



St. Angela's College, Sligo
Coláiste San Aingeal, Sligeach
A College of NUI Galway

POSTGRADUATE CERTIFICATE/DIPLOMA IN APPLIED HEALTH AND WELLNESS COACHING

(Level 9, NFQ) Health and Wellness Coaching – Enhancing Lives 2017



Are you a healthcare professional involved in supporting people with health behaviour change? Or a graduate in health, nutrition and/or fitness interested in pursuing a role as a Health and Wellness coach to support people to make life enhancing changes?

This Postgraduate Certificate/Diploma programme will challenge traditional views of supporting lifestyle change and enable participants to develop the theoretical knowledge and skills required to implement health coaching.

Lough Gill, Co Sligo, Ireland
T: +353 (0)71 91 43580
E: admin@stangelas.nuigalway.ie
www.stangelas.nuigalway.ie



NUI Galway
OÉ Gaillimh



Why was the Postgraduate Certificate/Diploma in Applied Health and Wellness Coaching programme developed?

Despite the widespread evidence-based knowledge that physical activity and healthy eating are good for your health, individuals are not getting any healthier. This programme will provide professionals with the tools to complement their knowledge base and enable them to facilitate their clients to achieve their health goals.

What is Health and Wellness Coaching?

Health coaching draws on a number of underpinning theories including Motivational Interviewing, the Transtheoretical Stages of Change Model and Appreciative Inquiry. The aim of health and wellness coaching is to help the individual to choose the behaviour they want to change and support them through goal setting and ongoing goal review and support.

Why not a short two day programme?

It appears to be very difficult for practitioners that have been socialised into a medical model to completely shift their stance to a patient participation empowerment model. We have found that the transition to an empowering approach to health behaviour change takes time and training.

Who is the programme accredited by?

The College of Medicine, Nursing & Health Sciences - NUI Galway

Who will be delivering it?

A core team of lecturers who have conducted PhD study in the field of coaching and health promotion. They are also RGNs and certified Health and Wellness Coaches.

What will it qualify a person to do?

The skills to coach people on their health behaviour as part of their current role or to develop a role as a health and wellness coach in private practice.

How much does it cost?

Each module costs €700. The Postgraduate Certificate costs €2100 and the full Postgraduate Diploma costs €4200.

Who is it aimed at?

Healthcare professionals – Nurses, Midwives, Mental Health Practitioners, Health Promotion Practitioners, GPs, Practice Nurses, Dieticians, Physiotherapists, Occupational Therapists, Personal Trainers, Nutritionists, Health and Fitness Coaches, Sports Coaches, Community and Social Care Workers, Career Guidance Teachers, College Counsellors.

How is the programme structured?

Students can take up to 6 modules. In total the programme is worth 60 ECTS. Students can undertake the programme over two to five years on a part-time basis by choosing any of the following options:

- Undertake each stand-alone module as a separate unit
- Undertake the first three modules to receive a Postgraduate Certificate in Health and Wellness Coaching
- Undertake the full six modules to receive the Postgraduate Diploma in Health and Wellness Coaching

Year 1:

Module Title	Semester	ECTS
Fundamentals of the Coaching Relationship	1	10
Foundations of Health and Wellness Coaching	1-2	10
Coaching for Behaviour Change in Nutrition and Physical Activity	2	10
Total		30

Year 2:

Module Title	Semester	ECTS
Advanced Theory and Practice of Health and Wellness Coaching	1	10
Advanced Nutrition in Health and Wellness Coaching	1-2	10
Coaching Strategies for Psychological Wellbeing	1-2	10
Total		30

What do I need to gain admission to the programme?

An undergraduate degree with second class honours or above. In certain circumstances we will consider applications from candidates who do not meet the above requirements provided they have a professional qualification in a relevant subject area and/or having relevant coaching experience.

How do I apply for the programme?

Download the application form at:
www.stangelas.nuigalway.ie/HWC

Are there a minimum number of students needed to run the programme? Yes, 15 students are required.

What is the closing date for applications?

31st May 2017

If I apply, at what stage will I know if the course is actually going ahead or not?

You will know if the course is going ahead no later than the 28th June 2017

Will I be expected to attend college in Sligo?

You will study independently from home, supported by on-line lectures and assignments. You will also attend workshops for selected modules.

What kind of technical facilities will I need at home?

A good quality broadband connection with low latency. It should at a very minimum be greater than 56kbps.

Where can I get more information about the programme?

Margaret Hession, Department Of Nursing, Sciences and Disability Studies, St. Angela's College, Lough Gill, Sligo.
E: mhession@stangelas.nuigalway.ie
P: 353 (0)71 9135612