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CLC404 - 4 credits

# Christian Health and Wellness Life Coaching

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## **Description:**

How do you become a wellness coach and what qualifies you to be a one? How can you live a full life and develop your strengths in the world we are living in today? How do you develop a positive attitude in addition to a rich spiritual life in the society that we live in today? How do you create an environment of meaning and purpose? These are some of the questions that will be addressed in this course, which will lead you to be a better you, dedicated to living a happier and more meaningful life. Wellness is not only about diet; wellness encompasses the whole of our being; the state of our mind, our soul, our spirit, our body. If you have all the wealth in the world, but you lack in good health, it will be very difficult to live a life of bliss. Through this course, you will learn how to create a lifestyle of change in health and wellness through the practical materials and resources provided in the course. You will also learn how to help your client in their journey of cultivating and living a healthy and vibrant life. As a wellness coach, you will gain the knowledge and skills to effectively be a helper and guide to your clients in their journey to a healthier holistic lifestyle, enabling and training your clients to make lifestyle changes that will eventually lead them to a healthier future. As a wellness coach, you will learn the importance of how to eat healthy, making exercise and physical wellbeing a part of your daily routine, having a positive attitude and the importance of engaging God through daily journaling.

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## Course Objectives

### Academic:

When you complete this course, you will:

- Quote the following Scriptures:
  - ✓ I Corinthians 6:19-20
  - ✓ 3 John 1: 2
  - ✓ Proverbs 17:22
  - ✓ 1 Timothy 4:8
  - ✓ Proverbs 12:25
  - ✓ Psalm 42:11
- You will understand the meaning of wellness.
- You will define the meaning of wellness coaching.
- You will be aware of your creative side.
- You will discuss how the events of our day or our environment can affect our well-being.
- You will state Don Ardell's model in wellness coaching.
- You will list the 12 dimensions of wellness.
- You will discuss the ten tenets of wellness.
- You will discuss how you can use the ten tenets to coach your client in wellness.
- You will discuss the five cornerstones of coaching.
- You will state the "new" four cornerstone of coaching.
- You will discuss the seven steps for lasting lifestyle improvement.
- You will state what makes a good coach.
- You will learn how to improve your own personal wellness foundation as a coach.

- You will list some of the guidelines for working on your own personal wellness foundation.
- You will learn your responsibilities as a wellness coach.
- You discuss the foundation session of coaching.
- You will state the foundational coaching skills.
- You will list some of the tools in coaching your client.
- You will discuss the advantage of wellness assessments.
- You will discuss how you would use the wheel of life in coaching your client.
- You will list the three steps for coaching for readiness for change.
- You will discuss the two types of motivation.
- You will explain the methods you can use to silence the self-doubter within you.
- You will state the different ways you can change your client's habits.
- You will discuss the five states of grieving and the loss of health.
- You will state the key step to living a full life.
- You will list the actions you can take to build appreciation in life.

### **Attitudinal:**

- As a result of your application of the truths you learn in this course, you will begin to
- Prioritize your wellness by changing and improving your lifestyle.
- You will see your body as a temple of the Holy Spirit.
- You will become more aware of your nutrition.
- You will develop your self-esteem and learn how to help others develop their self-esteem.
- You will learn how to live a full life by leveraging your character strengths.

- You will appreciate your life, your family, people and those God has placed in your life.
- You will become more creative by developing your ideas and behaviors.
- You will become more forgiving by seeing forgiveness as a gift to others instead of being resentful when others offend you.
- You will see gratitude as a way of being thankful and showing others how much you appreciate them.

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## Course Texts:

*Wellness Coaching for Lasting Lifestyle Change* by Michael Arloski

*Character Strengths Matter* by Shannon Polly and Kathryn Britton

*Positive Identities* by Margarita Tarragona

*Healing the Purpose of Your Life* by Dennis Linn, Sheila Fabricant & Matthew Linn

*Go Natural* by Mark & Patti Virkler (Collateral reading)

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## Course Requirements:

**NOTE: Save your answers into a digital document** to be emailed to your instructor. Use Microsoft Word, Google Docs, any other word processor or even just save it as an email draft or in the Notes application of your mobile device. Handwritten work will be not be accepted without prior approval from your instructor.

