



Course Catalog

Academic / Interactive / Engaging

PATHWAY PROGRAM

Your Path to Becoming a National Board Certified Health & Wellness Coach

Explore the catalog to find out how our six-month, NBHWC-approved training can help you take your coaching career to exciting new heights.



APPROVED
TRAINING
PROGRAM

Welcome!

I'm Brooke Jeffries, Lead Instructor of Health Coach Institute's Pathway Program. I'm thrilled you're considering HCI and this exciting and powerful training!

If you're new to HCI, we're a top-rated coaching school, with over 20,000 graduates from over 90 countries around the world. Co-founded by professional Health and Life Coaches, Stacey Morgenstern and Carey Peters, HCI offers programs to support you at every stage of your coaching career journey.

The Pathway Program is an academically rigorous, hands-on, NBHWC-approved course that will prepare you to sit for the Health & Wellness Coach Certifying Examination (HWCCE).

Passing the HWCCE will allow you to use the designation of National Board Certified Health & Wellness Coach.

The Pathway curriculum was built specifically around the NBHWC competencies and includes extensive supportive feedback, helping you learn the coaching techniques you need to be effective as a coach and removing the guesswork around how to prepare for and pass the HWCCE.

Keep reading for more information on our curriculum, program requirements, what sets Pathway apart from other similar programs, pricing information, answers to frequently asked questions, and more.

I can't wait to get you on the path to becoming a NBC-HWC!

A handwritten signature in black ink that reads "Brooke Jeffries". The signature is fluid and cursive, with a long horizontal stroke at the end.

Table of Contents

3	Meet Your Instructor
4	Course Overview
6	Course at a Glance
10	Course Composition & Requirements
11	Course Materials & Supplies
12	How Will I Learn?
13	What Do I Get by Taking This Course?
14	What Makes Pathway Unique?
15	What is the Cost for This Course?
16	Praise for the Pathway Program
17	FAQs
20	About Health Coach Institute

Meet Your Instructor



Brooke Jeffries is a National Board Certified Health and Wellness Coach (NBC-HWC), Certified Nutritionist, Certified Health and Wellness Coach, and Faculty Instructor at Health Coach Institute, with deep expertise in nutrition, health, and coaching.

Prior to joining HCI, Brooke worked as a Clinical Nutritionist in a successful private nutrition practice, specializing in working with eating disorders, weight concerns, and relationship with food and body. She then transitioned into a role as a skilled Health Coach and team lead at Arivale (a wellness company), where she managed and mentored a team of 11 Health Coaches.

Brooke's work with coaching clients is inspired by her own personal history with food and illness. She strongly believes in empowering her clients and students to make sustainable, healthy lifestyle changes to achieve wellness and peace with their minds and bodies.

Brooke is passionate about personal empowerment, learning, and whole-body healing, and has mentored many coaches over the years on building strong coaching and clinical skills. Her coach training includes coursework through Wellcoaches, YogaMedCo, Molly Kellogg, and HCI.

Brooke holds a Master of Science in Clinical Nutrition from Bastyr University and a Bachelor of Arts in Sociology and Criminal Justice from Stephen F. Austin State University.

Course Overview

The HCI Pathway Program is a hands-on, enriching six-month course designed to train and prepare you for a successful and rewarding career as a Health & Wellness Coach (HWC).

Fast facts about Pathway:

- Multiple opportunities to join the program throughout the year
- 100% online, no prerequisites
- Evidence-based training that includes a rich personal growth element
- Built directly from NBHWC competencies and requirements (see below for more information)
- Includes over 40 hours of **live (synchronous) mandatory class time** with instructors
 - Limited spots available due to live class element
- Successful graduates will earn a certificate from HCI as an Empowered Well-Being Coach (CHWC) and be eligible to apply to sit for the HWCCE (the national board exam)

In addition to learning everything you'll need to know to sit for the HWCCE, the Pathway Program will accelerate your own personal growth and teach you a variety of coaching skills, current coaching research trends, evidence-based practices, and recognized coaching standards, including scope-of-practice.

Upon course completion, you will understand the essential characteristics of a successful coaching relationship, coaching presence, active listening techniques, Appreciative Inquiry-based coaching, and how to use HCI's unique coaching methodology and wellness models.

