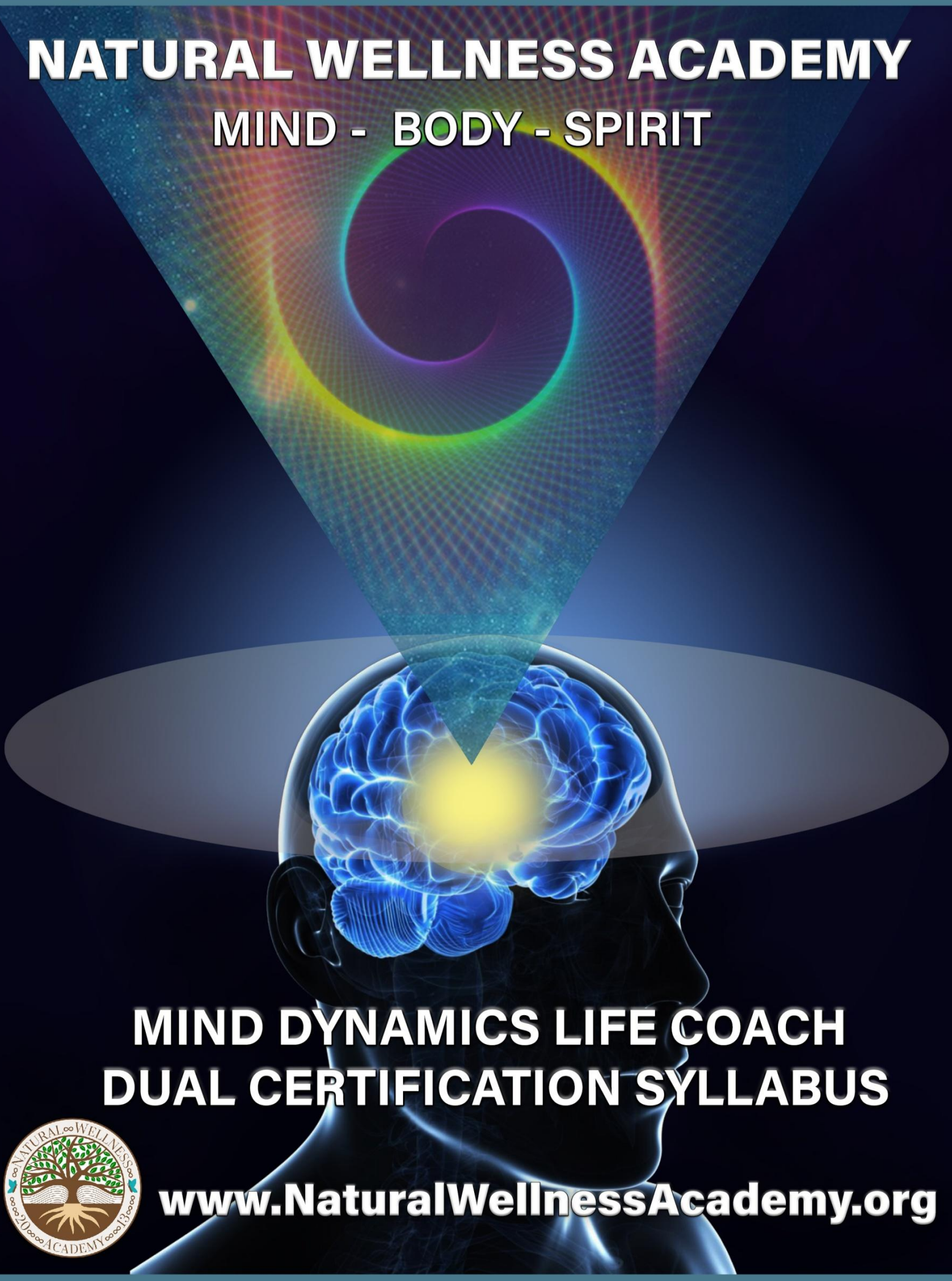
NATURAL WELLNESS ACADEMY

MIND - BODY - SPIRIT



MIND DYNAMICS LIFE COACH
DUAL CERTIFICATION SYLLABUS

www.NaturalWellnessAcademy.org

Mind Dynamics Life Coach Dual Certification SYLLABUS

Welcome to the Natural Wellness Academy! After registering for the class, you will receive an email with your log-in information. Go to the dashboard or log-in area in the main website: www.naturalwellnessacademy.org , you will have access to the following courses:

* **Mind Dynamics Life Coach**
* **Essential Hypnotherapy Sills**
* **Webinar Library**

Once you are in Module 4 you will have access to the practice-building course we have created: At this time you will also be working on your Final Project.

