

Earn your certificate as a National Wellness Institute



# Worksite Wellness Specialist

- or -

# Worksite Wellness Program Manager

## Training Offered Online & Onsite!

These programs are presented by the National Wellness Institute, Inc., a nonprofit organization providing state-of-the-art continuing education and setting the standards in wellness promotion.

Supported by current research and best practices, NWI's multi-level Worksite Wellness Certificate Program is recognized as a premier training program for worksite wellness, human resources, benefits, and interdisciplinary professionals who are working to ensure a well workforce. Participants in the **Worksite Wellness Specialist** and **Program Manager** trainings gain the knowledge, skills, and tools to assist them in creating and sustaining a culture of wellness within an organization.

Visit [NationalWellness.org/Worksite](http://NationalWellness.org/Worksite) for details.

## Who attending?

- worksite wellness coordinators and managers
- human resource professionals
- occupational health nurses
- employee assistance professionals
- health promotion specialists
- insurance and benefit providers
- anyone seeking training in worksite wellness

## Developed and taught by experts

Course faculty have more than 70 years' combined experience in worksite wellness. Instructors vary by location.

## Trainings available either online & onsite!

*See [NationalWellness.org/Worksite](http://NationalWellness.org/Worksite) for the most up-to-date schedule.*



## Registration Rates

### Online Training

(per level, optional coursebook is \$55)

**\$855 for NWI members**

**\$995 for non-members**

### Onsite Training

(per level, includes coursebook)

**\$955 for NWI members**

**\$1,095 for non-members**

*Save \$100 when you take both levels at the same location!*

### Bring the Team and Save!

Sign up your group of 3 or more and receive \$50 off each registration.

Call 715.342.2969 for details.

Register online at

**[NationalWellness.org/Worksite](http://NationalWellness.org/Worksite)**

"This course has really filled in the gaps for me as a wellness coordinator. This has probably been the single most important piece of wellness education I have received since I started."

- Aketa T.

**[NationalWellness.org/Worksite](http://NationalWellness.org/Worksite)**

# National Wellness Institute

## Worksite Wellness Certificate Training Programs



### Overview of Worksite Wellness Specialist (CWWS) Course Content

#### Objectives

As a participant, you will be able to:

1. identify the components of a comprehensive worksite wellness program and explain its business rationale;
2. describe the value and attributes of foundational concepts and practices (leadership, policies, benefits, incentives, environmental supports, communication, and evaluation) in creating a sound and sustainable program plan/model; and
3. apply basic principles and approaches to designing a comprehensive worksite wellness program based on a population health model.

**Module 1:** Foundations,  
Part A: Building the Business Case for Wellness

**Module 2:** Foundations,  
Part B: Population Health and Wellness Management

**Module 3:** Creating and Sustaining a Culture of Wellness,  
Part A: Culture and Leadership

**Module 4:** Creating and Sustaining a Culture of Wellness,  
Part B: Environment and Policies

**Module 5:** Creating and Sustaining a Culture of Wellness,  
Part C: Benefits & Incentives

**Module 6:** Driving and Measuring Employee Engagement,  
Part A: Communications

**Module 7:** Driving and Measuring Employee Engagement,  
Part B: Primary Prevention, Risk Reduction, and Special Programming

**Module 8:** Driving and Measuring Employee Engagement,  
Part C: Evaluation

### Overview of Worksite Wellness Program Manager (CWWPM) Course Content\*

#### Objectives

As a participant, you will be able to:

1. describe the responsibilities of a wellness program manager as a leader, organizational change agent, and professional in the larger wellness arena, and techniques for effectively leading a comprehensive wellness program;
2. identify foundational elements needed to align the organization's wellness programs with the changing needs of employees and employers; and
3. provide examples of how to leverage promising best practice to apply key principles of planning, implementation, day-to-day management, and benchmarking in the role of wellness program manager.

**Module 1:** The WellLeader: Getting Grounded

**Module 2:** Influencing and Motivating Behavior Change

**Module 3:** Population Assessment and Program Benchmarking

**Module 4:** Program Planning

**Module 5:** Program Design: Identifying Strategies and Tactics

**Module 6:** Implementation and Operations: Day-to-Day

**Module 7:** Measuring and Reporting Results

**Module 8:** Best Practice Application: Case Studies

*\*To be eligible for the Program Manager level, participants must have completed the Specialist level or have managed a corporate wellness program at least three of the past four years.*

### Continuing Education for Worksite Wellness Trainings

For each program (Worksite Wellness Specialist & Worksite Wellness Program Manager) completed, participants may earn 14 CECs toward certifications they currently hold. A CEC certificate will be e-mailed to individuals who select their desired CEC certificate(s) when completing the post-training evaluation form. NWI's Worksite Wellness Professional Certificate Program is pre-approved by the following organizations:



**ACSM:** The American College of Sports Medicine's Professional Education Committee certifies that "National Wellness Institute" meets the criteria for official ACSM Approved Provider status from (December 2018 – December 2021). Approved Providers and their content reflect the concepts of their respective organizations and do not necessarily represent the positions or policies of ACSM. Providership # 661228



**NCHES (CHES®/MCHES®):** National Wellness Institute is designated a provider of Category I continuing education contact hours (CECH) in health education by the National Commission for Health Education Credentialing, Inc. The NWI Worksite Wellness Specialist and Worksite Wellness Program Manager trainings are each designated for Certified Health Education Specialists (CHES) and Master Certified Health Education Specialists (MCHES) to receive 14 Category I (advanced) continuing education contact hours.



**NWI (CWP):** Continuing education credits for the Worksite Wellness Specialist and Worksite Wellness Program Manager programs have been approved by the National Wellness Institute for NWI Certified Wellness Practitioners (CWP).



**SHRM:** National Wellness Institute is recognized by SHRM to offer Professional Development Credits (PDCs) for the SHRM-CP<sup>SM</sup> or SHRM-SCP<sup>SM</sup>. The NWI Worksite Wellness Specialist and Worksite Wellness Program Manager training programs are each valid for 14 PDCs for the SHRM-CP<sup>SM</sup> or SHRM-SCP<sup>SM</sup>. For more information about certification or recertification, please visit [shrmcertification.org](http://shrmcertification.org)



**HRCI®:** The use of this seal confirms that this activity has met HR Certification Institute's® (HRCI®) criteria for recertification credit pre-approval.

**General Attendance Continuing Education Certificate:** National Wellness Institute-verified contact hours for continuing education credit/certificate of participation.

Visit [NationalWellness.org/Worksite](http://NationalWellness.org/Worksite)  
for the most up-to-date content and training dates.