



NATURAL WELLNESS
ACADEMY ∞ EST. 2013

Holistic Health & Life Coaching Certification

www.NaturalWellnessAcademy.org



Your journey starts here...

Welcome to the Natural Wellness Academy! You should have received an email with your log-in information. Go to the dashboard or log-in area in the main website: www.naturalwellnessacademy.org

As part of your certification, you will have access to the following courses:

- **Holistic Health & Life Coaching**
- **Essential Effective Coaching**
- **Webinars Library**
- **2 Consumer Programs:**
 - **Alkalinity Challenge**
 - **The S-Tox**



Outline

Online learning is sequential for the modules in the following order. If you ever feel that you are stuck, discuss with your mentor the idea of moving to another module and then backtracking.

- Body
- Mind
- Spirit
- Coaching
- Final Project



You will access the Learning Experiences on the platform in that order. Each assignment will consist of approximately 6-12 questions and may require some online research and practicum. For the most part these are FUN – and there are really no wrong answers. The Learning Experiences are designed to challenge and enlighten you.

Note: Complete all of the questions in each Learning Experience before turning in the completed assignment. You can either upload to the platform or send as a word document to your mentor's email.

You are also required to attend or review the recording of one webinar or teleconference call in each of the four (4) categories (1 Body, 1 Mind, 1 Spirit, 1 Coaching) and respond to a mini Q & A to verify attendance/review.

All of these are available in the **Webinar Library** – feel free to listen to as many as you'd like, as there is a lot of fascinating, cutting-edge material but you are only responsible for a brief Q & A in each category.

Note:

- 1) You can attend a teleconference/webinar on any subject no matter where you are in the online learning. Only some of the Cannabis ones are limited to enrolled students.
- 2) Webinars are scheduled one per month. You can attend as many as you'd like while you are enrolled and current in the program, but you will only need to respond to one Learning Experience per category.

We no longer have a 2-day hands-on workshop in Tampa (but we are going to start setting up yearly retreats!). There is video footage from one we did and you can view those in the Workshop module.



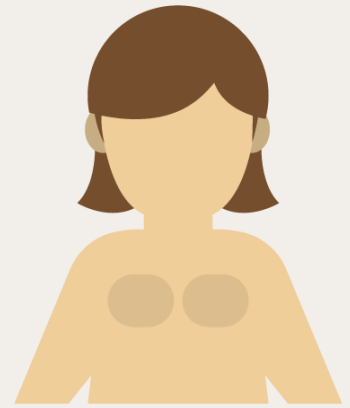
Body Module

Text: *Raw Fusion Living: Recipes for Health Eating, Natural Weight Loss and Anti-Aging* by LindaJoy Rose, Ph.D.

Text access: This is a softcover book that will be mailed to you.

Assignments: The following are the online assignments for the Body module. The Learning Experiences are sequential so you can easily follow along and make your notes.

- Learning Experience 1
- Learning Experience 2A: Bio-Individuality Study*
- Learning Experience 2B**
- Learning Experience 3
- Plus one Body teleconference/webinar and Q&A of your choice



*The bio-individuality study is a research assignment; each student will be assigned two diet philosophies and research them, responding to a series of questions. Your bio studies should be between 3-5 pages PER diet philosophy.

When you click on Learning Experience 2A, you can download all of the compilations we have made from students who have completed them in the past.

**In Learning Experience 2B, you are asked to experiment with one of the consumer programs created by Dr. LJ – the *Alkalinity Challenge* OR the *S-Tox*.

This is to give you some insights into how to create these kinds of programs for your future coaching groups and clients.

Note: The Learning Experience 2A does NOT have to be completed sequentially. You can turn this in at any point in the program!

Mind Module

Text: *A Year of Positive Habits* by LindaJoy Rose, Ph.D.

Text access: This is an e-book available for download on the platform.

