



FORM: VERIFICATION OF COACHING EXPERIENCE

To be eligible for the Level 1 certificate as a health coach, you must complete practice 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. If you completed the training:

- Before October 30, 2020 → 6 coaching sessions are required.
- After October 30, 2020 → 4 coaching sessions are required.

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 4 but no more than 6 coaching sessions with one client.

I _____ attest that I have completed at least 4-6 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. This session is a minimum of 30 minutes.

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

Signature

Date