

The Stress & Wellness Consultant's Building Block¹ Tool Kit

» 2015 = 16 SWC(c) Online Professional Certification Curriculum «

Building
Block
Modules

SWC Building Block Learning Focus

SWC Competencies & Deliverables

Module A ↓ Stress & Productive Wellbeing – The Basics ↓		
A The Basics 2 Weeks 1 to 4	<ul style="list-style-type: none"> ▶ Aims in SWC(c) certification & competencies ▶ Stress – The evidence-based Basics ▶ The Selye-Earle VQ & Body Age programs plus personalized VQ program for SWC students ▶ Vital Corporation Model of Stress & Productive Wellbeing in the Changing Workplace ▶ 'Wellness for Stressful Times' [WST] marketing presentation for training, coaching & consulting ▶ Customizing the WST briefing to build a practice in training, coaching, or consulting 	← SWC Foundation <ul style="list-style-type: none"> ▶ Fully scripted (including PPT slides) to conduct one- to two-hour “Wellness for Stressful Times” presentations for corporate or “general public” marketing ▶ Positioning, marketing and selling your services in your targeted markets and market segments
Module B ↓ Conducting Training or Brief Education - The Five Vital Skills ↓		
B The Five Vital Skills Weeks 5 to 7a	<ol style="list-style-type: none"> 1 Clarifying Values, Goals & Satisfiers 2 Controlling Your Stress Accelerator via relaxation, mindset & mindfulness methods 3 Self-Affirming Win-Win Relationships 4 Essential Exercise 5 High Performance Nutrition 	<ul style="list-style-type: none"> ▶ Diagnostic-focused training (20 mins to 6 hrs) in the five Vital Skills to serve the unique aims of individual, group-based or workplace clients ▶ Diagnostic tools include Institute online StressPro profile, VQ Test, Five Pillars of Wellness
Module C ↓ Conducting Coaching – Counseling ↓		
C 1 Weeks 7b to 9	<ul style="list-style-type: none"> ▶ The <i>Personal Wellness Plan</i> (PWP) core template for clinical counseling or executive coaching. 	<ul style="list-style-type: none"> ▶ Conduct a <u>core</u> one-to-one PWP session in 2 one-hour sessions, or in five 20-minute sessions
C 2 Week 10	<ul style="list-style-type: none"> ▶ Enriching / expanding the PWP coaching template by selectively including the Five Vital Skills per each client's personalized diagnostic profile & Rx 	<ol style="list-style-type: none"> a) The VQ- or StressPro™-enriched PWP in 6 one-hour coaching sessions b) Group-based briefing (90 mins)+ individual VQ-focused or StressPro-focused coaching c) Hi-ROI or StressPro™ focused group coaching, training or brief education for the workplace or for clinical practice populations
Note Students may select <u>either</u> one of the two following Module D options		
Module D 1: Option #1 for Workplace-focused professionals		
↓ Corporate Change Specialization ↓		
D 1.1 Week 11	<ul style="list-style-type: none"> ▶ <i>Vital Corporation</i> model ... Drivers & dynamics ⇒ Corporate Vital Signs™ diagnostics, strategy, design and intervention tools. Tracking ROI. Builds on SWC Modules A1, A3, & B1-B5 	<ul style="list-style-type: none"> ▶ Setting cost-justified priorities for on-the-job productive wellbeing ⇒ tracking ROI metrics in performance, talent retention, work satisfaction, engagement, disability + other client-specific metrics
D 1.2 Week 12	<ul style="list-style-type: none"> ▶ "Making Change Successful, not Stressful"(MCSS) modularized training + coaching program for rapidly changing workplaces ... integrating the Five Vital Skills into our Vital Corporation model .. Builds on SWC Modules A1, A3, & B1-B5 	<ul style="list-style-type: none"> ▶ Core MCSS training design + PPTs for (a) four half-days training or for (b) five lunch-and-learn awareness sessions. Also available under license in blended E-learning format. For training, coaching & consulting

Continued ...

Module D 2: **Option #2** for MD's and related clinical practice professionals

↓ Clinical Practice Specialization ↓

D 2.1 Week 11	<ul style="list-style-type: none">▶ Managing & counseling the <u>Stress Difficile patient</u> in family or occupational medicine [the patient who presents as ambiguous, unwell, over-utilizing, secondary gain has become primary gain, their poor prognosis and therapeutic compliance ⇒ reduced professional effectiveness & satisfaction [≥ 30% below that in typical patient visits▶ Making clinically and defensibly the best evidence based decision re (dis)continuing or modifying the relationship with the patient	<ul style="list-style-type: none">▶ Appropriately and confidently, clinically identify the 15 to 30% of such patients in your practice▶ Offer PWP. Apply Pillars of Wellness to identify patient's most motivating priorities for improvement▶ Agree to behaviorally focused counseling protocol keyed to patient's action-focused homework to guide each of four following 20-minute counseling sessions▶ Evaluate patient's compliance & progress as agreed▶ Evaluate patient's compliance & progress. Decide re defensibly (dis)continuing patient relationship
D 2.2 Week 12	<ul style="list-style-type: none">▶ Conducting brief group-based patient education in selected Vital Skills for selected patient groups▶ Conducting brief counseling sessions [≥ 20 minutes re selected Vital Skills with individual patients	<ul style="list-style-type: none">▶ Assess administrative, professional and financial factors in offering group-based patient education▶ Identify topics of strongest interest to and likely uptake in current or targeted patient groups▶ Plan brief Vital Skills group sessions. Promote, manage, deliver & evaluate group education sessions▶ Offer brief PWP counseling re appropriate Vital Skills to patients presenting with targeted needs
Module E Graduation SWC(c) diploma		
E Week 13	<i>Master Class:</i> Selecting / integrating SWC resources to address the needs of specific clients	Best practices for client service .. for individuals and workplace clients. Design special-purpose solutions

Notes

- 1 Building Block learning format proceeds from a foundation of Basics to in-practice applications
 - 2 Each week comprises two 2-hour online classes blending instruction and application-focused discussion
- ▶ Detailed curriculum Prospectus (including hyperlinks) is available at ... <http://stresscanada.org/SWCPROSPECTUS2015.pdf>
 - ▶ Graduates' endorsements at <http://stresscanada.org/endorsed-by-medical-workplace-graduates/>
 - ▶ Tuition [including all materials] \$3800.00 Cdn funds payable in three installments
 - ▶ Next scheduled to begin: September 12, 2015 and February 13, 2016
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