

Certified Stress & Wellness Consultant SWC(c) building-block Toolkit 2016 - 2017

Building
Block
Modules

SWC Learning Focus

SWC Competencies & Deliverables

H Week 14	Mixing-and-Matching. Selecting / integrating SWC elements to address the needs of specific clients	Best practices for client service ... for individuals plus public and workplace groups
G Week 13	"Making Change Successful, not Stressful" (MCSS) modularized training & coaching program for the workplace ... integrating the Five Vital Skills into the Vital Corporation model	Core scripted MCSS training design for (a) four half- days training or for (b) five lunch-and-learn awareness session. Also available for license in blended E-learning format
F Week 12	Model of Vital Corporation drivers & dynamics ⇨ Wellness-that-Works™ diagnostics and design tools	Setting cost-justified workplace on-the-job wellness priorities ⇨ tracking ROI measures of performance, health & talent retention
E Week 11	Enriching / expanding the PWP coaching template ... selectively including the Five Vital Skills per each client's personalized diagnostic profile & Rx	a) The VQ- or StressPro-enriched PWP (3 to 6 one-hour coaching sessions) b) Group briefing (90 mins) + individual VQ or StressPro coaching c) Hi-ROI VQ or StressPro focused group coaching / training for the workplace or for clinical practice populations
D Weeks 9 & 10	The Personal Wellness Plan (PWP) template for coaching	Conduct a 2-hour basic one-to-one PWP coaching session
C Week 8b	Integrating WST and Five Vital Skills	Briefings, Awareness sessions & Training workshops (2-8 hrs)
B The Five Vital Skills Weeks 5 to 8a	1 Clarifying Values, Goals & Satisfiers 2 Relaxation at Will 3 Self-Affirming Relationships 4 Essential Exercise 5 High Performance Nutrition	Ability to integrate one or more of the five Vital Skills to best serve the unique needs and aims of individual, group-based or workplace clients
A → The Basics Weeks 1 to 4	1 Introduction to SWC(c) certification & competencies 2a Stress – The Basics plus the VQ & Body Age programs 2b Your personal VQ program for each SWC student 3 Stress & Wellbeing in the Changing Workplace 4 "Wellness for Stressful Times" marketing presentation (WST)	← <u>SWC Foundation</u> ← Fully scripted (including PPT slides) to conduct 45-minute to two-hour "Wellness for Stressful Times" briefings or presentations for the workplace or for "general public" marketing

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