



## Spiritual Wellness Life Coach Certification Syllabus



# Spiritual Wellness Life Coach Certification

## What is a Spiritual Wellness Life Coach certification?

*The Spiritual Wellness Life Coach training program that takes a more spiritual approach to help individuals find balance and harmony between Mind, Body and Spirit. Everyone has a unique purpose and passion; The role of the Spiritual Wellness Life Coach is assisting their clients to tap into their inner guidance and intuition, deepen their connection to the Divine and achieve a higher octave of joy, healing, and success.*



Welcome to the Natural Wellness Academy! After registering for the class, you will receive an email with your log-in information. Go to the dashboard or log-in area in the main website: [www.naturalwellnessacademy.org](http://www.naturalwellnessacademy.org), you will have access to the following courses:

- **The Thoracic T® Masterclass** (this is a great coaching tool for your practice)
- **Intro to Mind Dynamics (Anatomy of the Mind)**
- **Spiritual Wellness Life Coach**
- **Webinar Library**

Once you are near completion you will have access to the practice-building course we have created:

### **Essential Effective Coaching (more info on this below)**

**PLEASE NOTE:**

Periodically you will need to log in again as the LMS system may end your session after a few days of inactivity. If you are on the course page but cannot access any of the materials, that should alert you to log out and then in again. We have all been through this :- )

You will access all the Learning Experiences on the student platform. Each assignment will consist of approximately 6-12 questions and may require some online research and practicum. For the most part these are FUN – and there are no wrong answers. The Learning Experiences are designed to challenge and enlighten you by putting you in scenarios where you will have a chance to share your knowledge and passion for this subject. Having actionable assignments will help you build confidence in your ability to assist others as well as practice-building skills.

**Note:** When you download the Learning Experiences, they are in Word format. Because they are protected documents, there may be an “enable editing” notice in a banner at the top that you need to click in order to be able to add your answers. Complete all the questions in a Learning Experience before turning in the completed assignment. You can either upload to the platform (or send as a word document to your mentor’s email if this is the arrangement you have made).

Some of the resources will be found in our **Webinar Library** – feel free to listen to/watch as many teleconferences and webinars. As an added benefit to your course subscription, you can tap into a lot of fascinating, cutting-edge material from any of our certification programs. There are a few in the Cannabis program that are accessible only to cannabis students, but feel free to explore!

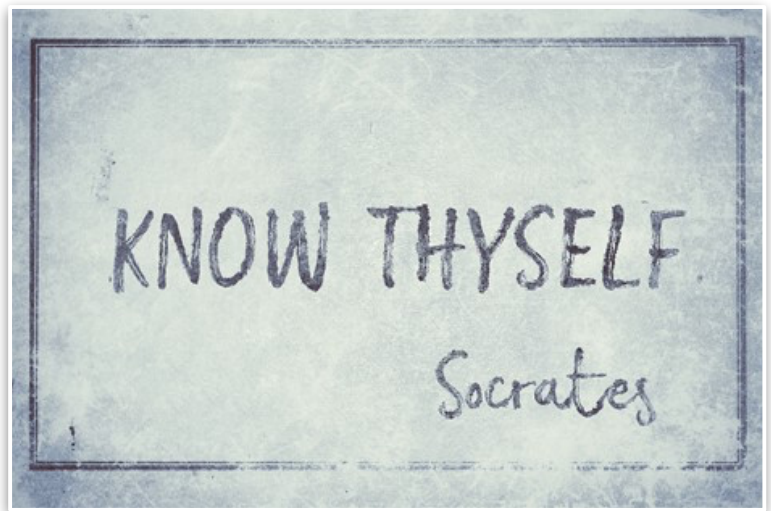
**Note:**

1) You can attend a teleconference/webinar on any subject no matter where you are in the online learning. Only some of the Cannabis ones are limited to enrolled students.

2) Educational Webinars are scheduled one per month. We also try to book one Mastermind every month that help you network, obtain entrepreneurial skills, and build your practice. You can attend as many as you would like while you are enrolled and current in the program, or as alumni, these are always recorded and then posted to the webinar library.

