



Wellness is a choice; choose wellness!

The Individualized

Coaching Process

- ✦ Explore Entrepreneurism
- ✦ Learn core competencies
- ✦ Understand coaching ethics
- ✦ Apply New Choice Thinking
- ✦ Learn Cognitions of Choice
- ✦ Utilize a wellness assessment
- ✦ Consider holistic options
- ✦ Offer integrated coaching
- ✦ Create your own model
- ✦ Start your coaching practice

Training for Board Certified Coaches

About Us

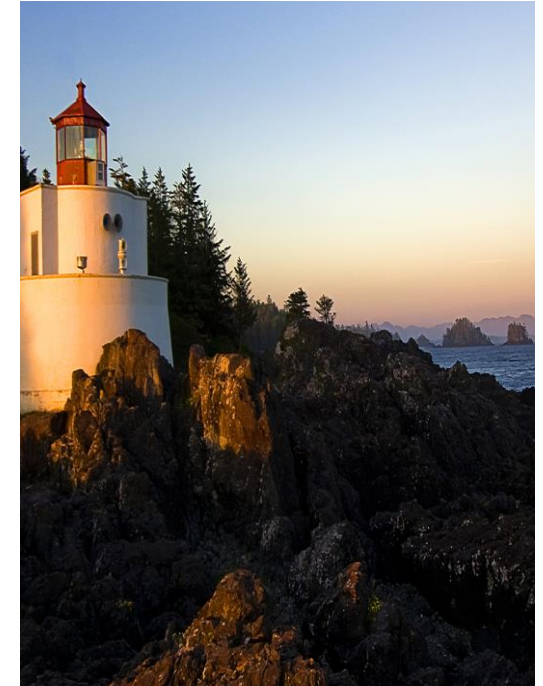
The training and certification program consists of 60 hours of virtual, tele-training, or face to face training sessions in which the student will learn a practical approach to coaching. The student will be taught the foundation skills, learn how to administer and interpret the Core Values Index and DISC Assessments and other assessments in a variety of setting as it applies to their independent study project, and advancement of their coaching practice.

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COACHING CHOICE COLLEGE

*East Meets West~ 30 Hour
Training Program*



**COACHING CHOICE
COLLEGE**
335 Main Street
Springfield, OR 97477

Program

Goals:



By completion of the program, the student will have acquired the skills, training and developed the necessary materials to start their coaching business.

Level 1 Training Program (30 Hours)

East Meets West: Wellness Choice Coaching

1. Core Competencies
2. Becoming a Social Entrepreneur
3. Our Choice Define Us: Wellness & Prevention
4. Ethics: Our Guideposts in Coaching
5. The Development of New Choices
6. Wellness as a Metaphysical Choice
7. Beyond Problem Solving to Growth Assessment and Evaluation
8. East Meets West: Integrated Wellness Coaching

Purpose:

In providing counseling services, we often approach an individual from the perspective of being “sick.” The Coaching Choice Model is a means by which you can offer a Wellness Model as opposed to a “Sickness Model.” If you are looking to provide your clients with an alternative to treatment, offering coaching may be a healthy option, along with a potentially profitable revenue source.

Testimonial:

I completed the Wellness Coach Training Certificate program with Choice College in April, 2012. It was a wonderful one on one experience which made it possible to not only receive an in depth review of the subject matter, but as critical, I was afforded many discussions exploring specific opportunities for development of my personal coaching business. Clare Steffen is a genuinely seasoned and caring teacher and practitioner. I would recommend this program to those professionals who are expanding their psychology practices as well as those who are leaving managed care.

**Robin Muskal, Ph.D.
Certified Wellness Coach**

Foundational Training Program:

East Meets West (30 hours) explores the marriage between an allopathic and holistic approach to coaching. The program provides an in-depth examination of the core competencies



East Meets West: Holistic Integration for the World

Coaching Choice College offers an individualized approach to coach training in the areas of life, wellness and business Coaching.

Our Products and Services

The training and certification program consists of 30 hours of virtual, tele-training or face to face training segments in which the student will learn a practical approach to coaching. The student will be taught how to develop their choice coaching philosophy, administer and interpret assessments and integrate a wellness coaching philosophy to begin or apply it to an already established coaching practice. All training is aligned with the Core Competencies outlined by the Center for Credentialing and Education (CCE) and the International Coaching Federation (ICF). Coaching Choice College (CCC) is an approved provider training site for CCE. Upon completion a certificate will be provided for submittal to CCE toward competency or renewal hours.