CT, 5-7 MT, 4-6 PT)
Jan. 3 – Feb. 14, 2011 (Mondays)	1:00-3:00 pm ET (12-2 CT, 11-1 MT, 10-12 PT)

Classes are two hours. Each class will be recorded. Classes are limited to eight participants.

The curriculum will be both didactic and experiential in an atmosphere of discovery and fun. A minimum of one buddy coaching practice session between classes is required; however it is recommended that students get in as many practice sessions as possible. Practice sessions can be with anyone who genuinely wants to be coached, however coaching family or close friends is not recommended. Each class will include real-time practice segments in which students will have the opportunity to practice with other students and receive feedback from the instructor. The setting will be one of emotional safety and genuine positive regard.



Subjects will include:

- Diving into the Wellness Inventory in your coaching sessions
- The art and science of being present with your client
- Honing your intuition and empathy
- How to be an empowering partner to your client
- Building listening skills from the inside out
- Going deeper into the art of questions
- How to move the action forward with Master Questions
- Going deeper into mirroring and reflective listening
- Acknowledgment as accountability
- Setting the session format
- Problem-solving
- Paperwork
- Phone coaching and in-person coaching

Required reading is *Co-Active Coaching* by Laura Whitworth, Karen Kimsey-House, Henry Kimsey-House, and Phillip Sandahl. We will also be using information from the International Coach Federation on their required core competencies and a document that outlines how to conduct a coaching session after a client has completed the Wellness Inventory.

The course will include a free Wellness Inventory subscription for participants, the results of which will be integrated into the curriculum. Each student will have access to the other student's Wellness Inventory results for use in the class.

Graduates of the Wellness Inventory Certification Training who have received the designation "Certified Wellness Inventory Facilitator" can apply for an upgraded designation of "Certified Wellness Inventory Coach" after completing the Holographic Coaching Practicum course.

Course fee: \$595 Payment plans available.

CONTACT:

Jim Strohecker at HealthWorld Online, 310-823-9553, jim@healthy.net, to register.
Bobbie Burdett, 828-258-0067, bobbie@authenticcoach.com, for questions relating to the course.

Testimonials from Graduates

"My participation in this training has allowed me to reclaim my own inner trust in what I have to offer to others. By participating fully, I was able to complete a four year healing process that occurred from "Burn Out," specifically over-giving."

Laighne Fanney

Virginia Beach, VA
Holistic Living Educator & Life Coach

"This work is vital for anyone who is interested in improving their relationship with themselves, with others, or wants to take their coaching and listening to a level that is deep and authentic and beyond technique, beyond skill. It is truly soul work."

Carole Cline

Yoga and Wellness Educator and Coach
South Carolina

"Working closely with lawyers and judges on a daily basis, I've been long concerned about the damaging impact that their stressful profession has on their wellness and well being. For years, I've tried to find methods to help them gain an holistic approach to health in a way they that will engage them, a task I found difficult. Having completed these courses, I know that the Wellness Inventory is definitely it! Every practitioner who has ever tried to help people improve their health and well being, will find the Wellness Inventory and the classes that teach it, a most valuable tool."

Rina Marks

Executive Director
Delaware State Bar Association, Wilmington, Delaware

"The coaching [practicum] class was awesome. It provided me with insight and skills, so that I could be more receptive towards myself, my patients (as a nurse) and my family. The skills were easy to understand, practical, yet totally innovative. I highly recommend this course to anyone seeking more balance in their personal and professional life."

Buddy Ross, RN, BSN, MS, ND

Traditional Naturopath, Reiki Master, Ohio

"You are a great inspiration. The coaching [practicum course] was a real break through in my life. Believe me I use these skills in life, meeting, training, personal matters. I really owe you a lot."

Yasser Shaker

Egypt

"Since taking this course, my approach to coaching has changed. I have gained a greater appreciation of the coaching process. My confidence and what it really means to be present with my clients has increased."

Jannette Isaacs, RN

Nassau, Bahamas

"The Coaching Basics class gave me the confidence that I need to really get out there and start my coaching practice. The course is simple and profound at the same time. Bobbie is a master of the art of coaching, as well as educating others to become coaches. The course is also designed such that you will grow as a person, which is a necessary piece of becoming a better coach. I highly recommend the course to anyone interested in learning how to work better with other people!"

Zach Comer

Massage Therapist (www.asheville-massage-therapy.com)
Asheville, NC

"The course was much more than I could have imagined."

Johnetta Miner, MPH, MSN, NP

Health & Wellness Consultant
Lifestyle Coach

"I highly recommend the coaching [practicum] course given by Bobbie Burdett if you are doing any kind of consulting, teaching or are just curious about learning how to communicate better. I have learned to listen to my client in a new way and it has proven invaluable to the success of my work. Before I took the course, I thought that coaching is just for Professional Coaches. But going through the class, I realized that I am learning HOW to bring out clarity, curiosity, and a deeper truth and understanding of what is needed to move my client toward greater fulfillment in all aspects of life. I really get that my client and I are naturally creative, resourceful, and whole. It's a great place to start!"

Tuyet Cong-Ton-Nu

Lifestyle & Stress Reduction Consultant (www.NourishingPath.com)

"This course will take your coaching skills to the next level. If you are new to coaching you found the best in the business! You will love this course!"

JSM

Minneapolis, MN

"I took this initial certification course and it was only natural that I would continue on to the practicum to deepen my skills. The format of the class was exactly what I needed. The reading was relevant, but the manner in which Bobbie and my classmates enhanced my learning and skill during the buddy coaching and class practicum was invaluable. I definitely recommend to anyone looking to deepen their coaching skills!"

Maiysha Clairborne MD

Holistic Doctor, Acupuncturist, Life Coach

www.backtobasicshealing.com

"This course absolutely altered my coaching practice in a very positive way. I know that I am a more effective coach as a result and have actually received feedback from clients that I am more present with them and more allowing of their thoughts, feelings and ideas to emerge. I have grown personally from this experience. I can see how I would benefit from repeating this course at intervals in the future."

Dee Peterson

Coaching for Well-Being

www.GreatToBeAliveNC.com

"I came to this course knowing I would have a great experience, a lot of fun, and would meet some wonderful people. I realized that I also came to this course feeling like an experienced coach. Like I had been coaching since 1999 and I knew how to be a coach. I felt like a really great coach. Like I had it down. Some might say a little cocky. What I realized and was gifted with as a result of taking this course is there is nothing like going back to beginners mind to realize that I know nothing, as Schultz used to say in Hogan's Heroes ® ©.

It's not about me so it does not matter what I think I know. My knowledge is infinitesimal because it is my clients who are already whole, wise, and having everything they need to know. My gift to them and from them is being the best partner I can be and really be present. Listening like I never have before. To them and to myself. Now that's really presence. I am much richer for having taken this course. I see it and feel it in my clients and they share it in their feedback with me. I've learned that I am the humble student each time I am given the opportunity to coach.

Thank you for placing me in my beginners mind yet again."

Nellie Moore

WyseWomen LLC

<http://www.wysewomen.typepad.com>

"This is the best class for beginning and experienced coaches as it provides new information and an extremely support environment for the enhancement of coaching skills. The camaraderie developed among the participants and between the participants and teacher added to the motivation to risk new techniques. Plus, it was a comfortable and fun environment in which to learn and grow both personally and professionally. Well worth the money, time and energy invested."

Latifu

California

