

Become a Health & Wellness Coach

Help people create
lasting change
and build a
meaningful career.



**GLENDALE
COMMUNITY COLLEGE**

A MARICOPA COMMUNITY COLLEGE



**APPROVED
TRAINING
PROGRAM**

A Career That Makes a Difference

"This program gave me the confidence and preparation I needed to succeed."

– Grace F. NBC-HWC

Transform Lives, Including Your Own

Health and wellness coaching is more than a profession—it's a calling. As a board-certified health coach, you'll guide individuals toward meaningful, lasting change in their lives. You'll help clients set goals, overcome obstacles, and build sustainable habits that improve their physical, mental, and emotional wellbeing.



A Growing Field with Real Opportunities



Why Health Coaching?

Health and wellness coaching is one of the fastest-growing careers in fitness and healthcare. As more people seek personalized support for lifestyle change, trained coaches are in high demand across diverse settings—from hospitals and clinics to corporate wellness programs and fitness centers.

Where Health Coaches Work

Corporate Wellness — help employees build sustainable healthy habits, manage stress, and reduce chronic health risks.

Exercise Science & Fitness — help clients build consistent workout habits, and integrate physical training with overall lifestyle wellness.

Healthcare — support patients in managing chronic conditions.

Self-Employed — enjoy flexibility, autonomy and the freedom to specialize in a unique coaching niche.

Program Overview

The Glendale Community College Health and Wellness Coaching Program is an Approved Health and Wellness Coaching Training & Education Program by the National Board for Health and Wellness Coaching (NBHWC). The comprehensive curriculum with experiential learning and integrated internship is designed to prepare students for all coaching requirements to sit for national board certification.



30-Week Fast Track Program

Complete your training in 30 weeks with a comprehensive curriculum and real-world experience designed to prepare you for NBHWC certification. Our structured program balances depth of learning with practical application.

Designed for Busy Adults

Designed for working adults, this flexible program combines live-online evening classes with a supportive, interactive learning community. Learn from anywhere while connecting with experienced faculty and peers, and complete coursework on your schedule with weekly assignments due on Sundays.



Virtual Classroom Experience

Our highly interactive classes blend expert instruction by experienced NBC-HWC faculty instructors with hands-on coaching practice, helping you build confidence and competence through faculty and peer feedback.

Evidence-Based

Our curriculum is grounded in the latest research in positive psychology, motivational interviewing, and behavior change science. Learn proven methods that deliver real results for clients.



Real Clients. Real Coaching.

*"This is where students
become coaches."*



Your Internship Experience

- Work with real clients seeking health and wellness guidance
- Apply coaching techniques learned in the classroom
- Receive ongoing supervision and feedback from NBC-HWC faculty mentors
- Build confidence through hands-on practice
- Develop your professional coaching identity
- Log required hours toward NBHWC certification

Health and Wellness Coaching Program Curriculum

Week	Topic
Weeks 1-3	Health Promotion and Wellness
Week 4	Role and Scope of the Health Coach
Week 5	Cultivate Coaching Partnership
Weeks 6-9	Behavior Change Theories, Models and Approaches
Weeks 10-11	Initial and Early Sessions: Facilitation Tools and Communication Skills
Week 12	Follow-up Sessions
Weeks 13-17	Coaching Approach by Topic and Coaching Practice
Week 18	Professional Commitments - Legal and Ethics
Weeks 19-20	Final Exam and Practical Skills Assessment
Weeks 21-30	Student Internship

Additional Benefits

Beyond certification, our program offers resources that support your long-term success.



Health Coaching Community

Expand your professional network through our Health Coach Meetups, held three times a year and open to prospective students, current students, and graduates. These collaborative events foster lasting connections, peer support, and professional growth within a vibrant health coaching community.

Grant Opportunities

We are committed to supporting your success beyond graduation. Eligible students may receive sponsorships to cover the cost of the board certification exam, helping you move from training to credentialing with less financial burden.

Cohort Dates

Cohorts start in August and January. The August 2026 cohort runs from August 25 - April 10.

Admissions

We welcome those interested in both personal and professional development to support a career in health coaching or simply want to improve communication skills, relationships and career success. No prerequisites required.

Program Costs

Tuition: \$2,500

Schedule a call with the Program Director to learn about available discounts and determine your eligibility.

Next Steps

Schedule a call with the Program Director, Louise So. Get personalized guidance on how this program supports your goals.

[Click to schedule a call.](#)



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