

How to Study for the Introduction to Wellness Coaching Credit For Prior Learning Assessments

1. Getting a textbook(s).

If you need to review specific competencies of the field you may want to purchase any of the following texts based on your area of need:

- Arloski, M. (2014). *Wellness coaching for lasting lifestyle change*. Duluth, MN: Whole Person Associates, Inc.
- Jordan, M. (2013). *How to be a health coach: an integrative wellness approach*. San Rafael, CA: Global Medicine Enterprises, Inc.
- Miller, W. R., & Rollnick, S. (2013). *Motivational interviewing: helping people change*. New York: Guilford Press.
- Moore, M., Jackson, E., & Tschannen-Moran, B. (2015). *Coaching psychology manual*. Philadelphia: Wolters Kluwer.
- Muth, N.G., & Green, D.J. (2014). *Coaching behavior change*. San Diego, CA: American Council on Exercise.
- Prochaska, J.O., & Prochaska, J.M. (2016). *Changing to thrive: using the stages of change to overcome the top threats to your health and happiness*. Center City, MN: Hazelden Publishing.

2. Online.

The following online resources and websites may be helpful to review to competencies:

- <https://ichwc.org/>
- https://www.nbme.org/pdf/hwc/HWCCE_content_outline.pdf
- <https://coachfederation.org/>