



International Consortium for Health & Wellness Coaching

## Fact Sheet on National Board Certification

### Who are ICHWC?

ICHWC is a volunteer team of U.S. leaders who pioneered science-based training, education, and research of health and wellness coaches over the past 15 years. Since 2010, the team has consulted widely, developed a broad consensus, created national standards, and [formed a partnership with the National Board of Medical Examiners](#) in May 2016 to launch a National Board Certification for Health & Wellness Coaches in September of 2017.

Until now only American training and education programs could apply to be approved providers, however, applications were opened for international providers late in 2018, and after many months of ensuring our training met all criteria, we submitted our application and were formally approved in February of 2019.

### What does that mean for Students of Wellness Coaching Australia

Graduates of our Professional Certificate of Health and Wellness Coaching can work towards sitting for Board Certification by completing some extra learning and study around health and chronic illness and become a National Board Certified Health and Wellness Coach (NBC-HWC) - using those letters after their name and being listed in the Directory.

### What if I completed my training some years ago and only did Level 1,2 and 3?

You will need to complete the full Professional Certificate in Health and Wellness Coaching in which Levels 1, 2 and 3 are subjects so there may be additional subjects to complete along with some gap training of our coaching levels depending on what year you undertook these training levels. A review of what additional training is required must be reviewed on an individual basis. Contact our enquiries team for more information.

### Why should I become a National Board Certified Health and Wellness Coach?

International standards and certification are the first steps in advancing consistent training, education, and assessment of competencies. The national certification is accelerating the professionalisation of this emerging field, and enabling the growth of an evidence base. Only reputable coach training and education programs are approved for graduates to sit the National Board Certification Exam.

Completing such a program provides evidence that students have received adequate coach training and assessment of their coaching skills and knowledge. There are now over 1,880 National Board Certified Health and Wellness Coaches, some of whom live outside of the US and who, until now, would have completed an American training program. Australians can now study through WCA and receive this same privilege.

## **Why are we sitting an American Board Certification?**

Many new therapies begin in a country that has the most number of people interested in becoming recognised in a new profession. Board Certification in the US has long been known as the forerunner to establishing independent certification in various parts of the world. For example, the Board Certification for Lifestyle Medicine Practitioners began with Board Certification in the US and after some years, the Australasian Board Certification was formed.

To learn more about ICHWC visit <http://www.ichwc.org> and for details of what you need to do email [info@wellnesscoachingaustralia.com.au](mailto:info@wellnesscoachingaustralia.com.au)