PROPOSAL: Create a Health and Wellness Coaching Skills Certificate

Background

The Graduate Studies Council of the Faculty Senate has approved the creation of a new certificate in Health and Wellness Coaching Skills offered by the School of Interdisciplinary Health Programs in the College of Health and Human Services. The interest and growth in the field of health and wellness coaching are increasing. This coaching skills graduate certificate will be an easily accessible option for students to embed within their primary program as electives and can also be added within the other new certificates offered by integrative holistic health and wellness. This certificate has the added attraction of preparing students for the option of preparing students to obtain a national board credential in health and wellness coaching as a career track or additional health specialty.

This certificate is one of four new graduate student certificate proposals. Using mostly existing courses, the faculty are seeking the most meaningful, useful, and accessible pathways to connect and support interested students. We expect these new formats to be more flexible, inviting, and beneficial for our students' educational preparation, and to support their personal well-being.

Recommended Action

Create the Health and Wellness Coaching Skills Certificate.