### Form: Verification of Coaching Experience

To be eligible for the certificate as a health coach, you must complete at least 6 coaching sessions with a client following the completion of the three-day health coach training. The first session should be at least 1 hour, and subsequent sessions should be at least 30 minutes, for a total of 3.5 required coaching hours.

Verification of these experience hours indicate that you have practiced the coaching spirit and foundational coaching skills, as well as facilitated a coaching relationship with a client. Continuing to practice these coaching skills in the context of an ongoing relationship with a client will further develop your expertise as a coach. Please complete this form to verify that you have had at least 6 coaching sessions with one client.

I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ attest that I have completed at least 6 coaching sessions with one client following the completion of the 3-Day Health Coach Training program delivered by UNCG Health Coaching Programs. Below is a log of the dates and times for those coaching sessions.

Below is a log of the dates and times for those coaching sessions. I have highlighted or marked the session that I have transcribed.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Session | Date of Session  (MM/DD/YY) | Start Time | End Time | Total Duration of Session  (in minutes) |
| 1 |  |  |  |  |
| 2 |  |  |  |  |
| 3 |  |  |  |  |
| 4 |  |  |  |  |
| 5 |  |  |  |  |
| 6 |  |  |  |  |

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**Signature Date**