

Genco Coaching

NBHCW EXAM PREP AND CONTENT REVIEW CLASS OUTLINE

1. ABOUT THE NBHCW EXAM PREP AND CONTENT REVIEW CLASS

This course is highly sought by many Health and Wellness Coaches due to its high exam passing success rate. The course is a four-week review learning experience with 90-minute classes designed to prepare Wellness Coaches who have completed their coach training for the National Board of Health and Wellness Coaches Board (NBHCW) exam.

The objectives are:

- Review the blueprint (content outline) to improve participants' confidence as they prepare for the NBHCW exam.
- Support participants to identify additional resources needed for review to enhance knowledge and preparation.
- Identify gaps, if any, in learning during health and wellness education.
- Provide information regarding the type of questions anticipated on the NBHCW exam and strategies for remembering data elements and test-taking.
- Offer an opportunity to ask questions to the seasoned instructors and mentor coaches regarding the process and content related to the NBHCW exam.
- Present specifically designed case studies that are very close to the questions exam takers will be experiencing during the exam. Participants find our case studies especially helpful for their preparation. Tijen developed the case studies after interviewing item writers for the exam.

Classes are designed to review the NBHCW Exam content outline. In addition to the content review, this course will provide information regarding the type of questions designed to test knowledge. Within each 90-minute class, allow approximately 30 minutes for questions and answers.

We will start by reviewing the evaluated coaching competencies and how they apply to health and wellness coaching situations, then explore the NBHCW code of ethics and scope of practice information. Finally, we will discuss any questions regarding the logistics of the actual test-taking, including what is allowed in the test-taking facilities and expectations.

2. THE 4-WEEKLY CLASSES

Week 1: Overview of the Examination, including Blueprint (Outline) and Coaching Structure. The Coaching Structure and the beginning of the Coaching Process applied to Health and Wellness coaching

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will be presented and discussed during this class. Specific references will be highlighted that support this section of the 'blueprint outline.' Time is scheduled for Q & A and case studies.

Week 2: Coaching Process-specific applications related to health and wellness will be presented and discussed. Time is scheduled for Q & A and case studies.

Week 3: Health and Wellness specific content and resources will be discussed in detail – specifically related to the Healthy Lifestyle Basics. Time is scheduled for Q & A and case studies.

Week 4: Health and Wellness Code of Ethics, Legal and Scope of Practice with examples for application. Time is scheduled for Q & A and case studies.

3. WHAT YOU WILL GET OUT OF THIS COURSE:

You will learn/review specific knowledge related to your coaching knowledge and competencies to the blueprint (content outline) for the examination established by the NBHWC.

You will experience examples of case studies and how you would apply the health and wellness coaching competencies, code of ethics, and scope of practice in preparing for the examination.

Finally, you will have an opportunity to review other resources (reading materials, websites from the Healthy Lifestyles resources, etc.) that will assist you in preparing for the examination.

You'll walk away from this class with a stronger appreciation of the resources that the NBHWC lists in preparing for the national examination. Also, you will better understand the code of ethics and scope of practice (only recently approved by the NBHWC). By the end, you will be prepared for any uncertainties you may have and be more confident going into the examination.

4. WHO WILL BENEFIT FROM ATTENDING?

This class is designed to assist coaches who have completed their coach training to better prepare for the NBHWC examination.

Please visit the [NBHWC site](#) for further exam information. Our sessions intend to provide the participants with the ability to digest the material and integrate the learnings in a way that supports them in preparing for the exam. **This course is an exam prep course and does not count toward Health and Wellness certification.**

5. CLASS TIME AND SCHEDULE

We intend to host the classes every 3rd Saturday of each month at 11:00 am Eastern Standard Time for four consecutive months. Please visit [Genco Coaching Upcoming Events Page](#) to learn about the current course offering schedule.

6. OPEN TO ALL COACHES THAT ARE COMPLETED THEIR COACH TRAINING