



Community As Medicine

Health Coach Training Program Syllabus

National Board for Health & Wellness Coaching (NBHWC)-Approved Training & Education Program



Program Description

Our National Board of Health and Wellness Coaching-approved training program spans 4 months and is conducted live online. This comprehensive certificate program seamlessly blends live, interactive sessions with a robust curriculum, offering three mentored coaching sessions supplemented by developmental evaluations and constructive feedback. Our team of experienced instructors, each with diverse backgrounds in health and wellness coaching, provide unwavering support to our students as they delve into our extensive curriculum and engage in hands-on learning experiences.

Our curriculum is meticulously crafted to offer evidence-based materials and lessons essential for cultivating a strong foundation as a Health and Wellness Coach. Encompassing areas such as positive psychology, behavior change, coaching psychology, and client-centered communication skills, our program ensures a comprehensive understanding of key concepts. Furthermore, we prioritize instilling the values of cultural humility, trauma awareness, and the transformative potential of "Community As Medicine," which are central to the ethos of Open Source Wellness.

Cultural Humility: We center the importance of providing coaching that respects and celebrates individuals' diverse identities, including race and ethnicity, gender, sexual orientation, socioeconomic status, education, social needs, and beyond. Students will learn effective strategies for acknowledging and valuing these identities within the coaching relationship, fostering an inclusive and empowering environment for clients.

Trauma-Informed: Students will gain an understanding of the profound impact of both individual and collective trauma on clients' experiences and challenges, and they will be empowered to offer support and guidance focused on resilience and action-oriented solutions.

Community As Medicine & Group Coaching: In addition to individual coaching, students will learn group coaching dynamics and strategies. Group coaching not only fosters a wider network of support and accountability but also facilitates more accessible and far-reaching impact. Students will be introduced to our Community As Medicine model, which emphasizes the holistic elements of "Engage, Move, Be, Spark, Connect, and Celebrate," integrating these principles into both individual and group coaching sessions.

Spanish Language Coaching Support: While our program is delivered fully in English, we offer opportunities for support for any of our students who plan to coach within Spanish-speaking communities. Those interested, have the opportunity to complete up to two mentored coaching sessions in Spanish and receive development-focused feedback.

Certificate Requirements

To successfully complete the certificate program, please review the following requirements.

1. Students must attend 100% of all class sessions. Students who are unable to attend a live class session should contact the Program Coordinator at CAMtP@OpenSourceWellness.org in advance. There is a makeup process to complete the missed classwork for excused absences. We're aware that some of our classes coincide with religious or culturally significant days and are committed to accommodating students' needs around this. We will work with students regarding the hours they need to make up.

If more than 20 hours of live class sessions are missed, students will not be able to graduate the course. In case of emergency or extenuating circumstances, please communicate as soon as possible with the Program Coordinator at CAMtP@OpenSourceWellness.org.

2. Students must complete three (3) graded practical skills assessments with a passing grade. These sessions may be completed live with an instructor, or asynchronously via recording. This is in addition to scheduled class time.
3. Students must complete any *required* assignments.

Students can expect to spend an average of 3-4 hours each week on coursework including:

- 2 hours in live online classes
- Additional time outside of class may include:
 - Live peer practice sessions
 - Preparing for class
 - Writing reflections
 - Readings

Additional requirements:

- There are 1 (Saturday + Sunday) weekend and 5 Saturday class intensives; see program schedule below for dates and times.
- Students will be responsible for completing their three graded practical skills assessments outside of class time.

Program Competencies

Our program and curriculum include:

Practical Experience: Practice coaching skills both one-on-one and in groups – demonstrating client-centered listening, motivational interviewing, open inquiry, and goal setting.

Coaching Theory: Understand and utilize theoretical frameworks and evidence-based research that underlie the field of health & wellness coaching. These include stages of change, positive psychology, evidence-based techniques to support client-centered discovery, self-efficacy, autonomy and setting and meeting goals. These support enhanced client motivation and facilitate the client's desired and lasting behavior change.

Health Risk Factors: Understand common risk factors, symptoms, treatment and the role of a health coach in chronic diseases including cardiovascular disease, diabetes, obesity, hypertension, and more.

