



Training Institute

Training coaches and clinicians
dedicated to the future of mental health



**APPROVED
TRAINING
PROGRAM**

HEADSPACE MENTAL HEALTH COACH TRAINING PROGRAM

COHORT DATES:

Our 5 month program runs January to June and July to December.

The July 2026 cohort runs from July 6 - December 9, 2026.

ADMISSIONS

We welcome all who are interested in both personal and professional development to support a career in mental health coaching, health coaching, any field of coaching, or simply to improve communication skills, relationships, and career success. Explore a deeper understanding of mental health, meditation, and mindfulness tools to support one's lifelong mental health journey and that of others. No prerequisites are required.

HOW TO ENROLL:

Interested candidates can complete the following [Application](#)

Once you've completed the application, you can reserve your seat by submitting your enrollment payment [here](#).

- Tuition: \$5,995
- Early enrollment: \$4,995 prior to May 1, 2026.
- No-fee, no-interest, 12-installment payment plan available

FOR MORE INFORMATION

We are happy to answer any questions you have. Please complete this [Interest Form](#).

Certificate in Mental Health Coaching

The Headspace–Mental Health Coaching Program provides a comprehensive curriculum with immersive training activities designed to prepare students to earn a Certificate in Mental Health Coaching (CMHC). This course will provide learning and application of evidence-based best practices in health and wellness coaching and in the field of mental health coaching.

Our program is rooted in the Headspace values of Diversity, Equity, Inclusion, and Belonging which is threaded throughout as students learn about the vast social inequities of health, Social Determinants of Health, cultural humility, and how to provide culturally responsive and identity-affirming care.

The Headspace–Mental Health Coach Training Program is an Approved Health and Wellness Coach Training & Education Program by the National Board for Health and Wellness Coaching (NBHWC). Graduates of this program are eligible to apply for the HWC Certifying Examination to become National Board Certified Health & Wellness Coach (NBC–HWC). Learn more about the NBHWC and becoming a NBC–HWC [here](#).

Our program is based on 3 modalities of learning:

Dialogic: Engaging, leading-edge, research-based curriculum delivered live, virtually, in small co-learning groups. Student cohorts are facilitated by a course instructor in a safe, supportive environment that facilitate trust and community.

Practice: Learn by doing, through regular practice coaching in weekly classes. Additional coaching practice opportunities are offered through our Coaching Lab and Coaching Partners programs.

Reflection: Ample time and opportunities for self-reflection and feedback as part of in-group learning, peer-to-peer practice coaching sessions, and module content.

HOW THE PROGRAM IS STRUCTURED

Live Education and Training Sessions with Peer and Faculty Connection (LETS Connect)

Students will participate in 20 required, weekly live sessions via Zoom, held in small cohorts in a supportive co-learning environment. Each session is 3.25 hours.

Sessions will take place over 5 months and are led by experienced NBC-HWC faculty course instructors. They consist of lesson presentations, large and small group discussions, and weekly application of the current module content in practice coaching sessions.

Practice Coaching

In-class

During the second half of the weekly class students will participate in trios to each conduct practice coaching sessions utilizing skills learned in that week's lesson. Students will receive peer feedback and participate in a group debrief. Each student will also serve in the role of client and observer for another student during the sessions.

Coaching Lab

Students have the option to attend weekly 90-minute coaching labs where they practice coaching skills using improv games and 1:1 coaching. Coaching lab is an optional way to further develop your coaching skills and accrue instructional hours for any missed classes.

Coaching Partners

Students have the option to pair with 1-2 other students to conduct regular practice coaching sessions with their peers outside of LETS Connect practice coaching sessions.

How the program is structured cont.

Further Learning and Discussion

Workshop Series

Students can enhance mastery of NBHWC Core Competencies by attending optional workshops on relevant topics led by industry subject matter experts.

Weekly Faculty Office Hours

Students can attend weekly office hours with faculty members to discuss curriculum or any aspect of the program, get support for staying on track, or to discuss career goals.

Practical Skills Development

Students will participate in three coaching sessions outside of class and receive detailed feedback from a NBC-HWC faculty course instructor

Other Modalities of Learning

Students will watch recorded webinars, engage in required and recommended reading, written assignments, quizzes, journaling exercises, and will watch both live and recorded coaching sessions.

Estimated Time Commitment

Students can expect to spend an average of 5 hours each week on coursework including:

- Weekly 3.25-hour live, virtual training and education sessions, which includes practice coaching sessions
- Asynchronous coursework followed by short quizzes
- Flexible, self-paced weekly reading assignments with written reflections

NBHWC Board Exam Preparation

NBHWC Board Exam Prep Course

Graduates are enrolled in a self-paced board exam prep course that includes content review through videos, study outlines, resources, and a 150 question practice exam.

