

Program Outline: Wellness Counsellor Diploma

Brief Program Description	This program is designed to provide occupational training for wellness counsellors. The program consists of certification in both life skills coaching and counselling as well as comprehensive training and experience facilitating services for individuals and groups in the area of physical, mental, emotional and spiritual wellness.
Career Occupation	Life coach, Counsellor
Admission Requirements	<ul style="list-style-type: none">• Successful completion of admissions assessment process.• Written personal statement.• Personal and/or professional reference.• Grade 12 or equivalent or mature student status - 19 years or older with an established work history or relevant experience.• International study permit if applicable.
Learning Objectives	<p>Upon completion of this program the successful student will have reliably demonstrated the ability to:</p> <ul style="list-style-type: none">• Provide assessment of physical, mental, emotional and spiritual wellness• Assist individuals to identify blocks to personal wellness• Provide clients with basic information on nutrition and exercise• Provide comprehensive counselling assessment to clients• Assist clients to identify and adjust belief systems• Offer Life Coaching• Provide basic counselling in the areas of addictions, sexual abuse and trauma, employment, family and couples, and youth• Facilitate life skills workshops
Method(s) of Evaluation	<ul style="list-style-type: none">• Written exams• Oral examinations• Papers• In-class presentations• Supervised field work

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Completion Requirements

- Attendance of no less than 80% of all classes
- Attendance of no less than 80% of any one course within the program
- Passing grade of 50% in all courses

Program Duration

1,227.50 Hours; 55 weeks

Homework Hours

5 Hours averaged over each week

Delivery Method(s)

- In-person
- Online
- Blended Delivery: In-person and synchronous online class

Required course materials

A variety of materials including textbooks and packages of readings will be made available to the students. Specific textbooks are detailed on individual course outlines.

Program Organization

Title of Course	# of Hours
COAC 100 Life Skills Coaching	270
COUN 100 Basic Counselling	45
COUN 101 Employment Counselling	22.5
COUN 102 Family & Couples Counselling	22.5
COUN 103 Youth Counselling	22.5
COUN 104 Sexual Abuse & Trauma	45
COUN 105 Addictions Counselling	45
COUN 109 Clinic Weeks (Counselling)	67.5
PRAC 110 Career Planning I	22.5
WELL 110 Physical Wellness	135
WELL 120 Spiritual Wellness	135
WELL 130 Emotional Wellness	135
WELL 140 Mental Wellness	135
PRAC 101 Supervised Practicum	80



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COAC 110 Personal Coaching	22.5
PROF 110 Business Management	22.5