The Pathway Program is ideal for coaches who want to:

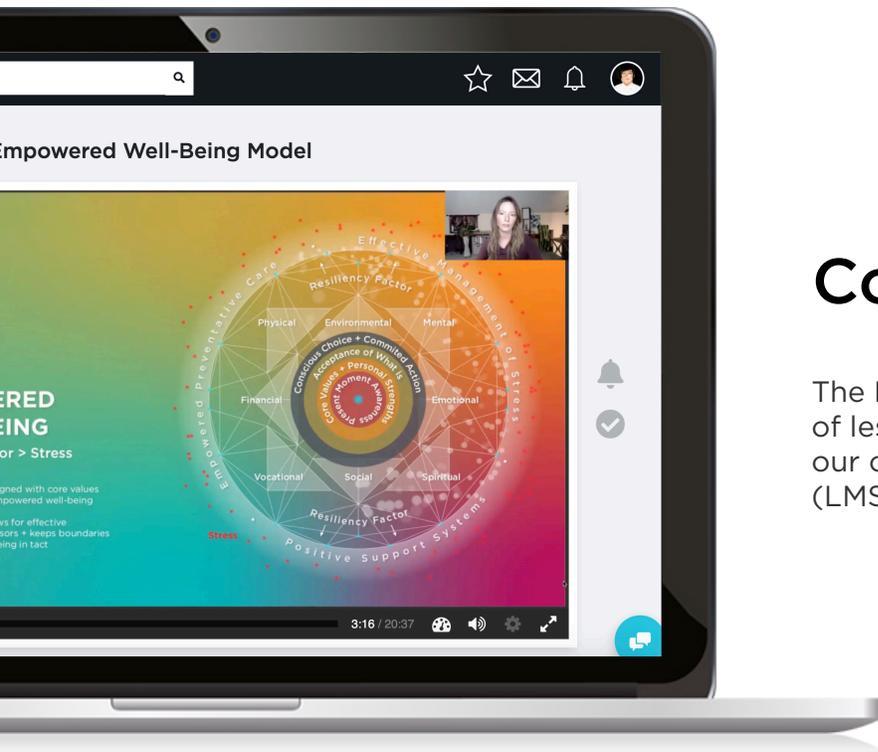
- Obtain their **NBC-HWC credential**
- Work directly with healthcare providers
- Get a job in the healthcare system or a corporate coaching setting
- Learn how to coach clients without a script
- Empower clients to be the experts of themselves and what they need
- Learn the research behind coaching skills
- Strengthen their coaching with two powerful coaching methodologies: Appreciative Inquiry and Motivational Interviewing



APPROVED TRAINING PROGRAM

The Pathway Program was built in accordance with the competencies laid out by the National Board for Health and Wellness Coaching (NBHWC) to ensure that students receive an education that is robust and in alignment with current coaching research trends, evidence-based practices, and recognized standards, including scope-of-practice.

The HCI Pathway Program is a fully approved NBHWC program, which means it exceeds the rigorous requirements and standards set by NBHWC in the areas of content, contact hours, and faculty qualifications.



Course at a Glance

The Pathway Program consists of 24 weeks of lessons that will be delivered weekly via our online Learning Management System (LMS) over the course of 6 months.

Week	Title	Overview
Week 1	Setting Up for Success in the HCI Pathway Program	A general overview of student expectations, best practices, and goals of the course. This week also covers the history of professional coaching and how coaching differs from other similar professions.
Week 2	Introducing the Pathway Coaching Models	A general overview of the coaching methodologies used in the Pathway Program, Appreciative Coaching, and Motivational Interviewing. Additionally, students will learn about the Empowered Well-Being Model, our core wellness model, which aids in the expansion of health and wellness knowledge, supports self-growth and bolsters coaching clients' flourishing.
Week 3	Preparing To Coach	This week focuses on coaching preparation and the structure of the coaching process.
Week 4	Coaching Integration: The First Session	The focus of this week is on integrating the steps Health Coaches take to help clients get from point A to point B effectively and efficiently.