1. Prayerfully read *Wellness Coaching for Lasting Lifestyle Change* by Michael Arloski. Answer all application questions found here in your Student Notebook.
2. The book on *Positive Identities* by Margarita Tarragona will be used for your journaling as you continue in the course. This book is about positive psychology, which is the scientific study of what

makes life worth living, including the factors that contribute to people and communities functioning at their best to lead happier and more meaningful lives. This book will be used on a regular basis in this course as you sit before the Lord to answer the practical questions listed in each section weekly, completing the journaling for each week. (Readings and Additional Readings listed in the book at the end of each week is not mandatory for students.)

3. Read the book *Healing the Purpose of Your Life*. Write a detailed report of 2-3 pages on the book. Include the following:
  - A. A short summary of each chapter
  - B. What the Lord revealed to you about your life's purpose through the book or before
  - C. Were you able to discover your sealed orders as you spend time in God's presence, loving Him, during your quiet time or journaling time with Him? If so, how will you use this revelation as you continue in your journey with God in living a purposeful life?
  - D. In a few words, share the testimony of the revelation of your life's purpose with a fictional coaching client.
4. Thoroughly read the collateral book *Go Natural* by Mark & Patti Virkler. (You can start reading this book at any time during the course.) Demonstrate that your life has been affected by the teachings of this course by personally establishing a quality of health that generates a score of more than 81 points on the "Quality of Life Questionnaire" (pp. 259, 260 of *Go Natural!*). A score of more than 100 points is even more desirable. Write a minimum 2 pages report on the book. Include the following in your report:
  - A. What God said to you through the book and how He is calling you to live.
  - B. From what you have learned and what God spoke to you through the book, how would you apply this in your coaching of Health and Wellness to bring positive turn around in your client? This report is due in the final lesson.

5. Prayerfully read *Character Strengths Matter* by Shannon Polly and Kathryn Britton and write a minimum of 3 pages report on the book. Include the following in your report:
  - A. What are your character strengths?
  - B. Did you discover new character strengths in yourself after reading this book?
  - C. How were you able to apply these character strengths to your everyday situation?
  - D. Choose two topics from any of the focus points on living the full life listed in each chapter of this book, i.e. bravery, creativity, curiosity, hope, humility, humor and so on. One should be your strength area and one should be your weak area before you read this book (you are free to choose from any of the chapter's topics). Express your views on these two topics and how you have practiced them in your life whether at your home, church, workplace or in your community. Discuss how you were able to follow the steps on developing the weak area as stated in the book and what you have been able to do to develop that weak area to make it a strength in order to start living a full life.
  - E. What did you discover about yourself after reading the book?
6. Earn at least a "B" on all your coursework exercises, Book report, Test and Final exam.

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## Standards for Grading Assignments

As indicated below, “C” or 2.0 level work is considered average. **Leaders are not average people.** You are therefore expected (required) to put forth the effort necessary to demonstrate at least “B” (3.0) level work or higher on all assignments which you submit. Any which do not will be returned to you with input from your instructor on how you can raise your grade to the expected level. **A course grade will not be given until your assignments demonstrate that you have understood the material presented in the course and allowed your life to be transformed by the Spirit and the Word studied** — the requirements for attaining a “B”.

Your individual assignments (notebooks, tests, reports) will be graded according to the following standards. These grades will be averaged together to determine your course grade. Remember, we are training leaders and leaders are above-average people. Your work will reflect that.

- “D”
  - Indicates barely passing work that is inferior to the average both in quantity and in quality.
  - Manifests a lack of initiative or sense of responsibility or both.
- “C”
  - Average work; either steady work of an acceptable quality, or work of a high quality which is uneven, irregular or fragmentary.
  - May be mechanically or outwardly correct but shows little reflection upon or personal assimilation of the material.
- “B”
  - Intelligently has fulfilled the requirements of this course.
  - Understands the subject matter presented and has applied it to his life in a limited manner but has not really made the truths his own.
- “A”
  - Grasped the material with thoroughness, industry and correctness of detail.
  - Made the material his own by thinking about it and integrating it, using originality, natural ability, and insight.

