



National
Wellness
Institute

Enriching Careers & Lives

By promoting inclusive,
whole-person wellness



NationalWellness.org

National Wellness Institute

The National Wellness Institute (NWI) is the leader in providing professional development and engagement opportunities that support individuals from a variety of disciplines in promoting whole-person wellness.

At the core of NWI's offerings is its **Six Dimensions of Wellness** model, developed by NWI co-founder Dr. Bill Hettler in 1976.

NWI enriches professionals' lives and careers with competencies and connections to promote inclusive multi-dimensional wellness through:



- ✓ **Membership**
- ✓ **The annual National Wellness Conference**
- ✓ **Certified Wellness Practitioner credential**
- ✓ **Diverse educational offerings**

Learn more about NWI at NationalWellness.org/About

Attend the World's Longest-running Wellness Conference!

NWI's annual National Wellness Conference is your chance to engage with the latest wellness information and resources, gain practical tools and skills, connect with other well-minded people, earn continuing education credit, and grow professionally and personally. You'll return home informed, renewed, and re-energized!

NationalWellness.org/NWC



Certified Wellness Practitioner (CWP)

Based upon NWI's **Wellness Promotion Competency Model**, the CWP credential signifies your competence in wellness promotion, through strong academic preparation and professional experience. Show your commitment to continuing education and professional development by applying for this certification at NationalWellness.org/CWP

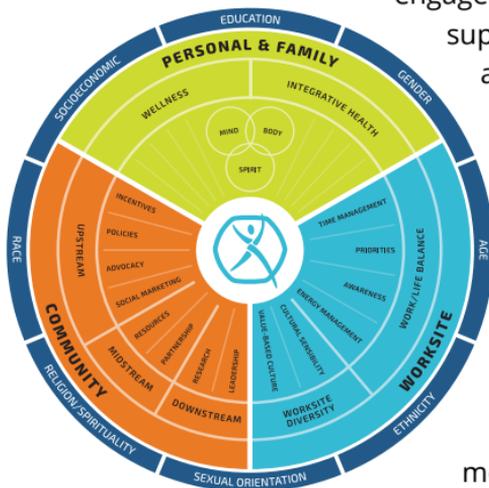
Learn more about this groundbreaking competency model at NationalWellness.org/Competencies



Multicultural Wellness Wheel

Introduced in 2016, the **NWI Multicultural Wellness Wheel** is designed to support wellness practitioners and related stakeholders in broadening their outlook as it relates to the concept of wellness, and to support the recognition of the interlocking systems displayed within the wheel. This concept map serves as a tool for sustained engagement and personal reflection,

supports dialogue and discussions, and assists practitioners with individual, family, workplace, and community wellness initiatives related to their unique communities of practice. The wheel fosters the building of healthy relationships across cultural differences within diverse communities of practice. Learn more at NationalWellness.org/MCC



Become an NWI Member

Stay current with best-practices, connect with other professionals, and receive access to practical wellness resources.

Valuable professional publications

Well-Being Practitioner magazine, Wellness News You Can Use, and International Wellness Connection

Helpful online services

FREE live monthly wellness webinars, downloadable tools and resources, Member News blog, LinkedIn® member group, career center, and searchable member directory

Significant discounts

Members save on NWI courses and partner programs. Enjoy the lowest rate offered for the **National Wellness Conference!**

We Have the Right Membership for You

INDIVIDUAL MEMBER — \$149 for 1 year, or \$359 for 3 years

This is the most common member type. Individual membership includes full NWI member benefits for one person.

ORGANIZATIONAL MEMBER — \$350/year

Up to 3 individuals at any company location may receive the full benefits of NWI membership. Add more members for \$75 each.

AFFILIATE MEMBER

For associations, chambers, and other member organizations that want to offer the benefits of NWI memberships.

STUDENT MEMBER — \$35/year

All the benefits of an Individual membership, at a significant discount for full-time students.

STUDENT CHAPTER — \$299/year

Includes 5 student memberships and one faculty advisor. Add more student members for \$30 each.

NationalWellness.org/Join

Get the Wellness Promotion Skills, Knowledge, & Tools You Need

Certificate Courses



Worksite Wellness

Specialist & Program Manager

Gain the knowledge, skills, and tools to assist you in creating and sustaining a culture of wellness.

Wellness in Clinical Practice

Acquire the tools to integrate the principles of evidence-based health behavior, wellness, coaching, health promotion, and disease prevention into a clinical practice.

Facilitator Certificate Courses



Resilience & Thriving

Gain the tools and resources to facilitate a training that helps employees, students, and clients build their personal coping and resilience-building skills.

Offered in partnership with Organizational Wellness & Learning Systems



Empowered Health Consciousness

Learn to teach this proactive well-being solution, helping others to recognize when they are off-track and to identify healthy alternatives to things such as prescription drugs.

Offered in partnership with Organizational Wellness & Learning Systems



Financial Wellness

Obtain the knowledge, skills, and resources to enhance the financial wellness of the populations you serve.

Offered in partnership with the Foundation for Financial Wellness

Live and On-demand Webinars



Receive access to information from some of the most highly respected individuals in the wellness field without leaving your home or office. Gain practical information to enhance both your career and your personal wellness. **FREE for NWI members!**

View all programs and approved continuing education credits at

NationalWellness.org/MyEducation

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**National
Wellness
Institute**

PO Box 827, 1300 College Court
Stevens Point, WI 54481
715.342.2969
nwi@nationalwellness.org

NationalWellness.org

Connect with NWI



@NationalWellnessInstituteFans



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@nationalwellnessinstitute



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