Complementary care and lifestyle behaviors: Understand the guidelines for evidence-based complementary care and lifestyle behaviors that impact human health and wellness including exercise, nutrition, tobacco use, substance use, stress management, sleep and social connections.

Mindfulness in Coaching: Incorporate mindfulness practices in your coaching presence, and use them with clients when appropriate.

Ethical Considerations: Thorough understanding of the standards of professional conduct and code of ethics in health coaching.

Legal Concerns: Thorough understanding of the components and importance of legal factors in coaching, including confidentiality, HIPAA considerations, scope of practice, and licensure.

Optional Additional Reading

There is no required textbook for this course.

The reference materials for this course is:

- ❖ *Wellcoaches Coaching Psychology Manual, 2nd edition* by Margaret Moore

Course Contacts

Program Director: Rachel Barach, Rachel@OpenSourceWellness.org

Program Coordinator: Cryscilla Herbkersman, CAMtP@OpenSourceWellness.org

Learning Management System - CAM Hub (on Mighty Networks)

This course will utilize CAM Hub. You will receive an email invitation to join the site. Please follow the instructions to create an account.

Course Format

This certificate program is being offered **fully online**. Much of the work in this course will be stored in CAM Hub for your convenience. Students will have access to the course in CAM Hub for 12 months after their graduation.

Class Times

All Classes are online, over Zoom, and all times listed are in Pacific Time (Pacific Daylight Time PDT / Pacific Standard Time PST)

Class meets **Wednesdays 4pm - 6pm PT (Pacific Time) and Weekend Classes** as detailed below

Attendance & Absences

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- We're aware that some of our classes coincide with religious or culturally significant days and are committed to accommodating students' needs around this. We will work with students regarding the hours they need to make up.
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Grading Policies

- **Graded Practical Skills Assessments:** There are a total of three (3) graded practical skills assessments throughout the program. Each assessment will be evaluated (either live or asynchronously) by a credentialed instructor.
 - Grading for the first PSA will be pass/no pass
 - The second PSA requires a passing score of at least 60%
 - The third PSA requires a passing score of at least 80%
 - PSAs can be re-done as needed on a case by case basis
 - Up to 2 of the 3 PSAs can be completed in Spanish

Please carefully read this schedule so that you are aware of class times and due dates for assignments.

SPRING 2026

Community As Medicine Health Coach Training Program Schedule

Day/Date/ Time (All times are in Pacific Time= PDT/PST)	Class	Topics Covered	Practical Skills Assessment Assigned
Saturday, Jan 31 9am-5pm PST	Introduction to Open Source Wellness and Coaching	- OSW Experience - Community Is Medicine Model Intro - Coaching Root Disciplines - What does it mean to be an NBHWC? - Social Determinants of Health - Coaching in the Healthcare System	
Sunday, Feb 1 9am-5pm PST	The Big Picture & 1st Coaching Session	- Preparing to Coach - Coaching Container - Essentials of a Successful Coaching Relationship - Non-Violent Communication - Transtheoretical Model of Change (TTM) & Stages of Change (SOC) - Coaching Structure: The Big Picture - What's covered in the first session?	
Wednesday, Feb 4 4pm - 6pm PST	Reflections	- What, When & How	
Wednesday, Feb 11 4pm - 6pm PST	Motivational Interviewing (MI)	- Engaging - Focus - Evoking - Planning	
Wednesday, Feb 18 4pm - 6pm PST	Positive Coaching Models	- Navigating Emotions - Appreciative Inquiry (AI) - Self determination theory - Social Cognitive Theory	