## **STEP ONE: Anatomy of the Mind *aka* Intro to Mind Dynamics\*\***

*Help your clients combat stress and create positive life-affirming habits and attitudes. This is a very experiential module, where you will be participating in a 21-day technique for instilling healthy habits and raising your own permission levels for success, well-being, love, and abundance.*



You will gain tremendous self-knowledge and confidence as you establish your own series of positive habits in a 3-week experiential journey, using self-hypnosis and mind-focused activities.

**Note:** For your self-hypnosis experiment, make sure to mark off a 21-day period on your calendar when you can commit to doing a cycle of change selected from the text e-book. This should be a time that you are not traveling or have projects that interfere with your ability to complete the 21 days.

### **2 Learning Experiences:**

**LE1**

**LE2**

**IMPORTANT:** You can continue to work on other Learning Experiences and questions while you are doing your 21-day practicum. If you finish LE2 first, feel free to upload it for review.

**Module textbook, and other resources are accessible directly on the platform.**

**\*\*You can work on this module concurrently with Spiritual Wellness Life Coach or afterwords – some portions will be covered in the residential portion of your program.**



## **STEP TWO: Spiritual Wellness Life Coach**

This course is divided into 6 modules, plus you will have access to the business-building course “Essential Effective Coaching,” once you are almost done with the course materials for SWS.



### **Module 1 - Anatomy of the Spirit**

*Discover the principles of metaphysical spirituality and the various levels of consciousness,*

*Contains 4 subsections: a) In the Beginning, b) Faces of God, c) Anatomy of the Spiritual Body and d) Non-Physical Beings (Angels, Fairies, Devas, Spirit Guides). Discover Spiritual laws of creation, the Hermetic Principles, Religion & Spirituality, The Divine Feminine, Introduction to the Monad (Divine Spark) or Oversoul, Chakras, Auras and Energy Fields. Learn how to measure and repair chakras with a crystal pendulum, that we will send you as a gift.*

**3 Learning Experiences: SWS LE1, LE2, LE3**



### **Module 2 - Awakening**

*We begin our exploration into the Divinatory Arts, discovering various tools that help you tap into and channel your innate gifts of Intuition and Insight, so that you have clarity when working with clients. The divinatory tools are not designed to predict the future, but rather to open yourself to Divine Wisdom through symbolism and hidden messages. You will be introduced (with some depth) into reading the Tarot, Interpreting Natal Astrology Charts, Birthdate Numerology and Crystals & Energy Balancers (Used for tapping into intuition, and review methods for employing Crystals and Gemstones for meditation, healing work and higher consciousness).*

**3 Learning Experiences: SWS LE4, LE5, LE6**



**Fairy Oracle  
Deck provided  
for you!**

### **Module 3 - Afterlife**

*What happens before we take on physical form? What happens when we complete a lifetime? In this module we will explore multiple theories of what happens when we die, the Bardo state, Soul Contracts, Soulmates, “Life between Life” Reincarnation, Mediumship, Disembodied Spirits and Astral Planes, Parallel Universes and the Seven Rays An illuminated understanding of Heaven, Purgatory and Hell -- from a spiritual perspective.*

**1 Learning Experience: SWS LE7**

### **Module 4 - Alignment**

*In this module we will also delve into the concept of the “wounded healer” and how -- as we work through our own issues and growth -- we are better able to hold the vision for our client’s consciousness-raising and spiritual evolution. Understand the meaning of Empath and HSP (Highly Sensitive Person) and how they are particularly challenged in this world.*

*In this phase you will learn a philosophical paradigm to help your clients understand and identify how childhood programming, collective consciousness and the outer mind interfere in one’s self-image and capacity to realize one’s fullest potential. You will learn the concepts of Multiplicity of Selves, Jungian Depth Psychology, Archetypes, Aspects of Selfhood, Holographic Universe and working with the I AM Presence.*

