

Executive Coaching and Health:

Coaching Skills for Wellness, Recovery and Performance

This online, specialised coaching training programme provides coaches with the knowledge and skills necessary for them to provide valuable, transformative and powerful executive coaching that includes all aspects of human health.

Diabetes, weight management, hypertension, dependency and addiction, mental health, cancer, anxiety and depression, the list is endless. Health challenges can affect your client directly, or maybe a loved one or someone in their team. If there is a health difficulty your client may not be able to function at their optimum and could even be under performing.

The programme enables you to take a holistic view and integrates how to work with people to develop wellness and performance and, where necessary, recovery from health challenges with already present executive coaching knowledge

and skills. Integrated into the course is the Meaning Centred Coaching Model and training on how to use it in an executive coaching relationship.

Structure of the course

This is a self-directed online learning module designed to provide you with the essential learnings you need to progress to the more advanced levels (subject to demand). It is expected to take 10 weeks to complete based on an average of six hours engagement a week.

This is the amount of time that the activities of watching videos, listening to audio, participating in exercises, taking multiple choice tests and reading material is certified as taking. It is unlikely you can thoroughly engage with the material in less time. You can decide for yourself and pace yourself as you wish.



continued overleaf



What will be covered

- What is executive coaching and health practice?
- How it differs from 'regular' coaching
- What is 'Wellness' coaching and how it is crucial for performance
- What is 'Recovery' coaching and why it is called 'high stakes coaching'
- Overview of Meaning Centered Coaching (MCC)
 - MCC coaching tasks – skills and two uses of the model
 - Core competencies
 - The MCC – 4 principles and foundational tasks and skills
- The recovery & wellness coaching 4 principles
- The recovery & wellness coaching relationship
- Recovery and wellness orientation and coaching orientation
- Implicit and explicit priming, use of language, unconscious and conscious bias
- Introduction to systems and family systems within the recovery context
- Executive coaching and health in organisations
- Overview of best practice, ethics
- Coaching contracting / agreement design
- Using the Recovery Wheel of Life
- Introduction to the 10-session coaching programme
- How certification works
- Career pathways for coaches with a health integration
- Becoming an executive coach supervisor within the health context

For: Coaches
Cost: £399 + vat
Where: Online

For more information and to register:

www.aoec.com/training/executive-coaching-and-health/

Contact: Mandy Golley mandy.golley@aoec.com | +44 (0)20 7127 5125

