



NATURAL WELLNESS
ACADEMY ∞ EST. 2013

Comprehensive
Cannabis
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:

- **Cannabis Coaching**
- **Essential Effective Coaching**
This is Module 8 and opens when you finish Module 6.
- **Webinars Library**



Note: The NWA platform will eventually time out (1-4 days), so if you can't access your course it means you have to sign in again.

Outline

Online learning is sequential for the modules in the following order.

- Module 1 – History
- Module 2 – Science of the Endocannabinoid System
- Module 3 – CBD Overview
- Module 4 – THC Overview
- Module 5 – Dosing & Delivery Systems
- Module 6 – Cannabis and the Mind
- Module 7 – A Deeper Dive into Special Topics
This module that will likely grow as we keep adding new material.
- Module 8 – Essential Effective Coaching
Key business-building concepts.



- Module 9 – Specific Cannabis Coaching

You will access the Learning Experiences on the platform in that order. Each assignment will consist of approximately 5-8 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. The concept is to help you find your OWN way (verbiage, expressions) to inspire and inform your clients.

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.

Resources and Lessons

Make sure to check for any downloadable materials as well as Lessons (these might be slideshows, videos, articles or webinars. You will find everything you need right within each module’s home page. Scroll down to see all of the materials and references.

All of what you need for each module will be found within the online platform. These are downloadable, if you prefer to “hold them in your hand” or you can read them directly on your computer, laptop, tablet or phone.

Some of the resources are stored in the **Webinar Library**, accessible through clicking on the appropriate link.

You have access to ALL the teleconferences and webinars in this library from every other certification program. However, those students who are not in the Cannabis course will not have access to some of these video/audio files. We would appreciate your not sharing them with anyone outside of the course.

Feel free to listen to as many as you’d like, as there is a lot of fascinating, cutting-edge material that will enhance your coaching practice, no matter your specialty or niche.



Most of them have short Q & A's – in other courses they need to choose one per module and do those, but you are not responsible for any of those assignments, although you may enjoy doing them on your own as they are thought-provoking.

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 either "in person" where you can interact and ask questions, or via recording.

Learning Experiences

Within each module there will be an assignment entitled LE1 (LE2, etc.) Download the document and you can fill it in directly via your computer. We need this to be uploaded or sent in a Word doc or a program that can be easily converted to Word.



Although it specifies 1 and ½ pages per question – that is more of a guideline than a requirement. If you feel complete with a shorter answer, that's fine. We only ask for clarification if we feel that you have not fully grasped the material.

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.

Each module has only one assignment with the exception of Module 2 (there is a worksheet in there, too) and Module 8 (more on that below).

Mid-Term Quiz

Do not become alarmed! This is not a test in the classic sense; It's more of a Learning Tool than an Assessment. As you answer the multiple choice and T/F questions you will note that it will show as correct (green) or incorrect (red).



The idea is to take this twice. While we ask for both scores, we are not recording those to your student file. This is a way to test your knowledge and you will invariably improve the second time around – however, the sequence of the questions will change each time.

Interesting Fact: The Subject Matter Expert (SME) who prepared most of the course material found this midterm rather challenging! So don't be intimidated...

Coaching Module

As of 2019 we have debuted our new coaching module:

Essential Effective Coaching

You will find some forms and documentation *specific to your certification* within Module 9, which is targeted to Comprehensive Cannabis Coaching.

NOTE: If you are in a blended course, you will take this Module either sequentially in the Cannabis program or in another course. No need to do this twice (unless you want to 😊)!

Essential Effective Coaching is a universal module, that can help any coach build their practice. It designed to help you launch (or improve an existing 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.

These are the 4 assignments in EEC:

- Learning Experience 1A
- Learning Experience 1B
- Learning Experience 2*
- Learning Experience 3

*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.

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.

Graduation

We are recommending that you allow between 9-12 months to complete this course. You could accelerate the learning and finish in 3-6 months, but this should be discussed with your mentor. You will receive a printed certificate upon graduation.



Welcome to the Natural Wellness CBD/Cannabis Coaching Certification and we wish you an extraordinary experience!