



# Wellness Coach Certification Application

## Wellness Coach Training Program

Within two years of successfully completing the Wellness Coach Training Course, submit a Wellness Coach Certification Application. You will receive exam information after the application and fees are received. The following components may be completed in any order: Wellness Certification Exam and Comprehensive Coaching Case. Wellness Certification will be submitted for approval when all components are received including the Signed Statement of Requirements.

Mail application to:

Mayo Clinic – Nicotine Education Program  
 Colonial Building 3-10  
 200 First Street SW  
 Rochester, MN 55905

### Application Information (Print or type)

Name <i>(First, Middle, Last)</i>		Wellness Coach Training Start Date <i>(mm-dd-yyyy)</i>	
Street Address			
City	State	ZIP Code	
Email	Phone		

### Signed Statement of Requirements

I hereby certify that the following statements are true and make me eligible for Certification as a Mayo Clinic Wellness Coach:

1. I have successfully passed the Wellness Coach Training Course offered by Mayo Clinic.
2. After completing the Wellness Coach Training Course, I have documented 50 hours of client interactions using coaching skills and strategies emphasized within the Wellness Coach Training Course. A minimum of 20 of these hours were utilized during follow-up sessions with my clients.
3. After completing the Wellness Coach Training Course, I have documented client interactions with a minimum of four clients, all whom were 18 years or older and not a first-degree relative.
4. After completing the Wellness Coach Training course, I have performed complete coaching cases (at least six sessions with the same client within a 16-week timeframe) with a minimum of two clients. (I have submitted my "Comprehensive Coaching Case" for one of those clients.)

Applicants Printed Name <i>(First, Middle, Last)</i>	
Applicants Signature	Date <i>(mm-dd-yyyy)</i>

#### Office Use Only

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