Essential Effective Coaching (aka Module 5)

PLEASE NOTE:

Periodically you will need to log in again as the LMS system may end your session after a few days of inactivity. If you are on the course page but can't access any of the materials, that should alert you to log out and then in again. We've all been through this :-)

Definition of Dynamics as a Noun

dy·nám·ics

1. The branch of mechanics concerned with the motion of bodies under the action of forces.

2. The forces or properties which stimulate growth, development, or change within a system or process

Definition of Dynamic as an Adjective

dy·nám·ic

1. A process or system characterized by constant change, activity, or progress.

There are 3 modules contained within the Mind Dynamics Life Coach (Modules 1, 2 and 4) Module 3 will be the Essential Effective Hypnotherapy and Module 5 will be the Essential Coaching Skills, both accessed separately but available through your student dashboard

You will access all the Learning Experiences on the student platform. 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 by putting you in scenarios where you will have a chance to share your knowledge and passion for this subject.

Also, because we use a teaching methodology that is active and immersive, you will learn to find your own expressions and explanations and gain tremendous confidence for launching your coaching practice.

Note: When you download the Learning Experiences, they are in Word format. Because they are protected documents, there may be an "enable editing" notice in a banner at the top that you need to click in order to be able to add your answers. Complete all of the questions in a 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.

Some of the resources will be found in our **Webinar Library** – feel free to listen to/watch as many teleconferences and webinars. As an added benefit to your course subscription, you can tap into a lot of fascinating, cutting-edge material from any of our certification programs. There are a few in the Cannabis program that are accessible only to cannabis students, but feel free to explore!

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, or as an alumni, these are always recorded and then posted to the webinar library.

What are Mind Dynamics?

Compiled and some originally created by LindaJoy Rose, Ph.D., Mind Dynamics are a series of original *tried-and-true* AND experimental techniques, targeted suggestions, dialogues, practices, exercises and "mind games" that help you guide your client to a deeper understanding of the dynamics of their own mind. The aim of these *modalities of mindfulness* is to gain more insights into and influence over one's habitual thoughts and behaviors and habits, accompanied by aids and skills for managing and programming the conscious and subconscious levels of the mind for higher functioning and greater achievements – all which lead to enhanced self-confidence and well-being.

