

HAPPY WHOLE HUMAN® Holistic Wellness Coach Certification Training

June 10, 2019 - May 10, 2020

This All-In-One 205-hour certification program provides HAPPY WHOLE HUMAN® (HWH) coach trainees six levels of expertise. Most of the trainings are held virtually via weekly 90 minute tele-classes and 3.5 hours of out of class interactive assignments, with one 8-day intensive in Austin, Texas.

Over the course of 48 weeks, HWH coach trainees will receive:

Level 1: HAPPY WHOLE HUMAN® Holistic Wellness Coaching Fundamentals (8 weeks-40 hours-Tele-classes)

Level 2: HAPPY WHOLE HUMAN® Holistic Wellness Thought and Emotion Management Tools (8 weeks-40 hours-Tele-classes)

Level 3: Intensive Hypnosis Certification Training - pre-approved by the American Council of Hypnotist Examiners (1 week-48 hours-In-person Intensive in Sgorgeous an Miguel de Allende, Mexico)

Level 4: Client Practicum and Business Building (20 weeks-25 hours-Tele-classes)

Level 5: Intensive Meditation (Conflict Resolution) Certification Training and Practicum (8 weeks-40 hours-Tele-classes)

Level 6: Launching A Coaching Career (3 weeks-12 hours-Tele-classes)

Cumulative total: 205 hours

Enrollment is contingent on an application process. Upon passing both a written and oral examination for each coach training level, students will receive certificates of completion, culminating with HAPPY WHOLE HUMAN® Holistic Wellness Coach Certification.

HAPPY WHOLE HUMAN® (HWH) programs prepare students for empowering and lucrative coaching careers in which they create interactive confidential healing spaces of unconditional acceptance and provide the support, information, and structure clients need to facilitate transformational change. Students are taught practical tools and techniques to help their clients conquer their fears, get out of their own way, and learn to live as Happy Whole Humans-radiant, happy, and fulfilled. Our mission is to empower individuals as they relax, reflect, and snap out of unconscious patterns via mindfulness and holistic wellness to overcome obstacles and improve their lives and relationships across the board.

HAPPY WHOLE HUMAN® provides a research-based framework for evaluating and understanding intrapersonal and relationship dynamics and tools to help individuals improve their relationship with themselves and others in order to achieve radiant health, happiness, and fulfillment. Our innovative programs provide coach trainees with cutting-edge tools, structure, and support to guide their clients to assess and overcome the personal and interpersonal challenges that contribute to chronic stress, interpersonal drama, disassociation, dissatisfaction, apathy, and burn out. In this way, this holistic program improves on traditional ways of thinking about wellness, adding specific key components of mental, emotional, and relationship health. Our program is unique in that it bridges the divide between researchers and clinicians.

HWH Coach Training Level 1 Happy Whole Human Fundamentals
8 weeks-40 hours-Tele-classes Mondays 7-8:30pm CST June 10- August 5, 2019 with 3.5 hours/week homework All assignments due and comprehension test completed by Friday, August 9, 2019

Instructor: Dr. Lisa Leit Cost: \$500

Prerequisite: HAPPY WHOLE HUMAN® Membership Subscription-HWH Holistic Wellness Self-Assessment Included with Enrollment

