

INFORMATION ON COMPETENCIES FOR WELLNESS PROMOTION

This printable PDF provides information on the competencies for wellness promotion in order to assist you in preparing to fill out the *online Certified Wellness Practitioner application* located at NationalWellness.org/CWPPROAPP

Qualification 1: ELIGIBILITY CRITERIA

To be eligible for the Certified Wellness Practitioner (CWP) competency review (Qualification 2), you must meet one of the following educational *and* work experience pairings at the time of application submission:

Education	Bachelor's Degree in non-wellness field, or Associate Degree in wellness	Bachelor's Degree in non-wellness field with emphasis, minor or, certificate in wellness	Bachelor's Degree in wellness-related discipline (e.g., dietetics, kinesiology, exercise science, psychology, social work, nursing)	Bachelor's Degree or higher in wellness, health education, health promotion, public health, integrative health, or Master's degree in wellness-related field
Work experience	10+ years of work experience in wellness	5-10 years of work experience in wellness	3-5 years of work experience in wellness	Internship/ supervised hours in wellness, or at least 1 year of work experience in wellness

Qualification 2: WELLNESS COMPETENCIES

Within each domain of the Wellness Promotion Competency Model, select your level of proficiency for each competency item listed.

Developing: I am not yet able to perform behavior/competency at this time and additional education or training is needed.

Proficient: I perform this behavior/competency at an acceptable level. I am a strong contributor, but the need for further development is recognizable.

Exemplary: I regularly exceed expectations in performing this behavior/competency. I am recognized as an example or role model in the field.

Next, in the box provided at the end of each domain, provide a brief (200- to 400-word) narrative about your competence in that domain.

Having both education and experience related to a competency is not required. Rather, you should draw selectively from your academic preparation, work experience, and continuing education to provide meaningful evidence

that, in combination, you have the required competencies within the domain. Education may include professional development activities, formal education, presentations, publications, leadership roles in wellness, and volunteer work. If you do not have education or work experience for a particular competency item, indicate in your narrative how you plan to develop knowledge and skills in this area during your first 5-year certification cycle. You must provide meaningful evidence to demonstrate proficiency in at least 4 of the items in Domains 1-2, at least 5 of the items in Domains 3-4, and at least 6 of the items in Domain 5 of the Wellness Promotion Competency Model.

WELLNESS PROMOTION COMPETENCY MODEL

Domain 1. SYSTEMS ASPECTS: focuses on the inter-relationship between elements within a system at the body, organization, community, or global level (must demonstrate proficiency in at least 4/5 items)

	Developing	Proficient	Exemplary
1a. Utilize an ecological approach (e.g., interactions among the individual, family, organization, community, and social systems) to understand the ways dynamic systems impact an individual’s experience of wellness			
1b. Apply relevant theories and models to explain the integrated role of physical, social, intellectual, emotional, occupational, and spiritual aspects in the human pursuit and experience of wellness throughout the lifespan			
1c. Recognize the influence of organizational development, leadership, and culture on individual wellness			
1d. Establish collaborative relationships within and across key stakeholders and interdisciplinary teams to promote sustainable health and wellness practices that meet long-term personal, organizational, and/or community goals			
1e. Recognize one’s own limitations in wellness promotion and refer clients to other professionals when appropriate to support the individual’s wellness goals			
Narrative (200-400 words) about your competence in Domain 1:			

Domain 3. **PROFESSIONAL ASPECTS:** focuses on standards that maintain professionalism within the wellness profession (must demonstrate proficiency in 5/5 items)

	Developing	Proficient	Exemplary
3a. Maintain ethical practitioner-client relationships			
3b. Comply with legal standards for confidentiality, program compliance, and mandated reporting	SAMPLE ONLY		
3c. Practice in accordance with the limits of scope of practice and code of conduct			
3d. Demonstrate commitment to self-care by modeling healthy lifestyle practices in multiple dimensions of wellness			
3e. Engage in ongoing reflection of competence and professional development to expand personal learning and growth in multiple dimensions of wellness			
Narrative (200-400 words) about your competence in Domain 3:			
SAMPLE ONLY			

