

Curriculum

Part 1: Coaching Foundations

Body Practices I (physical awareness and movement)

Nutrition and the Human Body I

Foundations of Neuroscience I

Know Yourself: Principles of Well-Being I

Primer in Statistics

Coaching Fundamentals I

Pedagogy for Helping Professionals

Foundations of Psychology, Human Development, and Psychopathology I

Cultural Foundations of Well-Being I (Philosophy, History, & Literature)

Body Practices II (physical awareness and movement)

Nutrition and the Human Body II

Foundations of Neuroscience II

Know Yourself: Principles of Well-Being II

Personality Assessment Seminar

Coaching Fundamentals II

Foundations of Psychology, Human Development, and Psychopathology II

Cultural Foundations of Well-Being II (Philosophy, History, & Literature)

Part 2: Advanced Methods and Certification

Body Practices III (physical awareness and movement, posture)

Nutrition and the Human Body III

Topics in Neuroscience I

Mind-Body Theories of Health and Well-Being

Know Yourself: Principles of Well-Being III

Measurement of Well-Being and Personality

Anthropedia Coaching Methods and Techniques I

Advanced Topics in Psychology, Human Development, and Mental Health III

Cultural Foundations of Well-Being III (Philosophy, History, Art, & Literature)

Anthropology and Social Perspectives of Well-Being (Anthropology)

Body Practices IV (physical awareness and movement, posture)

Nutrition and the Human Body IV

Topics in Neuroscience II

Mind-Body Practices for Health and Well-Being

Know Yourself: Principles of Well-Being IV

Advanced Application of Personality Assessment

Anthropedia Coaching Methods and Techniques II

Advanced Topics in Psychology, Human Development, and Mental Health IV

Cultural Foundations of Well-Being IV (Philosophy, History, Art, & Literature)

Economics, Ecology, and Well-Being (Economy & Ecology)

