



The WellnessCoach.Institute presents:

A Wellness Revolution Coaching Course – NL Live

Purpose & Schedule

The purpose of this course is to help practitioners and all those interested in learning and developing coaching skill abilities based on holistic theories and the new sciences of Epigenetics and Glycobiology. In this course, we look in depth at how our cells function and the connections that are made between mind, body and spirit. We will help you establish skills to create a coaching business and help you practice your skills for coaching.

A Wellness Revolution is committed to bringing new knowledge and understanding of the connections between the new science and a holistic vision of how to optimize health, wellness and balance through educational classes all over the world. The goals of our classes in the field are:

- Learn to help people understand the concept of “Prevention”, “Rejuvenation” and “Healthy Aging” through education about how their bodies function and how to truly love and care for themselves
- Learn to help people to achieve Health & Wellness (balance in all areas: emotionally, physically and spiritually) through education and coaching and referrals for healing
- Develop tools to help clients reprogram the subconscious based on Energy Psychology, EFT, Hypnotherapy and Thought Field Therapy
- Learn to explain how important Nutrition is for optimal health to become stronger and happier so that we are able to carry out our unique missions here on earth. Being small and weak does no longer serve us
- Developing wellness-coaching skills needed to help people find out who they are, where they are going and what they will create
- Develop skills necessary for becoming an entrepreneur. Learning how to begin, develop and maintain one’s own unique business
- Spread the new Sciences of Epigenetics and Glycobiology on the planet and how to explain their importance for our health, wellness and transformation at the cellular level

For more information: www.awellnessrevolution.net

Goals of course:

1. To build confidence and understanding about how to coach clients to be able to direct them to the resources that will serve them for healing on all levels
2. To help coaches realize that they create their lives and how they can make necessary changes and manifest what they truly want
3. To learn how to coach others and help others make necessary changes and manifest what they truly want
4. To understand how important the mind, body, spirit connection are to heal holistically and how they influence each other at the cellular level
5. To learn how important the body is and what 'cellular level' really means
6. To learn the importance of digestion in our lives to help us process our emotions
7. To learn the fundamentals of nutrition including enzymes and hormones
8. To learn holistic healing methodologies
9. To learn about how we feed ourselves with both primary and secondary foods
10. To learn about bio-individuality and weight management
11. To develop skills necessary to re-program the subconscious for the purpose of changing old habits and developing new ones
12. To learn how the foundation of our food has been altered and the influence of the toxic planet we have created has on our bodies
13. To learn how industries have developed vitamins and minerals to fill in the nutritional gaps in our food
14. To teach others how to identify synthetics from natural supplements
15. To realize that through helping others heal we are constantly being challenged to look in our own mirror
16. To build knowledge in the new science of Epigenetics and Nutritional Glycobiology
17. To learn know how to spread the science of Nutritional Glycobiology to others so they can understand the importance of this science for health and healing at the cellular level

Schedule of Classes 2019

Class 1:	Our Why/ Illness/ Symptom Management versus Optimal Wellness/ Holistic Health/ Digestion	9 March 2019
Class 2:	We are Spirit and Creator in a body	23 March 2019
Class 3:	Why we choose to help others	30 March 2019
Discussion Group 1	Guest Speaker	6 April 2019
Test 1:	Test 1 Online Oral and Written Component	13 April 2019
Class 4:	Weight Management	20 April 2019
Class 5:	Wellness Coaching / Business / Entrepreneurship	4 May 2019
Class 6:	Altered Food/ Supplement Solutions	11 May 2019
Discussion Group 2	Guest Speaker	25 May 2019
Test 2:	Test 2 Oral and Written Component	1 June 2019
Class 7:	History of Glycobiology/ Nutritional Glycobiology and Consciousness	8 June 2019
Class 8:	Vibration and Energy healing/Glycans/ Cell Functioning and Communication	t.b.a. June 2019
Class 9:	Digestion/Immunity	6 July 2019
Class 10:	Circulation/ Endocrine/Fetal Development/ Fertility/ Pregnancy/ Post-Partum/ Brain	13 July 2019
Discussion Group 3	Guest Speaker	24 August 2019
Test 3:	Test 3 Online Oral and Written Component	31 August 2019
Coaching Practice	Coaching Practice Session	7 September 2019
	Graduation	14 September 2019

Class Information

Times:

(Live classes) From 9 am till 1 pm on Saturday's

Place:

Location: Amsterdam

Payments:

All payment must be made via sign up on the website
www.awellnessrevolution.net

It is possible to pay in 3 installments – contact us for details.

Registration:

For more information: www.awellnessrevolution.net

Here you can register: www.awellnessrevolution.net/become-a-certified-wellness-coach/

For any inquiries please contact us at: registration@awellnessrevolution.net

For questions please call:

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Certification:

To receive your certificate as a Certified Wellness Coach, all quizzes, written and oral tests must be completed satisfactorily and 5 Wellness Coaching Practice Sessions should be submitted before graduation.

The oral test must be completed on the days above and there will be one make – up day set at a later date. You are required to listen to all three discussion groups and you should try and attend 2 live discussion sessions.

FAQ's

How many hours a week would it require to spend during this six month course?

3 hours of lectures and 3-5 hours of homework per week; plus practice coaching sessions throughout the course (approximately 108-145 hours total)

What is a Wellness Coach?

A professional who is trained to help empower clients to make self-determined goals and to guide the clients process of transformation in creating these sustainable changes related to these goals. The Wellness Coach nurtures the clients self-determined growth and helps hold the client accountable for their goals

What are the homework, oral and written tests?

Some homework and study guides will be given for each class that will help each student integrate the new information and guide their self-healing journey.

What are the Discussion Groups?

These are times to discuss topics related to Wellness Coaching and Healing. This will usually involve guest speakers

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What are the oral tests?

They are held in groups of 10-15 after completing each of the three sections to review the information of each class.

These oral tests help the future Wellness Coach get individual attention and time to integrate and internalize the information

Where are Wellness Coaches needed in the community?

Wellness Coaches work both individually or in groups in the community. They collaborate with other Practitioners, Doctors, and other Health Care Professionals to meet the needs of their clients. They spend time coaching and educating clients to change behavior and develop new habits that will improve lifestyle changes that can impact a client's quality of life

Do you have to be a therapist to take the course?

Many Therapists are interested in taking the course as they are looking to continue their education. Wellness Coaching Skills can add value and give practitioners new tools that can help improve the care they bring to their clients. It is not necessary, however, to be a Practitioner to apply. It is, however, important to have passion and patience for both your own healing journey as well as the healing journey of others

We are delighted to have you join us on this amazing journey of change!



LIFE IS A WONDERFUL JOURNEY!

LEARN HOW TO CHANGE YOUR DESTINY AND INFLUENCE THE JOURNEY OF OTHERS

BECOME A LICENSED WELLNESS COACH!



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