

**HWH Coach Training Level 2 – Happy Whole Human Facilitator Certification (22.5 hours)  
4 weeks Mondays, 1.5 hour Tele-classes, 3.5 hours of interactive or self-study homework  
All class assignments due and comprehension test completed by the end of Level 2  
2.5 hours of HWH Mentorship**

Name of Module	Description	Time	Materials
<b>Week One – Introduction to Happy Whole Human</b>			
Tele-class	Trainees will learn about the evidence-based HWH Mutuality model and discuss the Ecopsychology framework which serves as the basis for the HWH holistic wellness program.	1.5 hours	<i>Happy Whole Human Level One Coach Certification Handbook</i>  <i>Kerr Article and worksheet</i>
Homework	Trainees will take the 15-minute HWH Holistic Wellness Self-Assessment, read the Kerr article and Rushing blog, and complete and submit the corresponding worksheet.	3.5 hours	<i>Haley Rushing Blog</i>

<b>Week Two – Happy Whole Human Holistic Wellness Self-Assessment</b>			
Tele-class	After going over the answers to the Kerr article worksheet and discussing the Happy Whole Human formula, 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.	1.5 hours	<i>Happy Whole Human Level One Coach Certification Handbook</i>  <i>Kerr Article and worksheet</i>  <i>Haley Rushing Blog</i>
Homework	In mock calls, trainees will practice going the HWH Holistic Wellness Self-Assessment with clients. They will receive and give structured feedback using online observation forms.	3.5 hours	

Week Three –Happy Whole Human Focus Exercise			
Tele-class	Trainees will learn how to facilitate client accountability and empowerment with the Happy Whole Human Focus Exercise.	1.5 hours	<i>Happy Whole Human Level One Coach Certification Handbook</i>
Homework	In mock calls, trainees will practice the focus exercise with one another. They will receive and give structured feedback using online observation forms.	3.5 hours	

Week Four - 90-minute Happy Whole Human Intake Session			
Tele-class	Trainees will learn how to facilitate a Happy Whole Human 90-minute intake session and then take the online comprehension test.	1.5 hours	<i>Happy Whole Human Level One Coach Certification Handbook</i>
Homework	In recorded mock calls, trainees will practice going over the 90-minute Happy Whole Human Intake Session. They will receive and give structured feedback using online observation forms.	3.5 hours	

<b>Mentorship – 2.5 of the 10 hours throughout All-in-One Certification Program To be completed by last day of Level 2</b>			
Lisa will go over the comprehension exam results, review the session recording, and provide feedback to each student via phone.			