



## BECOME AN EMPOWER COACH

Are you passionate about supporting our members on their Fernwood journey, through mindset, meditation, positive psychology and coaching practices such as self-hypnosis and values elicitation? If so, becoming an Empower Coach could be your next workplace progression.

Applicants must have (or be working towards) a wellness (level 3) or life or health coaching qualification.

For those who are level IV fitness, the minimum requirement is levels 1&2 (combined) wellness coach – through Wellness Coaching Australia.

See Wellness Coaching Course links here:

Combined Level 1 & 2 - <https://www.wellnesscoachingaustralia.com.au/Wellness-Coach-Training/combined-level-1-and-2-coach-training-courses>

Level 3 - <https://www.wellnesscoachingaustralia.com.au/Wellness-Coach-Training/become-a-wellness-coach-level-3>

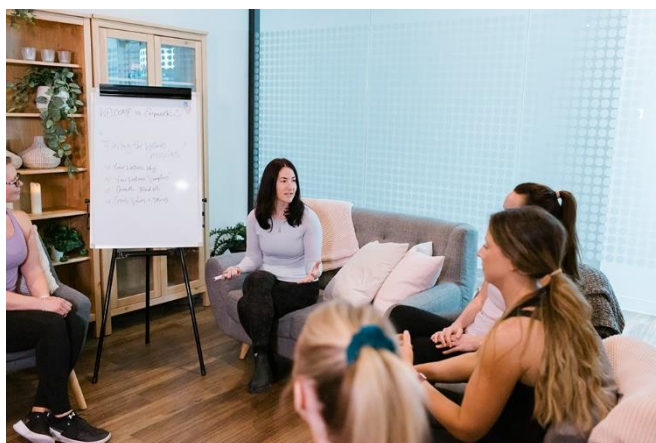
### Mandatory Prerequisites

- Current Coaching qualification in Life Coaching, Wellness Coaching or Health Coaching.
- Mental Health First Aid Certification
- Completed Fernwood Empower Coach training
- Passed an 'Interview for competency' with Wellness Training and Development Manager (Fernwood NSO)
- Submitted an EQ and Pre-training questionnaire to Wellness Training and Development Manager (Fernwood NSO)
- Must be female



### Highly Recommended Prerequisites

- Yoga Teacher Training (accredited through a recognised Yoga Alliance).
- Meditation & Mindfulness teaching experience
- Confident public speaker
- Competent group facilitator
- Life experience (age ideally over 30)
- Grounded yet open minded
- Relatable and approachable
- Caring, empathetic and kind
- High Emotional Intelligence
- Good understanding of women's wellness issues
- Good understanding of stress, anxiety and depression
- Demonstrates professional and commercial acumen



To start your process to becoming a Fernwood Empower Coach, please send an email to [emma.robertson@fernwoodfitness.com.au](mailto:emma.robertson@fernwoodfitness.com.au) for further details including training costs and next availability.