



HOW

Helping Our Women

Peer Wellness Coaching

Join the Helping Our Women community of caring and committed peer wellness coaches, staff, volunteers, and client members!

What is Peer Wellness Coaching?

As a Peer Wellness Coach you will learn and practice specific communication techniques to empower women to speak openly, to take an appreciative stance about their life, to identify what matters most about the situation at hand, and to consider next steps.

You will support women to set and reach personal wellness goals or address a specific situation in a series of 30-60 minute 1:1 coaching conversation by using open-ended questions, and by validating, reflecting, and summarizing what has been said.

In addition to teaching you coaching communication skills, our training will provide insights into proven healthy living strategies and resources to inform your client's goals and your work together.

All HOW Trained Peer Wellness Coaches Will:

- Agree to volunteer as a Peer Wellness Coach a minimum of 4 hours/month for a minimum of six months, including monthly continuing education
- Receive a personal Peer Wellness Coach Training Manual with educational information and resources
- Receive a copy of Coaching from A-Z written by Haesen Moon
- Receive a certificate upon successful completion of the program
- Agree to participate in continuing education such as monthly coaching calls

How do Peer Wellness Coaches provide coaching services?

Upon successful completion of the training program, Peer Wellness Coaches will use their coaching skills as a volunteer working with HOW clients and community members in the following ways:

- Coach and support HOW clients formally in a scheduled 30-60 min session
- Initial sessions will be held in-person at HOW's Eastham or Provincetown center

LEARN MORE AT AN UPCOMING ZOOM INFO SESSIONS ON
Monday, November 4th at 10 am or Friday, November 8th at 12:00 pm
For Zoom link email cathy@helpingourwomen.org



Helping Our Women

Peer Wellness Coach Training Details

**A FREE 10 – week online program
January 14 - May 20, 2025*
Tuesdays from 1:30 - 3:30 pm**



This training program is for those who would like to give back to others in a unique and meaningful way. Peer coaching is a collaborative communication process and a way of being present that helps identify areas of life that deserve attention, maintenance, growth, success and identifying barriers and ways to deal with everyday life. Peer Wellness Coaching is not therapy but rather a way to support a peer's motivation and wellness.

HOW's Peer Wellness Coach Training Curriculum was developed in cooperation with HOW staff and community members by **Elise Phillips**, a seasoned coach and member of the International Coaching Federation and The Institute of Coaching. Elise has held positions as the founding Director of Health Promotion and the Institute for Wellness Coaching at Boston College, Director of Health Education at Simmons College, and Manager of the Be Well! Tanger Center for Health Management at Beth Israel Deaconess Medical Center.

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**FOR MORE DETAILS ON THE
HOW PEER WELLNESS
COACH TRAINING PROGRAM
OR FOR THE INFO SESSION ZOOM LINK
CONTACT
CATHY@HELPINGOURWOMEN.ORG,
508-487-4357**

**CLICK HERE FOR
ONLINE APPLICATION
OR SCAN QR CODE**



*Session dates are Tuesdays, January 14 & 28, February 4 & 11, March 4 & 25, April 8 & 15 and May 6 & 20