

THE SOMA INSTITUTE

THE NATIONAL SCHOOL OF CLINICAL MASSAGE THERAPY

Health & Wellness Coaching Certificate Program Catalog & Handbook Addendum July 31, 2020

Admissions Requirements

Those considering the Health and Wellness Coaching Program should be of good character and display sufficient motivation and commitment to succeed in a virtual program aimed at producing highly trained coaching professionals. Candidates for the Health and Wellness Coaching Program must:

- (1) Be at least 18 years of age; and
- (2) Hold a high school diploma; and
- (3) Have access to a computer, tablet or smart phone with a strong internet connection and camera functionality.

Program Description and Delivery Methodology

Students will learn how to build relationships and develop customized wellness plans that meet the needs of each individual they coach. The Health and Wellness Coaching Program offers students education covering fundamentals and skills of coaching, ethics in coaching, components of health and wellness, preventing and managing chronic disease and the business of developing a coaching practice.

Upon completion of the Health and Wellness Coaching Program, students will be able to (1) develop health coaching plans for individuals and groups; (2) guide and empower people in changing lifestyles and behaviors so that health and wellness is promoted in their life; and (3) assist clients in prevention and maintenance of chronic disease.

Soma's 110 clock hour program is 15 academic and calendar weeks in length and adheres to high academic standards. The Program delivery methodology is entirely on-line using the live Zoom platform.

Books, Materials and Supplies

The tuition fee includes student professional liability insurance. Students can anticipate spending approximately \$90 on the required textbook, *Lifestyle Wellness Coaching*, James Gavin and Madeleine Mcbrearty, third edition.

Leave of Absence Policy

A leave of absence is a temporary break in a student's attendance during which they are considered to be continuously enrolled. Such a leave must comply with the following requirements:

- A student must request the leave of absence in writing. The request must be made in advance of the beginning date of the leave unless unforeseen circumstances prevent the student from doing so. Retroactive leaves are only granted in case of extreme emergencies.
- The leave of absence is limited to 180 calendar days in one calendar year, or one-half the published program length, whichever is shorter.
- The student must sign and date the leave of absence request, specify a reason for the leave, and provide supporting documentation where possible.
- The student must attest to understanding the procedures and implications for returning to their course of study.
- A student must contact Student Services to advise of their return to class and to schedule an appointment to determine what, if any, coursework needs to be made up and to complete a make-up schedule.
- A student who is not in class on their scheduled return date will be withdrawn from the School.

Graduation Requirements

In order to receive a certificate from the Health and Wellness Coaching Program, a student must satisfy all of the following:

- Complete all required modules with a minimum average in each module of 70 percent and within the maximum timeframe;
- Attend at least 80 percent of the scheduled 110 program clock hours;
- Meet all the terms and conditions of any probation (if applicable); and
- Pay all tuition fees and any incidental administrative charges due to the School in accordance with the terms and conditions outlined in their enrollment agreement.

Note: A National Certification Board for Therapeutic Massage and Bodywork (NCMTMB) Continuing Education (CE) Certificate for the program will be issued to graduates where attendance is 100 percent during the entire 110 clock hour program.

Credential Awarded Upon Completion of the Program

Graduates of the Health and Wellness Coaching Program will receive a Certificate in Health and Wellness Coaching.