Week	Title	Overview
Week 5	The Big Picture: Coaching Structure & Wellness Fundamentals	This week will focus on the fundamental components of the structure of ongoing coaching sessions and introduce key wellness definitions and concepts.
Week 6	Coaching Integration: Assessment & Wellness Vision	This week will focus on integrating coaching assessments and wellness vision into coaching sessions.
Week 7	Essentials of a Successful Coaching Relationship	This week will focus on the essential coaching skills used to support a client-centered coaching relationship.
Week 8	Coaching Integration: Client-Centered Relationship	This week will focus on integrating coach presence and client-centered coaching skills into coaching sessions. Additionally, students will learn about the Eight Dimensions of Wellness that make up the Empowered Well-Being Model.
Week 9	Whole Person Coaching: Listening to Your Multidimensional Client	This week will focus on active listening skills, navigating client emotions, and utilizing the coaching skill of reflections to build trust with clients.
Week 10	Coaching Integration: Active Listening	This week will focus on integrating active listening coaching skills into coaching sessions. Additionally, students will learn about the Physical Well-Being Dimension of Wellness of the Empowered Well-Being Model.
Week 11	Skillful Coaching Conversations	This week will focus on coaching dialogue skills of expanding and focusing the conversation.
Week 12	Coaching Integration: Conversational Skills	This week will focus on integrating conversational skills into coaching sessions. Additionally, students will learn about the Mental Well-Being Dimension of Wellness of the Empowered Well-Being Model.
Week 13	Appreciating Your Resourceful & Resilient Client	This week will focus on strengthening client self-efficacy through unconditional positive regard, belief in the client's resourcefulness, and coaching skills of affirmation, appreciation, and acknowledgment. Additionally, students will learn how awareness of values, vision, and virtues contributes to a person's ability to make conscious, health-promoting choices.

Week	Title	Overview
Week 14	Coaching Integration: Client Resourcefulness	This week will focus on assessing a client's readiness to make behavior change. Learners will integrate the critical assumptions of the Transtheoretical Model of Behavior Change into coaching sessions.
Week 15	Successful Goal Setting	This week will focus on creating client action steps and choosing goals.
Week 16	Coaching Integration: Goals	This week will focus on integrating specific and realistic goal setting in coaching sessions. Additionally, students will learn about the Emotional Well-Being Dimension of Wellness of the Empowered Well-Being Model.
Week 17	Enhancing Health & Wellness Coaching Competency	This week will focus on supporting clients with heart health conditions such as hypertension and cardiovascular disease.
Week 18	Coaching Integration: Health & Wellness Information	This week will focus on integrating health and wellness information and recommendations into coaching sessions. Additionally, students will learn about the Spiritual Well-Being Dimension of Wellness of the Empowered Well-Being Model.
Week 19	Mindfulness & Coaching on Diabetes	This week will focus on mindfulness and how present-moment awareness is used in coaching sessions. Additionally, students will learn about diabetes, pre-diabetes, and how to appropriately support clients with lifestyle changes that promote the prevention and management of these health conditions.
Week 20	Coaching Integration: Centering Practices	This week will focus on integrating centering practices into coaching sessions with clients. Additionally, students will learn about the Environmental Well-Being Dimension of Wellness of the Empowered Well-Being Model.
Week 21	Deepening Coaching Skills & Weight Management	This week will focus on how to use advanced coaching skills to deepen the client's self-awareness, elicit intrinsic motivation, and navigate ambivalence to change. Additionally, students will learn about obesity, weight bias, and how to support clients with healthy weight management.

Week	Title	Overview
Week 22	Coaching Integration: Intrinsic Motivation	This week will focus on integrating coaching skills eliciting a client's intrinsic motivation in a coaching session. Additionally, students will learn about the Financial Well-Being Dimension of Wellness of the Empowered Well-Being Model.
Week 23	Creating an Anti-Inflammatory Lifestyle	This week will focus on inflammation, the role it has in chronic disease, and how to support coaching clients with inflammatory conditions. Additionally, students will learn about the Social Well-Being Dimension of Wellness of the Empowered Well-Being Model.
Week 24	New Beginnings	This week will focus on the Vocational Well-Being Dimension of Wellness of the Empowered Well-Being Model and how to create vocational wellness. Additionally, students will learn how to properly terminate a coaching program. In the last week of the course, the learner will design empowered action steps for advancing his/her career as a Health and Wellness Coach.