Wednesday, Feb 25 4pm - 6pm PST	Skillful Conversations	- Skills to expand a conversation - Skills to focus a conversation - Time management	
Saturday, Feb 28 9am-5pm PST	Wellness Vision, Rapport, and Trauma-Informed Coaching	- Rapport - Values, Vision & Virtues - Integration: Assessment & Wellness Vision - MI: Demo & Practice - Trauma Informed Coaching	1st Practical Skills Assessment Assigned
Wednesday, March 4 4pm - 6pm PST	Goal Setting	- Behavioral goals vs Outcome goals - SMART Goals & Action Plans - Personal Boundaries, Stressors & Resilience - Asking permission & Integration	PSA 1 Window: March 5- March 21
Wednesday March 11 4pm - 6pm PDT <i>(Please NOTE time change to Pacific Daylight Time (PDT))</i>	Implementing Goals	- Decisional Balance & accountability - Deshaming failure	PSA 1 Window: March 5- March 21
Saturday, March 14 9am-5pm PDT	HIPAA, Community Is Medicine, and D&I in Coaching	- HIPAA - Community Is Medicine Model - Diversity & Inclusion in Coaching - Unconscious bias - Context of Weight & BMI - Equity Enhancing Tips	PSA 1 Window: March 5- March 21
Wednesday, March 18 4pm - 6pm PDT	Supporting Behavior Change	- Transtheoretical Model of Change (TTM) - How to coach between Stages of Change (SOC) - Tracking progress	PSA 1 Window: March 5- March 21

Wednesday, March 25 4pm - 6pm PDT	Legal & Ethics	- Professional Conduct - NBHWC Code of Ethics - Ethics in review - Legal requirements	
Saturday, March 28 9am-5pm PDT	Presence in Action and Group Coaching	- Imposter Syndrome - Emotional wellness - Centering - What, When & Why - The Righting Reflex - Best practices about advice - Group coaching - theory and practice	2nd Practical Skills Assessment Assigned
Wednesday, April 1 4pm - 6pm PDT	Mental Health in Health & Wellness	- Wellbeing concepts & emotional Wellness - Coping with Stress - Mental health terminology - ID key signs of mental wellness - Legal Considerations/Referrals	PSA 2 Window: April 2- April 18
Wednesday, April 8 4pm - 6pm PDT	Recognizing Chronic Conditions	- Chronic diseases: - Inflammation - Cardiovascular disease: high blood pressure, high cholesterol, stroke, heart attack - Metabolic Syndrome - Diabetes - Chronic Pain	PSA 2 Window: April 2- April 18
Wednesday, April 15 4pm - 6pm PDT	Nourish: Nutrition & Cultural Humility	- Nutrition in review - Diversity & Cultural Humility with Food	PSA 2 Window: April 2- April 18
Saturday, April 18 9am-4 pm PDT	QPR Connect: Social Connection	- QPR Method & Suicidality - Option to be certified as a QPR Gatekeeper - Social Wellbeing - Isolations vs. Loneliness - Social & Environment Support	
Wednesday, April 22 4pm - 6pm PDT	Limiting Beliefs	- Limiting Beliefs & Boundaries - PSA Debrief	Final Practical Skills Assessment (PSA 3) Assigned

Wednesday, April 29 4pm - 6pm PDT	Move: Physical Wellbeing	- Physical Activity: Competencies, Key Guidelines, & Benefits - Tobacco, Alcohol & Drug use - Chronic Conditions Review	PSA 3 Window: April 26-May 15
Saturday, May 2 9am-5pm PDT	Be: Sleep and Mindfulness & Exploring Health Conditions	- Mindfulness: What it is & putting it in action - Mindfulness & Self Efficacy - Environmental Wellness - Coaching different health conditions	PSA 3 Window: April 26-May 15
Wednesday, May 6 4pm - 6pm PDT	Working with Resistance	- Advanced Strategies and Approaches - Boundaries vs Sustain Talk & Discord	PSA 3 Window: April 26-May 15
Wednesday, May 13 4pm - 6pm PDT (Optional)	Engaging Health Education Strategies	<u>*Optional*</u> - Facilitation Strategies - Prep & Delivery - Content Writing & creation	PSA 3 Window: April 26-May 15
Saturday, May 16 9am-5pm PDT	Ending a Coaching Relationship Group Coaching Practice & Wrapping up Health and Wellness	- Ending a coaching relationship - Group Coaching Practice - Health & Wellness Final Review	
Wednesday, May 20 4pm - 6pm PDT (optional)	The Business of Coaching	<u>*Optional*</u> panel and discussion on building a coaching business and pathways to employment	
Wednesday, May 27 4pm- <u>6:30pm</u> PDT	Graduation & New Beginnings	- Personal & Group Reflections - Celebrations!!!	

