



WISDOM OF THE **WHOLE**
COACHING ACADEMY

30-Hour Core Competency Course

Details, Completion Requirements and Terms and Conditions

Course Purpose:

The coaching model taught at Wisdom of the Whole Coaching Academy applies to a wide range of practice areas and professions. For example, coaches trained at Wisdom of the Whole Coaching Academy have applied their training to the fields of healthcare, consulting, leadership, education, equine therapy, and as an adjunct to therapy.

Learning Objectives:

1. Describe 3 benefits of using Jean Gebser's model for coaching.
2. Describe 4 differences between a conversation with a friend and a coaching session.
3. Describe how a coaching agreement is set up at the beginning of a coaching session.
4. Describe 3 behaviors of coaches that are essential to building a good relationship with their clients.
5. List 4 approaches, attributes, or strategies that can be used to avoid leading the client.
6. List 3 things that promote a shift in momentum, action, perspective, or awareness.
7. Define underpromising.
8. When a client is stopping a behavior, describe 2 reasons why it is important to add a new behavior that replaces the benefits of the old behavior.
9. Describe 2 ways that silence can deepen a session.

Course Completion Requirements

Evaluations

It is a requirement for Wisdom of the Whole Coaching Academy and our continuing education approval agencies that we receive class evaluations

from *all* of our students. We appreciate your cooperation and greatly value the feedback we receive from our students!

Completion Requirements and Timeframe:

For successful course completion students must fulfill the following requirements: complete 10 coaching sessions, met with your Student Advisor 3 times, completed all online coursework (including coaching Feedback logs), and submit your evaluation. Certificates of completion will be emailed to you within 90 days of course completion.

Please Note: *We cannot issue certificates of completion until your course evaluation has been received.* The maximum extension is thirty days from the last day of the course.

Requirements for Continuing Nursing Education (CNE) Contact Hours

CNE Contact Hours

This continuing nursing education activity was approved by the American Holistic Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Approved through July 3, 2021.

Approval for contact hours through the American Holistic Nurses Association (AHNA) is based on an assessment of the educational merit of this program and does not constitute endorsement of the use of any specific product or modality in the care of clients.

Provider approved by the California Board of Registered Nursing, Provider Number 14276, for 30 contact hours.

Makeup Work for CNEs

The policy for Continuing Nursing Education contact hours allows you to make up 2.5 hours of missed **live** content for this course. There is no partial credit allowed and no make up for live content allowed if you miss more than 2.5 hours of teleclass time. There is no make up for online coursework; **all online coursework must be completed by the end of the course.**

Therefore, if you have missed **up to 2.5 hours of teleclass** time and wish to receive your CNE contact hours, you must submit makeup work to your

faculty **within seven days of the missed class** (unless faculty has granted permission for an extension). Note: Makeup work is required if 30 minutes or more of class time is missed.

Requirements for International Coach Federation (ICF) Coach Training Hours and Continuing Education

Completion of the 30-Hour Core Competency course DOES qualify for Continuing Coach Education units through ICF (for those that already have a coaching credential).

Completion of the 30-Hour Core Competency course can also qualify for Coach Specific Training hours for obtaining a credential through ICF: **ONLY if** all 60 hours of the Wisdom of the Whole Coach Training Program are completed, including the 15 hours of optional voice-to-voice teleclasses for the Advanced Tools course.

Makeup Work for ICF

The policy for coach training hours through the International Coach Federation (ICF) allows makeup work for up to 2.5 hours of missed **live** content for this course. *There is no make up for online coursework.* If you complete makeup work for the 2.5 hours of missed teleclass time and complete all online coursework, you will receive a certificate for 30 of 30 hours. You must submit makeup work to your faculty **within seven days of the missed class** (unless faculty has granted permission for an extension). Note: Makeup work is required if 30 minutes or more of class time is missed.

Partial Credit for ICF

If you choose not to complete makeup work, ICF does allow partial credit. 30 minutes or more of missed class time will be deducted from your total hours. For instance: if you miss 1.5 hours of class time from this 30-hour course, your ICF certificate of completion will read “28.5 of 30 hours”. **Please note:** If you receive a certificate of completion for less than the full 30 hours, the hours from this course will NOT qualify for Coach Specific Training hours to use towards coach certification through ICF. (Partial credit hours will qualify for Continuing Coach Education units through ICF, as long as there is a minimum of one in-person hour for every two hours of online coursework.)

Requirements for National Board for Health and Wellness Coaches (NBHWC)

Wisdom of the Whole is an approved transition program with NBHWC

through their transition phase.

Makeup Work for NBHWC

The policy for NBHWC training hours allows you to make up 2.5 hours of missed **live** content for this course. There is no partial credit allowed and no make up for live content allowed if you miss more than 2.5 hours of teleclass time. There is no make up for online coursework; **all online coursework must be completed by the end of the course.**

To Complete Makeup Work:

- Listen to the missed content in the class recording (if a recording is unavailable, your instructor may determine a reading assignment covering the missed content).
- Write a summary of the concepts presented. If you miss 30 minutes of class, the Summary must be 100 words; if you miss 1 hour of class, the Summary must be 250 words; if you miss more than 1 hour of class, the Summary must be 500 words.
- Include the course name, your name, the date of the missed class, and the words "Summary" in the body of your work.

Example: "C918 YOUR NAME HERE 9.4.18 Summary"

- Submit your Summary through Moodle, our online learning platform, by posting it in your Self-Reflective journal.

To obtain faculty permission for an extension to complete your makeup work:

- Obtain written permission from your assigned faculty assistant via email
- Forward your notification of permission to info@wisdomofthewhole.com

In Emergency Situations

In emergency situations only, if more than 2.5 hours are missed, students may be able to arrange to pay additional tuition to retake the missed portion of the course either during the program or at a later date.

Costs, Cancellation, Non-Discrimination, and Conflict of Interest Policy

Costs: You are responsible for your own phone and internet access charges.

Cancellation Policy: All sales are final. No refunds on cancellations are allowed. This includes all payment plan arrangements.

Non-Discrimination Policy: Wisdom of the Whole Coaching Academy, LLC

will not discriminate in its educational programs, activities, or employment practices, based on race, color, national origin, sex, sexual orientation, gender identity, disability, age, religion, ancestry, union membership, or any other legally protected classification. Announcement of this policy is in accordance with state and federal laws. Participants who have an inquiry or who need information about accommodations for persons with disabilities should contact Dr. Linda Bark at 510-864-2006.

Conflict and Financial Disclosure:

The planners and adjunct faculty have declared no conflict of interest related to this activity. Linda Bark PhD, RN, MCC, NC-BC, a program planner/presenter and founder of Wisdom of the Whole Coaching Academy, LLC receives monetary compensation from tuition and publication sales related to this course. Each student is provided two copies of Linda Bark's textbook as part of their tuition; therefore, sale of the book is never promoted in the class. All planners and presenters have agreed to present the course materials free from bias or promotion.