Course Composition & Requirements

The Pathway Program runs for six months and includes over 40 hours of live (synchronous) class time with instructors. Attending live classes is mandatory. *Students must complete a minimum of 40 hours of live class time to graduate.*

We offer 48 hours of live instruction, so there is some room for absences, but 40 hours of live time is required for graduation, and students will be required to watch recorded videos and submit assignments to make up any missed class time.

Synchronous (live) classes are hosted on Zoom and include lectures, discussions, engaging interactive activities, and partner and small group work.

There are 75 slots available for each of the two 2-hour live classroom times.

In addition to the live classes the course includes:

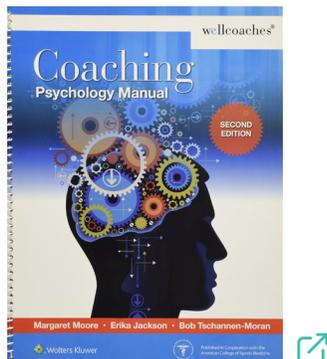
- Approximately two hours' worth of pre-recorded content each week, consisting of narrated powerpoints, video lectures, and coaching demonstrations by faculty experts
- Reading assignments
- Engagement assignments
- Self-check quizzes
- Bi-weekly partner coaching sessions to practice skills with classmates

You will also be required to submit **3 recorded coaching sessions** for evaluation, and will receive robust feedback from faculty on your strengths, opportunities, and recommendations for further growth.

Course Materials & Supplies

To take our Pathway course, you will need:

- A computer equipped with a microphone and webcam
- Reliable internet access
- A copy of the **required** course text:

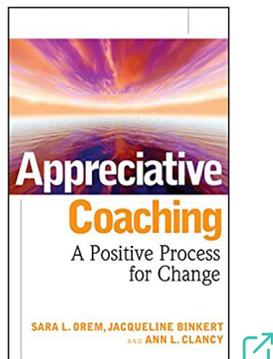


Coaching Psychology Manual by Margaret Moore

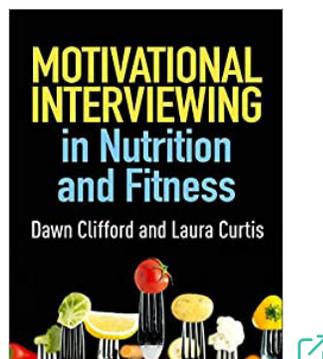
(~\$60 on Amazon; textbook not included in program investment)

 *Additional resources will be provided with the release of each lesson.*

There are also two **optional** textbooks that can enhance your learning, but are not required:



Appreciative Coaching: A Positive Process for Change, 1st edition, by Ann L. Clancy, Jacqueline Binkert, and Sara Orem



Motivational Interviewing in Nutrition and Fitness, 1st edition, by Dawn Clifford and Laura Curtis

How Will I Learn?

Our goal is to make your online learning experience smooth, easy, and fun. That's why our training is released in weekly lessons via our online Learning Management System (LMS) and accompanied by additional resources to help you cement your learning.



Synchronous & Asynchronous Course Content

This means you'll receive a portion of the course content online via weekly pre-recorded lessons (asynchronous), and there is also a mandatory, weekly live (synchronous) class component, with morning and evening hours available.



Multimedia Formats

Program content delivery is primarily via video, audio, and written resources, and assessment is carried out using e-learning mechanisms such as quizzes.



Mentorship & Individualized Feedback

You'll receive personal attention from faculty, including written feedback on 3 coaching sessions to understand your strengths, opportunities, and recommendations for further growth.



24 Weeks

Course content is delivered in 24 lessons at a weekly pace. Expect to spend approximately 7-9 hours per week working on the course.



Bi-weekly Buddy Coaching Sessions

Because knowledge without practice is meaningless, you'll also partner up with your peers to practice skills and apply what you're learning in a safe environment, helping you build your confidence and integrate the course content.



Expert Coaching Demos

You'll also get access to demos by skilled faculty demonstrating coaching skills outlined by NBHWC.



What Do I Get by Taking This Course?