NBHWC Board Exam Study Group

Graduates can participate in an 8-week NBHWC Board Exam Study Group that is offered three times a year aligned with the three exam periods. Students meet virtually in an instructor-led group to review core concepts.

There is no additional cost for these programs.

Learning Objectives

By the end of this program you will be able to:

- Demonstrate NBC-HWC core coaching competencies in practice coaching sessions with peers and receive feedback from both peers and faculty.
- Understand and communicate your scope of practice as a health coach, distinguishing between your role and related professions with appropriate referrals; determine if a client is appropriate for coaching.
- Build and maintain rapport with clients in a client-centered relationship rooted in unconditional positive regard that guides the client to their own self-discovery and solutions. The coach sets the expectation of themselves as not an expert who diagnoses or advises, but as a facilitative partner who supports the client in setting relevant, realistic goals.
- Demonstrate understanding and application of coaching tools and skills which demonstrate dignity, respect, cultural humility, appreciation of each individual's diverse and intersecting identities and social determinants of health to provide culturally responsive care.
- Explain the coaching process to a client, including the specific stages, exploration of values, vision, purpose and priorities, ongoing follow-up sessions, maintenance, and termination.
- Establish a coaching agreement with a client that sets clear expectations, confidentiality, and accountability measurements.
- Demonstrate the ability to establish and maintain a positive and psychologically safe environment through rapport building, active listening and presence, that facilitates client self-expression, discovery, and intrinsic motivation for behavior change.
- Demonstrate the ability to expand a client's perspective and discourse for deeper self-reflection by utilizing the tools of Motivational Interviewing and values, vision, and strengths-based exploration.

Learning Objectives continued.

- Understand behavior change theory to assist the client in choosing realistic and self-determined goals that focus on the process of sustainable behavior change achieved through small steps and growth from setbacks and small wins.
- Demonstrate the ability to elicit the client's intrinsic motivation for change and develop self-efficacy based on their individual values, preferences, strengths, and optimal state of health and well-being, not external factors.
- Understand and apply principles of Positive Psychology that prioritize positive emotions, strengths, efforts, optimism, open-mindedness, and a growth mindset for the client.
- Help clients develop a rich support system, both personally and in their communities, to enable their ongoing success both during and after the coaching relationship.
- Understand the need for a whole-person perspective that recognizes multiple aspects of one's health, including the impact, risk factors, and measurement standards of various chronic disease states such as hypertension, diabetes, obesity, cardiovascular disease, high cholesterol, metabolic syndrome and the role of inflammation in disease.
- Understand the health behaviors, social and behavioral risk factors and social determinants of health for common topics of lifestyle medicine including healthy weight, nutrition and hydration, physical activity, sedentary lifestyle, sleep, stress, and emotional wellness, mental health, relaxation, avoiding tobacco and substance use/abuse, positive mental health, self-awareness of thoughts, feelings, and behaviors whether positive or negative.

Learning Objectives continued

- Understand common non-clinical mental health challenges and how to support clients' mental health and well-being. Help clients to develop skills for managing stress, resilience, positive mental health, well-being, and flourishing, understanding the role of healthy relationships with self and others; adjusting to and managing change, mindfulness techniques including the power of meditation; utilizing principles of positive psychology and strengths-based approaches in coaching.
- Help clients explore and discover a sense of meaning or purpose and how it is linked to positive health outcomes and achievement of sustainable behavior change.
- Professional conduct and legal competencies to include: confidentiality, conflicts of interest, HIPAA, demonstrating unconditional positive regard, dignity and respect for all people, honoring diversity and cultural sensitivity, true representation of your training, experience credentials, maintaining scope of practice and referring to other professionals as appropriate, maintaining professional boundaries, informed consent, relevant federal and state regulations that affect health coaching, and seeking supervision and consultation as needed.
- Understand and adhere to the NBHWC Code of Ethics, legal standards, and high level of professional conduct required of healthcare providers, while maintaining ethical and professional treatment of each client; coach self-awareness around emotional regulation, lifestyle behaviors, and self-care.
- Prioritize and practice personalized coach self-care through various tools, techniques and practices to support emotional well-being, physical, and mental health.