Assignments: These are the online assignments for the Mind Module:

- Learning Experience 4
- Learning Experience 5
- Plus one Mind teleconference/webinar and Q&A of your choice

Here is a link to a free relaxing hypnotherapy module by Dr. LJ

- <https://www.naturalwellnessacademy.org/free-hypnotherapy/>

Here is a link to a free music selection we had created with Alpha Theta brainwaves to instill deeper theta states – you can use this for the mind dynamic exercises and self-hypnosis in this module.

- <https://www.naturalwellnessacademy.org/free-music/>

Note: For your self-hypnosis experiment, make sure to mark off a 21-day period on your calendar that you are able to commit to doing a cycle of change from this e-book. This should be a time that you are not traveling or have projects that interfere with your ability to complete the 21 days.

You can be working on the other questions in these 2 Learning Experiences while you are completing the 21 days.



Spirit Module

Text: *Seat of the Soul* by Gary Zukav

Text access: This is the one book that you will be required to purchase for your coaching course. You can find it very easily at either a new age bookstore or via Amazon. It can be a virtual (Kindle) copy or softcover. You also might be able to find the book at a library, but this is the kind of book you are going to want to have as a personal resource! Alternatively, here is a free pdf version!

- <https://kcserevision.com/wp-content/uploads/2017/08/Seat-of-the-Soul.pdf>

Assignments: These are the online assignments for the Spirit module:

- Learning Experience 6
- Learning Experience 7
- Learning Experience 8 - Daily Gratitude Exercise -This is an optional LE!
- Plus one Spirit teleconference/webinar and Q&A of your choice



Coaching Module

As of 2019 we have debuted our new coaching module:

Essential Effective Coaching

When you are in the Spirit Module, you will be given access to this module as a separate course. You will also find some forms and documentation specific to your certification within the Coaching module in the HHLC platform, however, you will access the EEC as a separate course through NWA website.

Essential Effective Coaching is designed to help you launch your coaching practice and will give you practical information about starting your own business, social media marketing, finding your niche/specialization, and how to work with your clients. We provide loads of downloadable resources, including forms and documents that you can use in your practice.

Assignments: These are the 4 assignments in EEC:

- Learning Experience 1A
- Learning Experience 1B
- Learning Experience 2*
- Learning Experience 3
- Plus one Coaching teleconference/webinar and Q&A of your choice



*Learning Experience 2 is a business-building exercise. Take your time with this and you don't need to turn it in as an assignment. There is a space for giving us feedback on this experience, but it is your choice.

Final Project Module

Each coaching candidate is required to complete a final project in an area of interest. This is a research or creative project that should be between 5-12 pages in length. It is recommended that you discuss your vision and intentions for this project during one of your coaching sessions with your mentor.

There is a teleconference on the subject in this section of the Webinar Library and also a downloadable compilation of a few former Final Projects.

Ideally, your Final project should be something that can help you launch your career; Examples would be a Lead Magnet (something that you give in return for someone signing up for your mailing list, like a recipe book, or eating plan, or exercise book. It can be marketing materials or an outline for a book or a healing program.

Completion and review of your Final Project will then qualify you to receive your certification. You will also be entitled for membership in the American Association of Drugless Practitioners.



Individual Coaching & Mentoring Sessions

As part of your certification program you are entitled to two (2) personal coaching sessions with your Mentor. They will be around 45 minutes in length and will be conducted either via Zoom or telephone. The first one is recommended after you have turned in at least 2 assignments so that your mentor has an idea of your writing style and approach to the material. You can request the first when you feel ready. The 2nd session should be closer to your finishing the program and will be directed toward your ultimate goal (s) for your certification, helping you identify your niche and



Graduation

We are recommending that you allow between 9-12 months to complete this course. You could accelerate the learning and finish in 6 months, but this should be discussed with your mentor. You will receive a printed certificate upon graduation.

***Welcome to the Natural Wellness Coaching Certification
and we wish you an extraordinary experience!***