Advanced Health Coaching

CSPH 5703
3 Credits | Fall

For in person dates, visit onestop.umn.edu

Instructors: Cindy Schultz Claire Stuckey

This course is designed to provide additional case-based learning in Health Coaching, to deepen and mature the process skills that were introduced in Fundamentals of Health Coaching I and II. Additionally, you will have the opportunity to hone their abilities to identify and utilize broad-based resources in guiding and supporting individual clients’ cases. Much of the course will be done in an effort to increase confidence in the application of theory and process from earlier courses. This course gives you the opportunity to integrate and apply all previous areas of learning and to explore their resistance, learning edges and competencies in a supportive supervisory environment. You will be encouraged to deepen their own style of Health Coaching as well as their own growth processes. Ethical issues, professional boundaries, referral processes, and client selection will be introduced here and furthered in internships.

Visit z.umn.edu/CSPH5703 for more information.

Earl E. Bakken Center for Spirituality & Healing
University of Minnesota