	Synchronous (s)/ Asynchronous (a)	Description	Name of Modules/Time	Required reading
Week 1 International Coach Federation Orientation (core)	5 hours 5 s 1 week	In one 90-minute tele-class with Dr. Lisa Leit, a 30 minute one-on-one call with Lisa, and 3 hours of interactive homework mock calls with other coach trainees, students will learn how to meet the international standards of ethical guidelines and professional standards established by the International Coach Federation (ICF).	-ICF coaching definition -Coaching vs. therapy -ICF key terms -ICF core competencies -ICF code of ethics -Confidentiality When to refer (20 minutes) Referral resources (10 minutes) Role playing (2 hours)	HAPPY WHOLE HUMAN® Handbook, HWH Facilitator eCourse, Supplemental materials as provided
Week 2 Practicum: Peer Coaching	5 hours 1.5 s 3.5 as 1 week	In one 60-minute introductory tele-class with Dr. Leit, 3.5 hours of interactive homework, and a 30-minute concluding call with Dr. Leit, students will learn to conduct mock calls with other coach trainees. Participants will evaluate themselves and their peers using the HWH online observation form. All forms and comments will be submitted to Dr. Leit for supervision and feedback.	Outline structure and expectations for homework, often involving interactive mock coaching call practice over the phone with other students Utilize Coaching form • Coaching Presence • Active Listening • Powerful Questioning • Direct Communication • Designing Actions • Planning & Goal Setting	Zoilita Grant's <i>Buddy Coaching Manual</i> , Supplemental materials as provided
Week 3 and 4 HWH Coaching Philosophy and Approach (core)	10 hours 3 s 7 as 2 weeks	In two 90-minute tele-classes with Dr. Leit and 7 hours of interactive homework mock calls with other coach trainees using the online HWH peer evaluation forms, students will learn how to facilitate the HWH holistic wellness program using the non-evaluative, non-directive, and sensitively attuned HWH collaborative facilitation model. Active listening and the Socratic method, as well as other holistic tools are discussed as well.	-Active listening -Powerful questioning -Socratic method -Non-directive -Non-evaluative -Empowering approach	HAPPY WHOLE HUMAN® Handbook, HWH Facilitator eCourse, Supplemental materials as provided

<p>Week 5 and 6 The Happy Whole Human Holistic Wellness Self-Assessment (core)</p>	<p>10 hours 5 s 5 as 2 weeks</p>	<p>In two 90-minute tele-classes with Dr. Leit, a 2-hour virtual tele-workshop, and 5 hours of interactive homework mock calls trainees will learn how to administer the HWH comprehensive and psychometrically sound online assessment and guide others through an empowering corresponding holistic wellness program. Students will learn to use this program to quantify, verify, and validate the unique personal needs of individuals seeking their guidance and provide clients with structure, support, and measurable results.</p>	<ul style="list-style-type: none"> -Overview -Assessment design -Rationale -Facilitation protocol -1st time vs. repeated times -Education opportunities -Role playing 	<p><i>HAPPY WHOLE HUMAN® Handbook, Supplemental materials as provided</i></p>
<p>Week 7 and 8 HWH: There is a WE in Wellness: Self and other balance and how it translates into personal and relationship health (core)</p>	<p>10 hours 3 s 7 as 2 weeks</p>	<p>In two 90-minute tele-classes with Dr. Leit and 7 hours of interactive homework mock calls with other coach trainees, students will be taught and will practice applications of the HWH Mutuality model and its basis in original research on the importance of overcoming patterns of self-absorption and codependence to work towards compassionate mutuality, a balance between your own and others' needs and desires. By factoring relationship dynamics into the HWH Holistic Wellness Self-assessment and our corresponding set of courses and offerings, Happy Whole Human® provides the most comprehensive and meaningful conceptualization of wellness to date.</p>	<ul style="list-style-type: none"> -Why Self-absorption is a health risk factor -Why codependence is a health risk factor -Overcoming codependence -Conscious vs. Unconscious - Relationships -Mutuality -Effective communication strategies -How to achieve healthy interdependence 	<p><i>HAPPY WHOLE HUMAN® Handbook, Supplemental materials as provided</i></p>

