



DEPARTMENT OF HEALTH AND EXERCISE SCIENCE

Professional Development Series

Where

Teaching Mode:
TCNJLIVE Virtual Programming
Real-time, Synchronous Learning

When

10-12 total hours - 4-6 hours per day

Class schedules follow TCNJ's regular academic calendar and are offered Fall, Spring, Winter and Summer semesters.

Who

Health practitioners, nurses, doctors, health coach prospects, personal trainers, natural food chefs, yoga instructors.

Why Health Coaching at TCNJ?

The College of New Jersey Health **Coach Exploratory Mini Series** places emphasis on helping to develop tomorrow's leaders in the field of Health Coaching.

If you are ready to transform your life and the lives of others, health coaching is for you. This introductory health & lifestyle coaching executive training mini-series will provide you with foundational knowledge around health coaching along with a roadmap to optimal wellness.

Experienced, full-time faculty will deliver live, online content with the same high standards and rigor as our on-campus programs. Participants will be guided through 3 synchronous modules over a span of two days; covering holistic nutrition, exercise, stress management and coaching leadership. The series is designed to ensure a robust yet manageable learning experience for all participants. Instruction, dialogue and group work typically runs 4-6 hours each day. Participants have the option to earn a certificate of completion. Sign up today to empower yourself with the tools and confidence to transform lives.

Health Coach Exploratory Series

AN INTRODUCTION TO HOLISTIC HEALTH & LIFESTYLE COACHING

Module 1: Create a **Nutritional** Game Plan

Module 2: Explore **Physical** Best

Module 3: Commit to a **Healthy Lifestyle**



Plan of Study

This mini-series will center around three components that can improve health and well-being and foster a growth mindset for oneself and/or others.

Modules Include:

Module 1: Create a Nutritional Game Plan

Module 2: Explore Physical Best

Module 3: Commit to a Healthy Lifestyle



Laura Bruno, Ed.D.
Associate Professor
Department of Health and Exercise Science

PO Box 7718, Ewing, NJ 08628-0718
609.771.2195 fax: 609.637.5153 brunol@tcnj.edu

Sample Curriculum

Curriculum will cover appropriate content and discussions around the following topics as they relate to holistic health and lifestyle coaching:

Module 1: Nutrition

History, disease management, food labels, kitchen clean out, grocery shopping, food planning, food budget, & demystifying cravings

Module 2: Physical Best

Physical activity, bone health, sleep, stress management and mindfulness

Module 3: Lifestyle Coaching

Motivation and goals, social influences, coaching models

Number of Hours: 10-12

Apply Today!