Photo by Joao Copetto on Scopio

Module 1 – Intro to Mind Dynamics

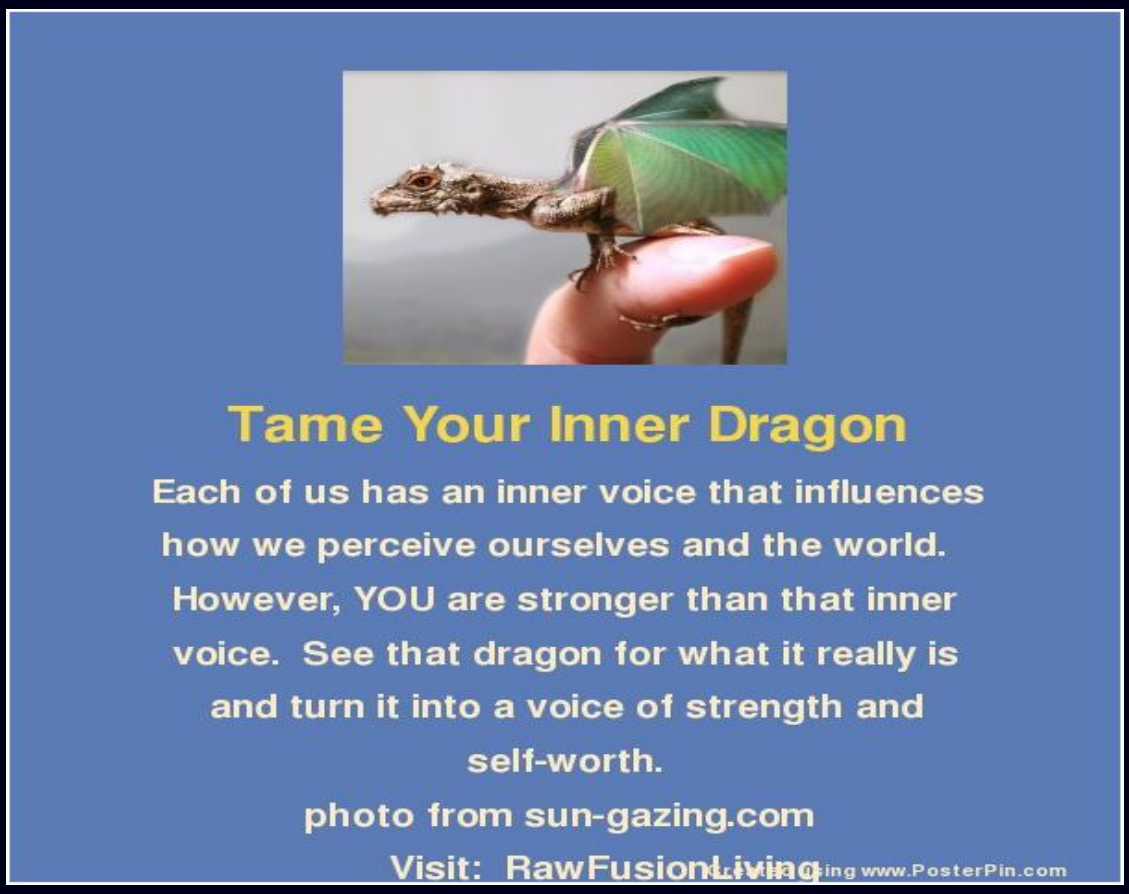
This valuable module will give you outstanding skills in understanding the workings of the subconscious mind so that you can help your future clients create positive, life-affirming habits to support their lifestyle changes. You will gain tremendous self-knowledge and confidence as you establish your own series of positive habits in a 3-week experiential journey, using self-hypnosis and mind-focused activities.

Note: For your self-hypnosis experiment, make sure to mark off a 21-day period on your calendar when you're able to commit to doing a cycle of change selected from the text 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.

2 Learning Experiences – You can continue to work on other Learning Experiences and questions while you are doing your 21 day practicum

Text: *Excerpts and resources accessible directly from the platform*

Module 2 – The Mind in the Body, Body-Mind, Neuro-Anatomy and Bio-Chemistry

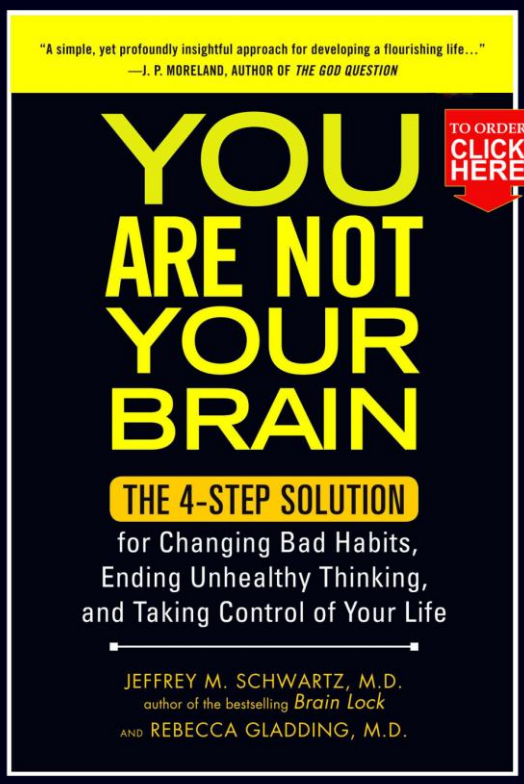


Learn about "Deceptive Brain Messages" and the steps to resolve them; Delve into how the mind and the body are connected and can impact our health, our lifestyle choices and our self-image; Understand the anatomy of the brain and the structures that influence choices and reactions, along with their impact on body and brain chemistry.

Principal Resource: *You Are Not Your Brain: The 4-Step Solution to changing bad habits, ending unhealthy thinking and taking control of your life*

by Jeffrey M. Schwartz, M.D. and Rebecca Gladding, M.D.

NOTE: This is the one book you will purchase for the course in either kindle or paperback format.

