



GEORGETOWN UNIVERSITY

**INSTITUTE FOR
TRANSFORMATIONAL
LEADERSHIP** at the
School of Continuing Studies

Health and Wellness Coaching

The Certificate in Health & Wellness Coaching prepares you with the well-rounded expertise needed to become a health and wellness coach. You'll examine key concepts such as wellness-oriented coaching and the psychology of behavior change in a health context. You'll also engage in mindfulness activities, practice individual and group coaching, incorporate self-reflection into your practice, and apply your skills through a supervised practicum.

In the classroom, you'll learn through a holistic approach to health coaching based on Georgetown University's core value of *cura personalis*, or "care for the whole person," which calls on health practitioners to address the mind, body, and spirit of their clients.

SAFEHAVEN™: CONFIDENTIAL SUPPORT WHEN YOU NEED IT MOST

SafeHaven™ was founded in 2020 after recognizing a greater need to provide physicians and PAs the confidential support they need to stay well and prevent burnout. It was established when HB115 (Hope) and SB120 (Barker) successfully passed both chambers and were signed by Governor Northam.

As of 2021, the SafeHaven™ protections have been extended through additional legislation to now include nurses and pharmacists; as well as medical, nursing, PA, and pharmacy students.

The SafeHaven™ coaching network seeks to meet the increased demand of confidential support resources for healthcare professionals. The SafeHaven™ program continues to expand throughout the Commonwealth and across the nation, and as a result is experiencing increased demand for coaching and counseling resources. All candidates who earn their Certificate in Health & Wellness Coaching are expected to give back to the profession by offering coaching services within the SafeHaven™ network.

CERTIFICATE REQUIREMENTS & SCHEDULE (HYBRID DELIVERY)

To receive the Certificate in Health Coaching students must successfully complete all eight (8) required courses for a total of 11.25 Continuing Education Units (CEUs), or 112.5 contact hours. Criteria for completion include a 30-hour coaching practicum, an ethics exam, and receive a "pass" rating on the final coaching session recording.

The six-month cohort program combines classroom learning with interactive experimental methodology. Candidates complete a total of 112.5 contact hours over a six-month period. Classes 1 & 6 are delivered in person at the Georgetown campus. Classes 2-5 and all webinars are delivered online via Zoom. Each course includes preparatory readings and activities that will be discussed and applied in the classroom through interactive exercises and coaching practice. Throughout the program, candidates will apply their knowledge by coaching pro bono clients for a total of 30 hours. Coaching sessions begin following the second course. Attendance and active participation are required for every class meeting. To receive the Certificate in Health Coaching, candidates must successfully complete all 8 courses and assignments, the 30-hour coaching practicum, an ethics exam, and pass the final coaching session recording.

Health & Wellness Coaching Fundamentals	June 15-17
Health & Wellness Coaching Skills I	July 20-21
Health & Wellness Coaching Skills II	August 24-25
Health & Wellness Skills Integration	September 28-29
Health & Wellness Subject Matter Knowledge	November 2-3
Your Health & Wellness Coaching Practice	November 30-December 2
Health & Wellness Focus Topics - Webinars	June 17 - November 30
Health & Wellness Coaching Practicum	June 16 - January 20

FEATURES OF THE PROGRAM

- Facilitate behavior change using mindfulness skills and motivational interviewing
- Guide clients toward optimal health and well-being
- Conduct at least 30 one-on-one and group health coaching sessions
- Navigate the business elements of a health coaching practice

DESIGNED FOR

Health and wellness professionals seeking to give back to the profession by providing confidential coaching to their peers through the SafeHaven™ coaching network.

HOW TO APPLY

The inaugural cohort of the SafeHaven™ Health & Wellness Coaching certificate program will launch in June of 2023. The Georgetown application review committee will offer admission to a diverse group of candidates to enrich the classroom experience. Applicants to the program must hold either:

- A degree or licensure in a related healthcare field
- A minimum of one year of employment in a healthcare or healthcare administration related field

Only complete applications will be considered. Application requirements include:

- Online Application Form
- Essay
- Resume/CV
- SafeHaven™ Coaching Agreement
- Fee

Final application deadline is April 28, 2023.

Participants will receive up to 50 hours of CME upon completion. AMA PRA CATEGORY 1 CREDITS™

The Institute for Transformational Leadership's Certificate in Health & Wellness Coaching is an Approved Health and Wellness Coach Training & Education Program by the National Board for Health and Wellness Coaching (NBHWC) and the International Coach Federation (ICF).

FACULTY

The faculty who teach in the Certificate in the Health & Wellness Coaching program include faculty from the Georgetown University Medical Center as well as practicing health coaches and experts in the healthcare and wellness profession with a passion for teaching and shaping professionals for the field.

PROGRAM LEADER

Director Petra Platzer, PhD is a coach and consultant with experience in both internal and external engagements for seasoned and new executives, physicians, and senior/mid-level managers across healthcare, academic, business and non-profit sectors. Leveraging over 17 years of experience in the healthcare and academic research settings as a transforming leader and culture change agent, Petra has a deep understanding of the challenges facing clients. Petra is a graduate of the Georgetown University Leadership Coaching Program and a credentialed member of the International Coaching Federation. She holds a Ph.D. in Molecular Biology and Genetics from Kent State University and a B.S. from Virginia Tech. She is co-inventor on a patent, has multiple publications in peer-reviewed journals and received numerous awards acknowledging her technical and engaging leadership skills.



LEARN MORE

Web

www.safehavenhealth.org
scs.georgetown.edu/itl

Contact Us

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Campus Location

640 Massachusetts Avenue NW
Washington DC 20001

Admissions & Registration

Application required

Tuition

Total certificate program tuition including all 8 required courses is \$9,000.

**SafeHaven scholarships are available. Contact safehavenhealth@msv.org to learn more.*

***An interest free payment plan and employer payment options are also available.*