**2 Learning Experiences: SWS LE8, LE9**

## **Module 5 - Application**

*How does one spiritualize their life in a modern world? Here you will begin to apply your newly acquired knowledge to working with your coaching clients.*

*We break down the various stages of emotional and spiritual healing, including: Law of Forgiveness, Creating Life Balance, Cultivating Gratitude, Taking Responsibility for Co-Creation, and Spiritual Surrender We will add more healing tools to your repertoire, such as Visualization, Power of Affirmative Prayer, Law of Attraction (Manifestation) through engaging the Higher Self, Energy Clearing, Self-Protection, and Spiritual Hygiene.*

**2 Learning Experiences: SWS LE10, LE11**

## **Module 6 - Action**

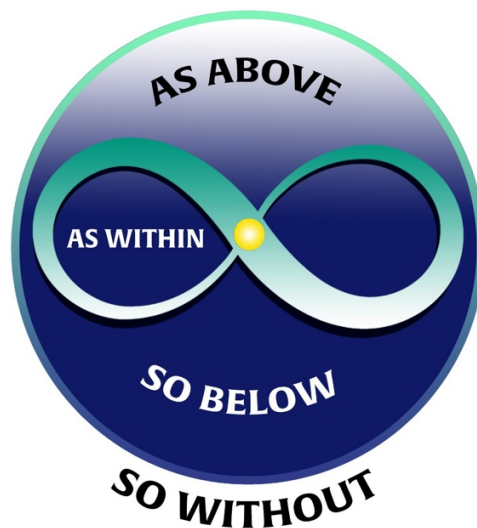
*In this final SWS module you will begin to apply your newly acquired knowledge to working with your coaching clients as a Spiritual Wellness Specialist. You are given practical applications to apply all that you have accumulated through the previous modules in working with your clients, including some original healing modalities created by Dr. LJ (Jungian Archetypal Journey, and The Thoracic T®)*

*You can also download all the forms you may need for your coaching practice, including Coaching Agreement, Disclaimers, Intake forms, Client Contracts , etc.*

*You will also be assessed for competence and confidence in this final certification step --, through recorded demonstrations and role-playing.*

**1 Learning Experience: SWS LE 12**

**This concludes the Spiritual Wellness Life Coaching portion of the certification process.**





## **BONUS STEP: Building your Business via Essential Effective Coaching**

*All students of the Natural Wellness Academy are invited to take our cutting-edge business-building module that will help you define your niche, your avatar (ideal client), business plan, marketing and how to attract clients. If it is not open yet on your dashboard and you are nearing the end of your Spiritual Wellness Specialist modules, request from the Admin that Essential Effective Coaching be opened for you. You be added to that course. **Essential Effective Coaching***

**Essential Effective Coaching** is designed to help you launch your coaching practice and will give you practical information about starting your own business, social media marketing, finding your niche/specialization, and how to work with your clients. We provide loads of downloadable resources, including forms and documents that you can use in your practice.

### **These are the 4 assignments in EEC:**

Learning Experience 1A

Learning Experience 1B

Learning Experience 2\*

Learning Experience 3

\*Learning Experience 2 is a business-building exercise. Take your time with this, **but you do not need to turn it in as an assignment.** There is a space for giving us feedback on this experience, but it is your choice.

We also have an active Facebook student forum only open to NWA candidates, grads and mentors so that you have a sense of belonging and interacting at our “virtual campus” -- and a separate one for the SWS students where they can exchange ideas about spirituality and divinatory tools.

It is in the forums that we announce our upcoming events. If you have not already joined, go to and request to join (no need to answer the questions)

Main forum:

<https://www.facebook.com/groups/177711222415128>

SWS

<https://www.facebook.com/groups/1580576305435058>

BECOME A CERTIFIED



SPiritual WellNess  
LIfe COACH



ONLINE COURSE



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OWN PACE



ONE-ON-ONE  
MENTORING



[www.naturalwellnessacademyeurope.org](http://www.naturalwellnessacademyeurope.org)



Spiritual Wellness Life Coach  
Certification Program