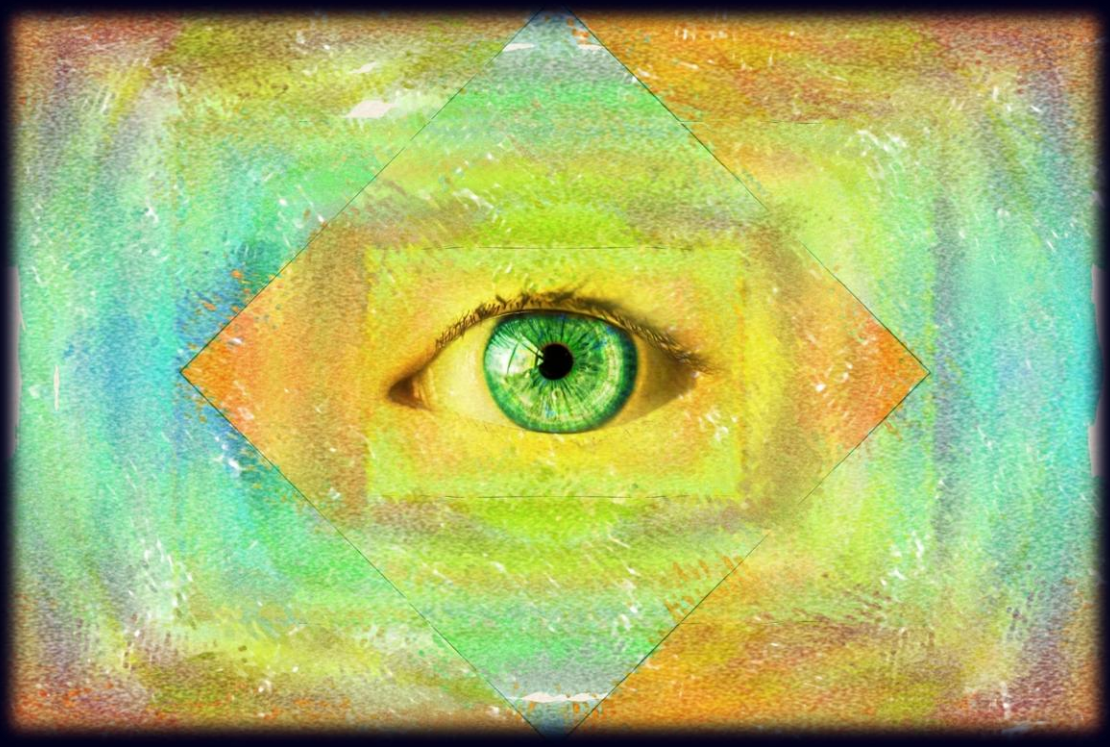


Additional Resources are provided on the platform

1 Learning Experience

Text: *Excerpts and resources accessible directly from the platform*

Module 3 – Essential Hypnotherapy Skills



This is a separate course within the platform consisting of 5 Learning Experiences and one Self-Text. There is a practicum component required in the final Learning Experience, where you will practice the Krasner Method of Behavioral Modification. Consider who can be your "guinea pig" – we usually recommend that it not be a family member, but this is not prohibited. Some

students have had success doing this Practicum virtually (via Zoom or Skype or Facetime etc) but we recommend that if at all possible, perform this "in person."

Text: *Your Mind: The Owner's Manual* is a paperback book that will be mailed to you or can be provided as a pdf if you prefer.

Module 4 Mind/Body Dynamics, Epigenetics and Higher Mind

Text: *Excerpts and resources accessible directly from the platform*

In this module we will continue to explore Dr. Schwartz's 4 Step Solution, Guided Imagery and Visualization, the science of psychoneuroimmunology and epigenetics, and how the Higher Mind interacts with the other dimensions of Being. You will also practice working one-on-one with your clients, utilizing what you have learned in the course up through this module.

Coaching Module

In 2019 we debuted our new coaching module and we have been adding useful and cutting-edge material ever since.

Essential Effective Coaching

You will find some forms and documentation specific to your certification within Module 4 of the Mind Dynamics platform; however, you will access the EEC as a separate course through NWA website. (When you are in the Module 4, you will be given access to this course.)

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.

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.

We will gift you a textbook once you finish this module to acknowledge the great progress you have made: The Ultimate Guide for Wellness entrepreneurs to Nail Your Nice and Find Clients Online" by Amanda Cook in either Kindle or paperback edition. This will be delivered directly by Amazon.