PROGRAM MODULES

Module 1

Foundations of Health and Wellness Coaching

- Foundations of Health Coaching/Scope of Practice
- Prioritizing Mental Health via Neuroscience and Behavior Change
- Foundations of Positive Psychology
- Foundations of Strengths-Based Coaching
- The Power of Narrative

Module 2

Rapport, Mindful Listening, and Coaching Structure

- Creating a Client-centered relationship and Building Trust & Rapport
- Preparation, First and Early Coaching Session
- Routine, Ongoing Coaching Sessions Through Termination
- Active Listening, Presence, and Sharing Information Appropriately
- Foundations of Motivational Interviewing

Module 3

Holistic Health: Mind & Body As One

- Health and Wellness: A Whole Person Perspective and Health Inequity Barriers
- Coaching Clients with Mild Anxiety and Mood Disorders, Making Referrals
- Expanding your Coaching Toolkit: Techniques for Mental Wellness
- Foundations of Meditation & Mindfulness: Gratitude and other Relaxation Techniques to Support Stress Management and Emotional Well-Being
- Sleep and Sleep Hygiene

PROGRAM MODULES CONTINUED

Module 4

Coaching Theory, Advanced Tools, and Practice

- Applying the Transtheoretical Model of Change - Stages of Change
- Exploring Values, Purpose, Meaning, and Intrinsic Motivation
- Positive Psychological Resources to Support Behavior Change
- Goals and Goal Setting Strategies
- SMART Goals
- Reflective Listening to Facilitate Client Self-discovery
- Client Emotions and Energy
- Cultivating Self-Efficacy and Confidence
- Professional Conduct, Code of Ethics and Legal Compliance in Coaching
- Pre-diabetes, Diabetes, and Metabolic Syndrome, Obesity and Physical/Sedentary Lifestyle, Healthy Weight, and Optimal Nutrition
- Working through Ambivalence, Resistance and Obstacles to Change
- Hypertension, Lipids and Cardiovascular Disease

Module 5

Expanding Perspective: Coaching the Whole Person with Self-Awareness, Humility, and Accountability

- Centering Cultural Considerations and Accountability in the Coaching Relationship
- Inflammation, Dementia and Alzheimer's
- Environmental and Structural Support Systems and Social Determinants of Health
- Substance Use, Harm/Use Reduction
- Identity Affirmative Practices in Coaching
- Enhancing Client Awareness and Broadening Perspectives
- Expanding and Focusing the Conversation - Evoking Change Talk
- Spirituality in Coaching
- Coaching Grief and Loss
- Coach Self-Care Strategies and Tools
- Professional Longevity
- Coaching Best Practices

MEET OUR COACHING FACULTY

Students have the opportunity to learn from a multidisciplinary team of experienced coaches, therapists, psychologists, social workers, and psychiatrists committed to providing high-quality training and mentorship to the next generation of mental health professionals. Our faculty create a safe, engaging, and transformational environment in which students learn, connect, develop, and thrive.



Noel Chan, PhD, NBC-HWC she/her/hers

Course Instructor, Headspace Training Institute

Education/ Training

- Postdoctoral Fellowship, Integrative Medicine - Harvard Medical School
- PhD, Pharmacology - Weill Cornell Graduate School of Medical Science
- BS, Biological Sciences - Cornell University
- National Board Certified Health and Wellness Coach (NBC-HWC)
- Certified Positive Psychology-focused Health & Wellness Coach - College of Executive Coaching



Meghan Mitchell, MDiv, NBC-HWC she/her/hers

Course Instructor, Headspace Training Institute

Education/ Training

- Master of Divinity (MDiv), Esoteric Interfaith Theological Seminary
- BS in Public Health & Counseling, Charter Oak State College
- National Board Certified Health & Wellness Coach (NBC-HWC), National Board for Health & Wellness Coaching
- Health Coach Certification, Institute for Integrative Nutrition
- Coach Intensive Program Graduate, Institute for Integrative Nutrition
- CBT Coach Certification, Transformation Academy
- Confidence Coach Certification, Transformation Academy
- Quantum Life Coach Certification, Sandra Ann Taylor
- Business Coach Certification, EverCoach / Mindvalley
- Lifestyle Coach Training, YMCA Diabetes Prevention Program
- Mindfulness Master Practitioner Certification, Natura Training Institute
- QPR Gatekeeper Certification (Suicide Prevention), QPR Institute
- Certified Hypnotist, Shoreline Hypnosis
- Licensed Massage Therapist, State of Connecticut #4558



Shelby Garay, NBC-HWC, FMCHC she/her/hers

Program Director

Sr. Manager, Coaching, Headspace Training Institute

Education/ Training

- M.Ed, Higher Education Education, University of Massachusetts, Amherst
- BBA, Management, University of Massachusetts, Amherst
- Graduate Studies in Psychology, Concordia University, Chicago
- Graduate Certificate in Social Justice Education, University of Massachusetts, Amherst
- National Board Certified Health and Wellness Coach (NBC-HWC)
- Functional Medicine Certified Health Coach - Functional Medicine Coaching Academy
- National Diabetes Prevention Program Certified Coach



Jonathan Kole, MD, MA he/him/his

Medical Director, Headspace

Director, Headspace Training Institute

Education/ Training

- MD, Psychiatry - University of Pennsylvania
- MA, Bioethics - University of Pennsylvania
- BA, Double major Biology and Psychology - University of Pennsylvania
- Board Certified: Pediatric Medicine, Adult Psychiatry, Child Psychiatry