



Facilitator Certificate Course

Empowered Health Consciousness

Facilitated online course now available!

The National Wellness Institute's 5-credit certificate course—based on an evidence-informed program developed by Organizational Wellness and Learning Systems (OWLS), with funding from the U.S. Department of Health (Substance Abuse and Mental Health Services Agency, SAMHSA)—provides information and tools to bring health consciousness to the workplace and beyond. When we are empowered in health consciousness, it improves our health and well-being and reduces unhealthy behaviors.

The “**Empowered Health Consciousness**” course emphasizes protective factors (at individual and social levels) that help to prevent unhealthy behaviors such as avoidance and Rx misuse, discusses misuse problems in the workplace and solutions, and encourages health-conscious alternatives across the Six Dimensions of Wellness (physical, emotional, spiritual, occupational, social, and intellectual).

In many ways, health-consciousness works together with resilience and helps us learn from stress and adversity in proactive ways (learn more about this connection at NationalWellness.org/Thriving).

Certificate course participants may use the slide deck, facilitator notes, handouts, case studies, and engaging Jeopardy-style game provided in the training in their own workshops, trainings, and client presentations. The tools are also very helpful for coaching individuals who may be at-risk for any unhealthy behavior as well as prescription misuse.

To earn a Certificate as an **Empowered Health Consciousness Facilitator**, and be able to offer the “Empowered Health Consciousness” training to others, participants must successfully complete all elements of the online certificate course and pass an online exam.

Course Objectives

Certificate course participants—as well as the individuals they train—will be able to:

- define “health consciousness” (key to preventing at-risk and avoidant behaviors as well as prescription drug misuse).
- identify triggers that put individuals at risk
- identify healthy alternatives that can diminish these risks.
- take steps to implement healthy options and use evidence-informed resources
- use the above skills to reduce prescription drug misuse and abuse in their own or client's work setting or community

Each training includes a preview video, 2 facilitated online sessions, and an online exam. See NationalWellness.org/WellnessAlternative for the most up-to-date schedule.



Who's attending?

- **Wellness coaches & coordinators**
- **Worksite wellness professionals**
- **Health educators**
- **Human resource & employee benefits professionals**
- **Employee assistance professionals**
- **Wellness brokers**
- **Motivational speakers**
- **Teachers/Instructors**
- **Anyone wishing to offer training in health consciousness and prescription drug misuse**

Registration Rate

Sign up early! Space is very limited for this program.

Current NWI Members: \$599
Non-members: \$649

Not an NWI Member? Visit NationalWellness.org/Join for more information

Important Note: This training supports participants continued use, as medically prescribed, of prescription drugs. At the same time, it encourages participants to review how they use prescription drugs in ways that support their health and well-being. This training also will review processes and healthy lifestyles/alternatives that participants are invited to consider. Because knowledge in this area is continually growing, the course itself continues to change and welcomes input from all participants.

NationalWellness.org/WellnessAlternative

Materials Included

All participants receive:

- an electronic copy of the core presentation slide-deck with facilitator notes
- all handouts, evaluation forms, and guidelines needed to replicate the training
- an Excel spreadsheet for tabulating pre- and post-ratings
- follow-up access to the preview video and all session recordings
- An electronic copy of the course Jeopardy-style game
- A set of published articles that discuss and assess the training

Additional Course Information

- Preview video will be sent to enrolled students at least two days prior to course start date
- Students will take the multiple choice final exam within 10 days of course completion
- Students may take the final exam up to three times. Students who do not pass the final exam after their third attempt will be required to retake the course and pass the final exam to attain their Certificate as an **Empowered Health Consciousness Facilitator**.

This course is offered through an NWI Education Partnership



About NWI

The National Wellness Institute, Inc. is a nonprofit organization providing state-of-the-art continuing education and setting the standards in wellness promotion.

About the Presenter



Joel Bennett, PhD, is President of Organizational Wellness and Learning Systems (OWLS), a consulting firm that specializes in evidence-based wellness and e-learning technologies to promote organizational health and employee well-being. Dr. Bennett first delivered stress management programming in 1985 and OWLS programs have since reached close to 100,000 workers across the United States and abroad. He is primary developer of "Team Awareness" and "Team Resilience," evidence-based, culture of health programs recognized by the U.S. Dept. of Health and the Surgeon General as effective in reducing employee behavioral risks. Dr. Bennett has authored over 20 peer-reviewed scientific articles as well as five books, including *Raw Coping Power*, *Well-Being Champions*, *Time & Intimacy*, *Heart-Centered Leadership*, and *Preventing Workplace Substance Abuse*.

Technical Requirements

Participants must have a reliable internet connection. A free download of Zoom web conferencing software is required. Audio may be accessed via phone, or via computer microphone and speakers (webcam optional).

Continuing Education Credit

Individuals who complete the training and associated exam may earn 5 continuing education credits (CECs) toward certifications held at the time of the training (see below for organizations that have pre-approved this program for credit). A CEC certificate will be e-mailed to individuals who select their desired CEC certificate(s) on post-training evaluation form.



ACSM: The American College of Sports Medicine's Professional Education Committee certifies that "National Wellness Institute" meets the criteria for official ACSM Approved Provider status from (December 2018 – December 2021). Approved Providers and their content reflect the concepts of their respective organizations and do not necessarily represent the positions or policies of ACSM. Providership # 661228



NCHES (CHES®/MCHES®): National Wellness Institute is designated a provider of Category I continuing education contact hours (CECH) in health education by the National Commission for Health Education Credentialing, Inc. The NWI Empowered Health Consciousness Facilitator Certificate course is designated for Certified Health Education Specialists (CHES) and Master Certified Health Education Specialists (MCHES) to receive 5 Category I (advanced) continuing education contact hours.



EACC: The *online* training for the Empowered Health Consciousness Facilitator Certificate course is eligible for five (5) PDHs in Domain III from the Employee Assistance Certification Commission. This program is co-sponsored by Organizational Wellness and Learning Systems (OWLS) and the National Wellness Institute (NWI).



SHRM: National Wellness Institute is recognized by SHRM to offer Professional Development Credits (PDCs) for the SHRM-CPSM or SHRM-SCPSM. The NWI Empowered Health Consciousness Facilitator Certificate course is valid for 5 PDCs for the SHRM-CPSM or SHRM-SCPSM. For more information about certification or recertification, please visit shrmcertification.org



HRCI®: The use of this seal confirms that this activity has met HR Certification Institute's® (HRCI®) criteria for recertification credit pre-approval



NWI (CWP): The Empowered Health Consciousness Facilitator Certificate course has been approved for 5 Category 1 continuing education credits by the National Wellness Institute for NWI Certified Wellness Practitioners (CWP).

General Attendance Continuing Education Certificate: National Wellness Institute-verified contact hours for continuing education credit/certificate of participation.