HWH Coach Training Level 2: Thought and Emotion Management Tools 8 weeks-40 hours-Tele-classes Mondays 7-8:30pm CST August 19- October 7, 2019 with 3.5 hours/week homework All assignments due and comprehension test completed by Friday, October 11, 2019 Instructor: Dr. Lisa Leit Cost: \$500				
Prerequisite: HWH Coach Training Level 1 (8 weeks-40 hours-Tele-classes)				
	Synchronous (s)/ Asynchronous (a)	Description	Name of Modules/Time	Required reading
Weeks 1-8 HWH Thought and Emotion Management and Decision Making Strategies (core)	40 hours 12 s 28as 8 weeks	In 8 weekly 90-minute tele-classes with Dr. Lisa Leit and 3.5 hours of interactive homework mock calls with other coach trainees per week, this course provides tools and lessons designed to foster new habits of self-awareness, confidence, compassion, accountability, mindfulness, and productive results-oriented thinking and behavior. As students learn how to identify and release stuck emotional energy using tools designed to effectively manage destructive emotions and thoughts, they will learn to help their clients to return to their daily lives refreshed and armed with stress-management coping strategies grounded in the wisdom of nature.	<ul style="list-style-type: none"> -Shifting negative - thoughts -Stabilizing exercise -Overcoming overwhelm -Regain control by shifting focus -Harness the power of the subconscious -Parts technique -Anger management -Balancing reason and emotion -Calming yourself down -Emotion release tool -Mindful observation and fluidity -Get out of your mind and into your life 	HAPPY WHOLE HUMAN@ <i>Handbook</i> , Supplemental materials as provided

**HWH Coach Training Level 3: Intensive Hypnosis Training and Practicum
50 Hours In-person in Austin, TX Monday , November 4-11, 2019**

Instructor: Dr. Lisa Leit

Cost: \$1,500 (not including travel and lodging)

Prerequisite: HWH Coach Training Level 2 (8 weeks-40 hours-Tele-classes)

	Synchronous (s)/ Asynchronous (a)	Description	Name of Modules/Time	Required reading
Coaching the Inner Being Using Mindful States Meditation and Hypnosis	48 hrs training 48 s 1 week intensive	In this in-person intensive training, students learn that working from the inside helps people to create more success. Lisa will teach students the difference between hypnotherapy and hypnotic coaching with a focus on the coaching relationship. Students will learn the basic techniques of five styles of hypnosis. Students learn how to teach and use self-hypnosis and mindfulness with clients. The impact of personality on habits and behaviors is explored in the second two days of this class. Alchemical hypnosis techniques and interactive processes are taught to help clients change behaviors. Students will learn how to use hypnosis to work with the parts of the personality to achieve results. The focus is on creating a strong functional adult self.	-Coaching presence -Active listening -Powerful questioning -Direct communication -Creating awareness -Designing actions -Hypnotic-coaching -Communication techniques to help clients succeed -Importance of client empowerment -The art of questions and establishing client accountability -Use of self-hypnosis training in hypnotic Coaching -Capacity of the mind -Autonomic Nervous System -Brain waves -Brain & mind -What is hypnosis -Trance states -Styles of hypnosis -Functions of subconscious -Teaching self-hypnosis -Laws of suggestion -Keys to effective suggestion -Hypnosis -Self-talk training -Client self-hypnosis	<i>Hypnotic Coach Workbook</i> , Supplemental materials as provided

HWH Coach Training Level 4: Client Practicum and Business Basics
20 Weeks-25 Hours-Virtual - Ongoing outside of class – November 18 - April 6, 2020

Instructor: Dr. Lisa Leit Cost: \$500

Prerequisite: HWH Coach Training Level 3: (1 Week-40 hours-In-person)				
Prerequisite: HWH Coach Training Level 2 (8 weeks-40 hours-Tele- classes)	Synchronous (s)/ Asynchronous (a)	Description	Name of Modules/Time	Required reading
Client Practicum and Business Basics	25 hours 3 s 22 as 20 weeks 5 months 20 hours Client services 5 hours Business Mechanics	Students will establish their own coaching practices and do 20 sessions with clients. They will create 2 client case studies, utilize appropriate client paper works and prep forms. Students will also spend 5 hours on business development.	-Case management -Client services -Direct client contact -Client plans -Client profiles -4 complete plans -Business mechanics -Customization of templates -6-month business plan -Market research -Marketing materials -Brochure -Marketing letter -Business card	Templates for forms are provided, Supplemental materials as provided

Holiday Break - Ongoing Practicum with No Class
November 18, 2018 - April 6, 2020