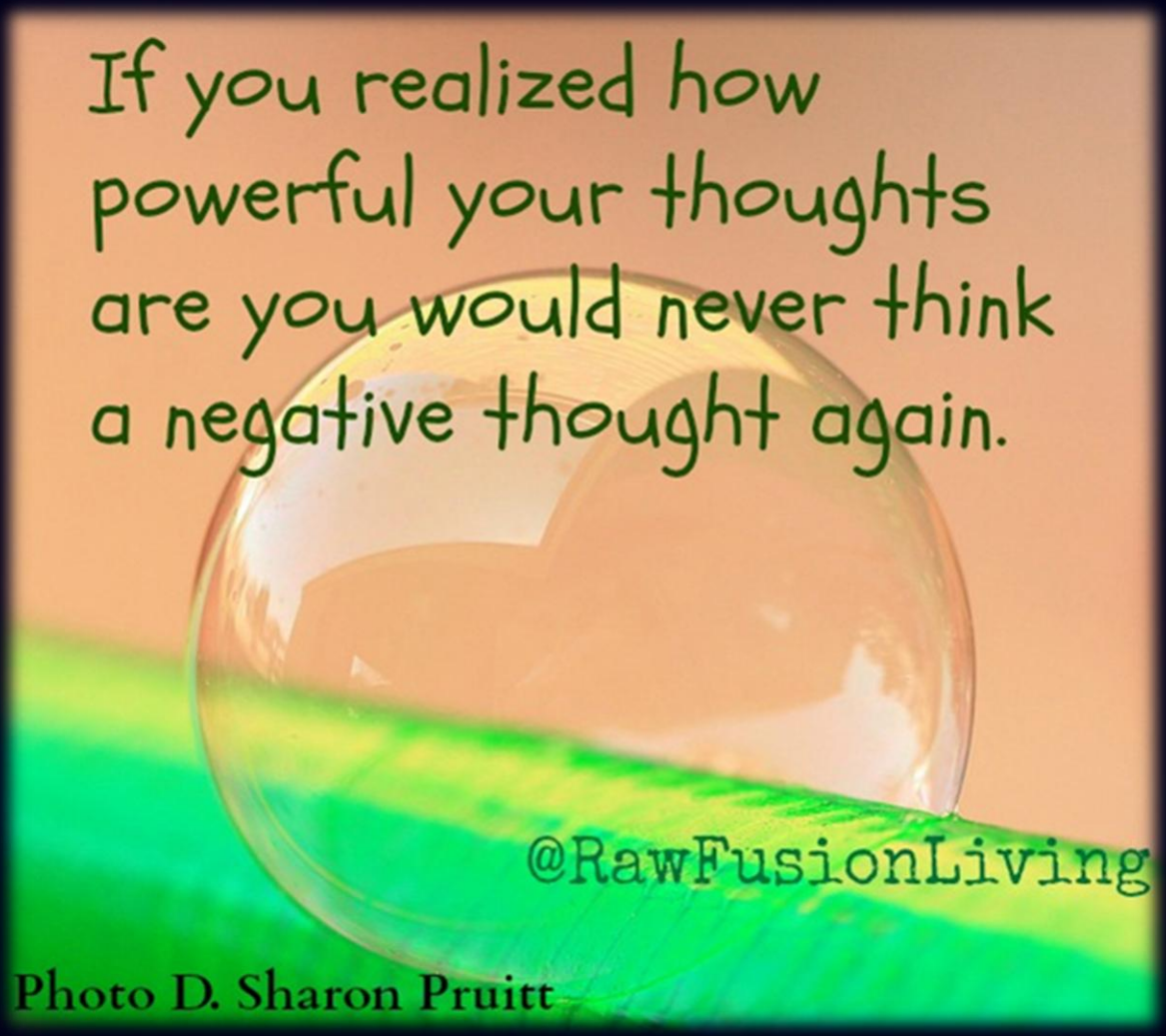
Final Project

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 self-help or "mind recipe" book, a wellness plan or program for groups, or debuting some of your own theories and concepts. 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.

Individual Coaching & Mentoring Sessions

As part of your certification program you are entitled to a personal coaching session with your Mentor. This session will be around an hour in length and will be conducted either via Zoom or telephone. It's recommended that you have turned in at least 2 assignments before requesting one, so that your mentor has an idea of your writing style and approach to the material. *However, you can request one before that if you need guidance!*

We are recommending that you allow between 6-12 months complete this course. You could accelerate the learning and finish in 4-6 months, but this should be discussed with your mentor.

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