As a Pathway student, you'll receive:

- **Eligibility to sit for Health & Wellness Coach Certifying Examination** (HWCCE) upon graduation.
- **Career opportunities** in the health and wellness field based on NBHWC-approved education.
- **Convenient scheduling** with the option to choose morning or evening live classes.
- **An interactive, academically rigorous, and engaging learning environment.**
- **Thoughtful design**—the course was designed to allow for the integration of theory and practice of skills, which leads to increased coaching confidence.
- **Personal attention from faculty**—you'll receive written feedback on 3 coaching sessions to help you understand growth opportunities.
- **Health and wellness training from an expert Clinical Nutritionist.** You'll learn practical ways to help clients with diabetes, weight concerns, inflammatory conditions, heart health, blood pressure, and stress management.
- **Access to a private Facebook community** for additional support, networking, and connection.
- **Certification from HCI as an Empowered Well-Being Coach** (CHWC-certified Health and Wellness Coach)

What Makes Pathway Unique?

1

Strong Evidence-Base:

Unlike other courses, Pathway was built directly from NBHWC competencies and requirements.

2

Extensive Supportive

Feedback: You will receive written, individualized feedback on 3 coaching sessions from faculty to help you identify strengths and opportunities for improvement.

3

Training in 2 Powerful Coaching Methodologies:

(Motivational Interviewing and Appreciative Inquiry), through which you will gain:

- An understanding of how to leverage the client's strengths, rather than focusing solely on problems, in order to achieve the behavior outcomes the client desires.
- The knowledge to help a client move through ambivalence (discrepancy between client's values and actions) to make effective change.
- Additional knowledge through Appreciative Coaching workshops in live sessions.

4

Exclusive training in the HCI Empowered Well-Being Model & Reactive Distress Model, through which you will:

- Understand how to use this model to assess where a client is strong and where they are struggling in 8 areas of wellness.
- Experience personal growth through your practice and application of this wellness model.

5

It includes synchronous (live) and asynchronous components, allowing

you to learn at your own pace and benefit from live instruction and interaction with peers. The live classes are so much fun (because at Health Coach Institute, we believe learning should always be fun!). This isn't your average learning classroom. It's interactive, engaging, and you'll never be bored!

What is the Cost for This Course?

Pay in Full

\$5,995

~~-\$6995~~

Save \$1,000

Monthly Pay

\$7,188

\$599/Month

12 Payments

OR

Monthly Pay

\$8,376

\$349/Month

24 Payments

Praise for the Pathway Program

“

I have been set free! I was always feeling that I had to come up with the session focus, and afraid to step out because I was going to fail. Since I have been in this class, I now know that it is not up to me to decide what the session will be about and I feel so much more confident to finally step out as a coach. I also never really felt like I had a specific niche and it has always been hard for me to follow a script as I like to go where the wind blows. Learning to coach the way we are currently learning in the Pathway Program has not only helped me in my coaching but has helped me in all aspects of my emotional well being. I feel I am mentally and emotionally stronger, have been taking care of “me” more, my spiritual life has gotten stronger and my finances can’t help but get better since my outlook is better about coaching. Love this course!

SHARON
Burrell Candler

This has been a piece of the puzzle I have been looking for in coaching. I felt I had a good basis from the framework of coaching through BHC. The Pathway Program has created a more detailed framework with more clarity and focus.

SHARI
Biery

I have let go of scripts and embraced the structure that supports letting the client lead. It’s a big leap for me. Dancing in the moment feels like free-fall, but ultimately leads to richer results.

AMANDA
Chambers

”

This has been such a journey! So much packed into a short time! It was so scary to think about coaching without a script! A script made me feel more confident (and competent). But through this process of learning the competencies and watching the demos, it has really made me feel much more open and confident even without a script.

DEBRA
Loader

Pathway has brought about a new level of self awareness and personal regard to the various dimensions of my life. The Empowered Well-Being Model has been a life changer, I cant even explain, taking theory with clients and weighing changes, it allows for a more concrete way of showing them the opportunities.

JEANETTE
Carbajal

FAQs

What is the length and duration of the program?

The Pathway Program is six months long, with multiple class start dates available throughout the year.

Are there any prerequisites?