HWH Coach Training Level 5: Intensive Mediation Training and Practicum
8 weeks-40 hours-Tele-classes Mondays 7-8:30pm CST January 13 – March 9, 2020 with 3.5 hours/wk homework
All assignments due and comprehension test completed by Friday, March 13, 2020
Instructor: Dr. Lisa Leit Cost: \$1,000

	Synchronous (s)/ Asynchronous (a)	Description	Name of Modules/Time	Required reading
Mediation (conflict resolution) Certification	40 hours 12 s 28 as 8 weeks	In this entirely virtual training, students will participate in eight 90-minute tele-classes and 3.5 hours of supervised interactive homework per week. Students will learn to skillfully facilitate conflict resolution, effective communication, and collaborative decision-making.	<ul style="list-style-type: none"> -Mediation definition and process -Screening process: legal and ethical considerations -Identifying underlying needs and interests -Win/Win solutions -Negotiation techniques -Facilitative approach -Narrative approach -Documentation-writing the agreement -Working with couples and families -Working with businesses -Working with groups -Court processes 	<i>Getting to Yes, The Promise of Mediation, Supplemental materials as provided</i>

HWH Coach Training Level 6-Launching a Coaching Career 3 weeks-12Hours-Tele-classes-7-8:30pm CST Mondays April 6-27, 2020 All assignments and comprehensive exam completed by Friday, May 1, 2020 Instructor: Dr. Lisa Leit Cost: \$500				
	Synchronous (s)/ Asynchronous (a)	Description	Name of Modules/Time	Required reading
Week 1 Lifestyle Architecture (core) Instructor: Dr. Lisa Leit	5 hours 1.5 s 3.5 as 1 week	Coaching Clients to Consciously Design a Lifestyle	-Build a conscious lifestyle -Implement a conscious lifestyle -Tracking progress to stay motivated	<i>HAPPY WHOLE HUMAN@ Handbook,</i> Supplemental materials as provided
Week 2 Peer Coaching and Client Practicum Review	5 hours 1.5 s 3.5 as 1 week	Students will discuss coaching practice sessions with clients. They will review 2 client case studies. Students will discuss Peer Coaching experience	Turn in all paperwork and discuss experience	Templates for forms are provided, Supplemental materials as provided
Week 3 Business Development (core)	5 hours 1.5s 3.5 as 1 week	Trainees will customize Happy Whole Human templates and materials and prepare to launch their own businesses using the existing HWH tools with appropriate support and attribution.	-Write a white paper -Personalize an HWH coaching contract -Using intake forms -Using the <i>Go Guide</i> - <i>Business plan</i> - <i>Marketing</i> - <i>Timing sessions</i> - <i>How to measure progress</i> - <i>Consulting</i> - <i>Integrating DIY tools such as Self-hypnosis and resource links</i>	Supplemental materials as provided

HAPPY WHOLE HUMAN® Holistic Wellness Coach Certification:
Practicum review, all assignments due, and comprehensive oral and written exam
Friday, May 15, 2020

All-In-One 6-Level HWH Holistic Wellness Coach Certification Overview

205 hours of training (98.5 Synchronous and 106.5 Asynchronous)

The All-In-One HWH Holistic Wellness Coach Certification program takes 48 weeks to complete

*Total Cost: \$5,000 (Level 1: \$500, Level 2: \$500, Level 3: \$1,500, Level 4: \$500, Level 5: \$1,000, Level 6: \$500)**

Module breakdown:

Level 1: HAPPY WHOLE HUMAN® Fundamentals (8 weeks-40 hours-Tele-classes)

Level 2: Thought and Emotion Management Tools (8 weeks-40 hours-Tele-classes)

Level 3: Intensive Hypnosis Training and Practicum (1 week-48 hours-In-person Intensive)

Level 4: Client Practicum and Business Building (20 weeks-25 hours-Tele-classes)

Level 5: Intensive Mediation Training and Practicum (8 weeks-40 hours-Tele-classes)

Level 6: Launching A Coaching Career (3 weeks-12 hours-Tele-classes)

**This cost does not include required supplemental materials, travel, and lodging*