

# Newontology Certified Health Coach™

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# HEALTHY LIVING



The Newontology Health Coaching certification allows graduates of the Newfield Coaching Program to continue their learning and specialise in the growing field of Health and Wellness coaching. Graduates of the program can be certified as a Newontology Certified Health Coach (NCHC) and then go on to sit the examination to be a National Board (USA) certified Health and Wellness Coach with the International Consortium of Health and Wellness coaches (ICHWC)\*. Successful participants will also earn 48 Continuing Coach Education hours with the ICF.

Following on from Foundations in Ontological Learning (Foundations) and The Art and Practice of Ontological Mastery (TAPOM), which comprise the highly acclaimed ICF accredited Newfield Coaching Program, the Newontology Health Coaching Program is a completely virtual learning experience over a period of 4 months.

In a small cohort of fellow learners you will study four pillars of Health and Wellness coaching aligned with the ICHWC standards. The four pillars are, the Newontology health coaching model™, health and wellness basics, behaviour change theories and strategies, and ethics applicable to health and wellness coaching. Learning is a combination of self-study, webinars, practice in your own coaching triad and interaction with faculty and other experts in the field of health and wellness. The program is designed to be applicable globally. Resources focus on global health issues while you will also be encouraged to study the same issues in a country of your choice. Depending on both your coaching experience or health knowledge, you will be able to tailor your own learning journey to suit your needs and interests.

Katrina Gisbert Tay MD, NBC-HWC, NCC, ACC. Dr Kat is a medical doctor with a passion for bringing together the fields of psychology, medicine and coaching. She is an Integrative Health Coach certified by Duke Integrative Medicine (USA), a certified coach supervisor and the first person in Singapore to take and pass the National Board examination for Health and Wellness coaches in 2018. Dr Kat has her own coaching practice in Singapore and continues to practice as a doctor in Manila. She is also a program manager for Newfield Asia and is the core design faculty for this program.

Mark Hemstedt MSc (Hons), ACMA, NCC, PCC. Mark is the founding partner of TWP and Newfield Asia and has been coaching for over twenty years. He leads the Newfield Asia coach training program in Singapore, has a Master's degree (Liverpool) in Applied Psychology and is an Integrative Health coach trained by Duke Integrative Medicine (USA). Mark has designed coaching programs for both the public and corporations and is also core design faculty for this program.

They will be joined by the full Newfield Asia faculty and each program will have guest speakers from the field of coaching, medicine and wellness. All of these talks will be available to enrolled students and graduates of the program.

## When, where, who & how much?

**When?** Cohort 2 – January 28<sup>th</sup> 2019 to May 31<sup>st</sup> 2019.

**Where?** Virtual.

**Who?** Eligible to graduates of the Newfield Coaching Program – Foundations and TAPOM.

**How much?** S\$ 3,000 + GST

**Contact?** [drkat@newfieldasia.com](mailto:drkat@newfieldasia.com)

\*Application in process. Successful graduates will be eligible for certification with ICHWC.



Newontology offers the Newfield suite of programs. Newfield was a pioneer in the coaching profession and has been world's leading Ontological learning organisation since 1991. Known primarily for an ICF accredited certification program, Newfield and Newfield Asia have taught coaching and enabled professionals across the Americas, Europe and Asia to transform results. Pragmatic, holistic, and experiential, Newfield's methodology enables professionals to more profoundly work with others through an improved understanding of themselves. Newfield offers more than a coach training program: it is a journey of transformation that allows you to see yourself, others and the world through new eyes.