

Mobile-First Coach CORE Training Program for Healthcare

Cell-Ed Mobile-First Coach CORE Training Program is a nationally and internationally recognized coach certification program.

[Cell-Ed](#) is a pioneer in reaching and coaching vulnerable populations worldwide since 2014. Cell-Ed has been trusted by education providers, public agencies, and employers to offer 24/7 access to self-paced audio-text **micro-learning programs** and **live coaching**.



Training Overview

The 100% remote coaching training program verifies proficiency for applied practice for populations with resource constraints. **Cell-Ed Coach Certification Programs** are modularized and can be combined to reskill and upskill workers in a variety of jobs, especially those in support of vulnerable populations.

Coaching philosophy/model/approach

Cell-Ed Coach Training courses reflect best practices within the field of Behavioral Science founded in neuro and cognitive science research, adult learning, and public health.

Mobile-First Coach CORE Training

Level of effort:

- Module prep work throughout
- Live virtual classes
- Learning cohort discussions
- Assignment submissions
- Final Exam (Pass 70%+)

Lead Instructor: Amy Davis-Bruner MEd, MCC



**APPROVED
TRAINING
PROGRAM**

CORE Coach Training Modules (60 hours for the following 6 modules)

1. Standards, Ethics & HIPAA Compliance Practices for Mobile Coaching
2. Effective Client Partnership and Program Sponsoring
3. Developing a Coaching Mindset and Presence
4. Building Safe Places with, Trust & Deep Listening
5. Supporting clients to address inner challenges
6. Client Self-Efficacy and Motivation for Planning, Goal Setting, and Meaningful Action

Optional Coach Specializations (additional 15 hrs)

Additional 15 hours of training in:

- Holistic health and wellness
- CDC standards for nutrition and hydration
- CDC standards for physical activity and sleep
- Life stress factors and emotional wellness practices
- Application of the Travis Continuum
- Health risk behaviors and red flags
- Inflammation and role in chronic disease
- CDC recommendations for chronic disease prevention
- Chronic health medical screening measurement standards for:
 - hypertension, diabetes, obesity, cardiovascular disease, high cholesterol and metabolic syndrome

In addition, additional coach training prepares coaches of partner-specific health protocols.

Prerequisites For Enrollment

Participants must be a Cell-Ed employee or Partner Organization to enter the program. Training is available in partnership designated languages.

For Upcoming Dates and Locations please contact: amydavis@cell-ed.com