

WELLNESS COUNSELING CERTIFICATE

Program Description

Whether you're an educator, coach, or wellness professional, this certificate program provides proven counseling techniques to blend within your chosen helping profession. You can significantly enhance your effectiveness, along with the success of the groups you serve, by using specific communication tactics that encourage open and productive partnerships. Additionally, in this program, you will also develop actionable steps to elicit behavior change from your clients and create a culture of wellness within your organization. Throughout the courses, you will have a chance to review and analyze best practices for your field, engage in live, active interviews and exercises with a peer in your class and "clients" from your network, and learn how to combine different counseling techniques for the best results. You will come away more confident, more effective, and ready to lead in your field.

What You'll Earn

- Wellness Counseling Certificate from Cornell College of Human Ecology
- 40 Professional Development Hours (4 CEUs)

Who Should Enroll

- Healthcare professionals
- Medical professionals, including doctors, nurses, and aides
- Physical therapists
- Chiropractors
- Wellness coaches
- Personal trainers
- Naturopaths
- Health educators and coaches
- Nutritionists
- Corporate wellness and HR professionals

Total Investment

- 2 months to complete all the courses

How to Enroll

For more information on how to enroll, please visit Wellness Counseling Certificate (<https://ecornell.cornell.edu/certificates/healthcare/wellness-counseling/>).

The courses in this certificate program are required to be completed in the order that they appear.

Courses

Code	Title	Hours
eCornell CHE101	Understanding the Person	0
eCornell CHE102	Understanding the Deeper Need	0
eCornell CHE103	Eliciting New Behaviors	0
eCornell CHE104	Promoting Organizational Wellness	0