

# Wellness Training & Coaching Program

Wellness Training & Coaching Program	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
Orientation/Health Screening	1/2 Day	1/2 Day	1/2 Day	1/2 Day
Wellness Inventory Assessment	Online	Online	Online	Online
Wellness Assessor Session	Individual	Individual	Individual	By Individual
Wellness Materials	Included	Included	Included	Included
<b>Group Module Training/Individual Coaching</b>	3 Months	6 Months	9 Months	1 Year
<b>Wellness Coaching - 1 Time Session</b>	Individual	Group TeleConference/ Workshop	Group TeleConference/ Workshop	Group TeleConference/ Workshop
The Wellness Lifestyle	Group TeleConference/ Workshop			
The Wellness of Change				
The Wellness of Nutrition				
The Wellness of Movement				
<b>Wellness Coaching - 2 Time Sessions</b>	Individual	Individual	Group TeleConference/ Workshop	Group TeleConference/ Workshop
The Wellness of Vitamins and Supplements	Group TeleConference/ Workshop			
The Wellness of Vitality				
The Wellness of Relaxation				
The Wellness of Relationship				
<b>Wellness Coaching - 3 Time Sessions</b>	Individual	Individual	Individual	Group TeleConference/ Workshop
The Wellness of Organizing (Time & Space)	Group TeleConference/ Workshop			
The Wellness of Family				
The Wellness of Creativity				
The Wellness of Purpose				
<b>Vital Wellness Coaching - 4 Time Sessions</b>	Individual	Individual	Individual	Individual
Vital Wellness for Longevity	Group TeleConference/ Workshop			
Vital Wellness for Stress Management				
Vital Wellness for Weight Reduction				
Vital Wellness for Chronic Illness				
<b>Wellness Center/Hospital/Clinic</b>	Referral	Referral	Referral	Referral

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