Student Testimonials

“ CAMtP was a healing experience for me. I came in looking for coaching tools and left with a deeper connection to myself, my purpose, and a powerful community. The program weaves trauma-informed practice, embodiment, and care in a way that feels both grounded and expansive. If you're looking for a place to grow as a coach and as a human, CAMtP is a beautiful place to begin.”

-Gloria C Anglón, 2025 Graduate

“ I choose CAMtP because it's rooted in the community where I'm from, and the OSW model is one I wholeheartedly believe in and have supported for many years. The experience was more than what I could have imagined. Every class was eye opening and impactful. I left each class/coaching practice session with increased excitement about health and wellness coaching. I am more eager than ever to pay forward what I've learned and experienced in the program.”

-Theresa Hayes, 2024 Graduate

“ The CAMtP course is truly unlike any other program I've experienced. It goes beyond traditional coaching by deeply honoring culture, community, and healing in a way that feels authentic and inclusive. I chose CAMtP because I wanted a program that spoke to the whole person, not just physical wellness, but emotional, cultural, and spiritual wellness too. One of the highlights for me was the sense of connection not only with the instructors and materials, but also with the community we built throughout the program. The space felt safe, empowering, and deeply affirming. This program has impacted me both professionally and personally. It helped me grow into a more grounded, confident coach and reminded me of the power of community care. CAMtP doesn't just teach you how to coach it reminds you why coaching matters.”

-Shorronda W., 2025 Graduate

“ I felt like I was a good coach when I started, now I feel like a great coach. I feel empowered and prepared to handle even difficult situations. This program has helped me become the coach I am. It has also empowered me overall in my communication and relational skills. 10/10.”

-2023 Graduate

“ I chose CAMtP because it was the only health coaching training program I could find that intentionally incorporated trauma-informed practices and culturally-competent elements into the curriculum and overall coaching approach. I quickly saw and felt that this wasn't just DEI lip service, but was actually a core value of OSW's philosophy in group coaching and in training coaches. The program was excellent and I learned so much. I learned alongside a wonderfully diverse and insightful group of students, and the entire experience felt engaging, meaningful, and a net positive for my own well-being. I feel really grateful to have gone through this training program with such a lovely community of classmates and the amazing teaching staff. 10/10 would recommend this program to anyone considering! I am walking away a better listener, a more curious and engaging person, and I am more committed to and inspired by my own wellness vision.”

-M.B., 2024 Graduate

“ It was much more than acquiring new knowledge and skills (health coaching competency) because it was a container for personal transformation and awareness while witnessing and sharing the whole growth process within the community. Deep and sensitive topics were addressed and talked about with honesty and respect. It was a very diverse community which enriched the overall process of learning and developing together. The acquisition of health coaching skills was detailed, accurate and challenging sometimes, but at the end, we all learned well, with solid philosophical and technical bases.”

-Marianne Leyton, 2023 Graduate

“ I love how complete this training program is. While it does focus on health coaching, we also [learned about] so many other issues that play a part in a person's wellbeing, from culture, beliefs, mental health, food accessibility and so much more.”

-2022 Graduate

“ The CAMtP program was created by experts actually doing group and individual coaching with underserved populations, so the amount of genuine experience that the team brings to the program creates a very inspiring and relevant experience. The dedication and commitment of the team is felt at every moment of the program, in addition they are very realistic and flexible about student's needs and make accommodations when necessary. Sessions are fun, interactive and experiential - so there is a chance to assimilate the material with all adult learning principles taken into consideration.”

-2022 Graduate

“ I chose CAMtP because it felt like what they described from the course content aligned more with my own values. Safe to say it did not disappoint! I loved how grounded and socially aware the instructors were, and how the entire course covered everything from grief, diversity, equity, inclusion, and so many other real life challenges that are rarely addressed within the health care system. Definitely a very innovative and true-to-work health coaching program.”

-Gaby Galindo, 2022 Graduate