There are no prerequisites required for this course. The course will prepare you for the national board exam even if you don't have any prior coaching experience, but since this course trains students to be Health and Wellness Coaches, we recommend doing your research to learn about the coaching profession before enrolling. We welcome international students and U.S citizens living abroad.

How will this benefit my current coaching practice?

The course is academically rigorous and will teach you current research trends, evidence-based practices, and nationally recognized coaching standards. The course will prepare you for a successful and rewarding career as a Health & Wellness Coach (HWC) and offer successful graduates the opportunity to sit for the [Health and Wellness Coach Certifying Examination](#) (HWCCE) in order to become an NBC-HWC board certified coach by the [National Board for Health and Wellness Coaches](#).

You will learn evidence-based information and practices to support clients with various health issues, such as stress management, blood pressure, cardiovascular disease, diabetes, metabolic syndrome, inflammation, arthritis, and weight loss. Students also learn how to cultivate mindfulness for themselves and to teach to their clients, lead centering practices, and support clients with increasing their stress resilience.

The course teaches you how to create and maintain a client-centered coaching relationship, utilize Appreciative Inquiry coaching techniques, and incorporate the HCI Empowered Well-Being Model of Wellness into sessions with coaching clients.

Can I access this course on my smartphone?

Yes, you can, but your computer or tablet should be the default option for viewing the course materials.

Can I take this course if I have no coaching background?

Yes, there are no prerequisites required for this course. This course will adequately prepare you for the national board exam even if you don't have any prior coaching experience. However, since this course trains students to be Health and Wellness Coaches, we recommend doing your research to learn about the coaching profession before enrolling.

Who is this course for?

The course is designed for students who love personal growth, are excited about developing new coaching skills and integrating instructor feedback, and are desiring to take the [Health and Wellness Coach Certifying Examination \(HWCCE\)](#) to become an NBC-HWC board certified coach by the [National Board for Health and Wellness Coaching](#).

How many hours per week should I allot to completing course work?

You should expect to spend 7-9 hours per week working on the course. This is a rigorous six-month course.

Do you offer payment plans?

Yes, there are two payment plan options available. You may enroll in Pathway and pay \$349 for 24 months, or pay \$599 for 12 months.

What are the course requirements to receive a Certificate?

You are required to attend 40 hours of synchronous class time, complete all required assignments, and pass a final coaching evaluation to receive a certificate.

Can I do this program while working a full-time job or being a full-time parent?

Absolutely! But it is important to note that the course includes 40 hours of mandatory live class time with instructors, so your schedule will need to allow for attending the weekly 2-hour sessions. We do offer the option to choose between evening and morning classes to give you a bit more flexibility.

What are the requirements to apply for the Health & Wellness Coach Certifying Examination (HWCCE)?

NBHC requires that HWCCE applicants provide the following:

- A certificate of completion from an NBHC-approved training program
- An associates degree or higher OR documentation of 4000 hours of work experience in any field
- A coaching log of 50 coaching sessions completed after graduation
- An application and exam fee to NBHC

Those who pass the HWCCE will earn the designation of NBC-HWC. For additional details on the HWCCE, please visit the [NBHC site](#).

About Health Coach Institute

*Helping You Fast-Track Your Path to a Future
Where You & Others Can Thrive*



At Health Coach Institute it's our mission to change the way we do health by empowering deeply caring people to transform lives, create abundant careers, and change the world—one coaching conversation at a time. We teach aspiring coaches how to build successful careers helping others thrive in health and life through:

Transformative, World-Class Curriculum

Trust that you're getting an education that's evidence-based, comprehensive, and approved by the National Board for Health & Wellness Coaching (NBHWC).

Engaging & Knowledgeable Instructors

Learn directly from professional coaches who've built successful practices and want to help you do the same.

Hands-On Learning

Practice your skills in real time so you can apply, assimilate, and integrate your knowledge and gain confidence as a coach.

A Vibrant & Global Community

Connect with a like-minded community 20,000 strong via online groups and live networking events.

...and unparalleled support every step of the way.

We hope to see you in class!



Have additional questions?
Your Empowerment Coach can help!

(650) 887-1027

BOOK A CALL



HEALTH COACH INSTITUTE
Spark the Change