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# Lesson One

## **Assignment to be completed:**

**NOTE: Save your answers into a digital document** to be emailed to your instructor. Use Microsoft Word, Google Docs, any other word processor or even just save it as an email draft or in the Notes application of your mobile device. Handwritten work will be not be accepted without prior approval from your instructor.

Read the Introduction and Chapters 1-2 of *Wellness Coaching for Lasting Lifestyle Change* by Michael Arloski.

Read pages 5 – 45 of *Character Strengths Matter* (Introduction, Appreciation, Bravery, Creativity and Curiosity).

Memorize I Corinthians 6:19-20 “Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own you were bought at a price. Therefore honor God with your bodies”

Read Week 1 of *Positive Identities*, completing all practical exercises in the textbook. Journal on what God said to you through what you have learned on “Your Stories, Your Selves” (Readings and Additional readings for Week 1 pg 26-27 are not mandatory for students.)

Complete the Exercises found here in your Student Notebook for Lesson 1.

Complete and correct Self-Test One.

## **Subjects to be explored:**

Lifestyle change

Keys to wellness and tenets of wellness

Grounded in wellness

Dimensions of wellness

Exploring strengths

Bravery

Creativity

Curiosity

**Related objectives:**

- You will know the meaning of wellness coaching.
- You will explain the Ardell's model in wellness coaching.
- You will list the ten dimensions of wellness according to Hetler's Model.
- You will state the twelve dimensions of wellness according to Travis Model.
- You will understand and actively practice the ten tenets of wellness.
- You will define the meaning of eventual goal of wellness.
- You will discuss how you can live a full life.
- You will discuss why character strengths matter.
- You will begin to understand how to grow your own character strengths.
- You will list the advantages of reading aloud to yourself.
- You will know the meaning of appreciation.
- You will list the five actions to build appreciation.
- You will state the meaning of bravery.
- You will state the five actions to build bravery.
- You will be state the meaning of creativity.
- You will state the seven rules to brainstorm in generating lots of ideas.

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# Exercises

1. Give the meaning or definition of wellness coaching.
2. Explain the Ardell's model in wellness coaching.
3. What are the ten dimensions Hetler's Model of Wellness?
4. How can a wellness coach help a client apply Hetler's model of wellness for a lifestyle change?
5. What are the ten tenets of wellness according to Arloski?
6. How will you apply the tenets of wellness in coaching a client?
7. How can you live a full life or help a client in the journey to living a full life?
8. What are character strengths?
9. Quote I Corinthians 6:19-20.

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# Self Test

1. The twelve dimensions of wellness according to Travis Model are:
  - a.
  - b.
  - c.
  - d.
  - e.
  - f.
  - g.
  - h.
  - i.
  - j.
  - k.
  - l.
2. Wellness coaching is the application of the principles and processes of \_\_\_\_\_ for higher levels of wellness, \_\_\_\_\_, \_\_\_\_\_ seeks lasting lifestyle behavioral change.
3. Hetler's model of wellness for a lifestyle change can be used by a coach to: \_\_\_\_\_ their thinking and create a wellness plan that \_\_\_\_\_ each dimension in some way.
4. Quote I Corinthians 6:19-20.

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# Answers to Self Test

1. The twelve dimensions of wellness according to Travis Model are:
  - a. Self-responsibility and love
  - b. Breathing
  - c. Sensing
  - d. Eating
  - e. Moving
  - f. Feeling
  - g. Thinking
  - h. Playing and working
  - i. Communicating
  - j. Intimacy
  - k. Finding meaning
  - l. Transcending
  
2. Wellness coaching is the application of the principles and processes of professional life coaching to the goals of lifestyle improvement for higher levels of wellness, an alliance between a professional coach and a person (or persons) who through the benefit of that relationship, seeks lasting lifestyle behavioral change.
  
3. Hetler's model of wellness for a lifestyle change can be used by a coach to: help client organize their thinking and create a wellness plan that covers each dimension in some way.
  
4. Quote I Corinthians 6:19-20. "Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own you were bought at a price. Therefore honor God with your bodies"