



THE GOLD-STANDARD WELLNESS CERTIFICATION

National Wellness Institute



— CERTIFIED —
WELLNESS
— PRACTITIONER —



WHAT WE WILL COVER TODAY



- Overview of who CWPs are
- NWI Wellness Promotion Competency Model
- CWP Exam Eligibility Pathways
- Exam Format & Question Types
- Examination Prep Resources
- Exam Registration & Fees
- Certification Maintenance
- Questions & Additional Information

CERTIFIED WELLNESS PRACTITIONERS (CWPs):



- **Advance inclusive cultures of well-being for all** through the initiation of individual, organizational, and cultural change
- **Build valuable connections** with inter-disciplinary professionals
- **Attain leadership opportunities** that help shape the trajectory of the wellness profession
- **Enhance their professional skills** through continuing education and networking opportunities
- **Differentiate themselves** in the ever-expanding field of wellness

WHO HOLDS THE CWP CREDENTIALS?

- Professionals seeking a valid holistic certification that shows they can “build a house”
- Professionals adding a second credential to balance their competence, knowledge & skills
- Emerging professionals
- Transitioning professionals



FOUNDATION OF CWP: THE NWI WELLNESS PROMOTION COMPETENCY MODEL



Research: 2021

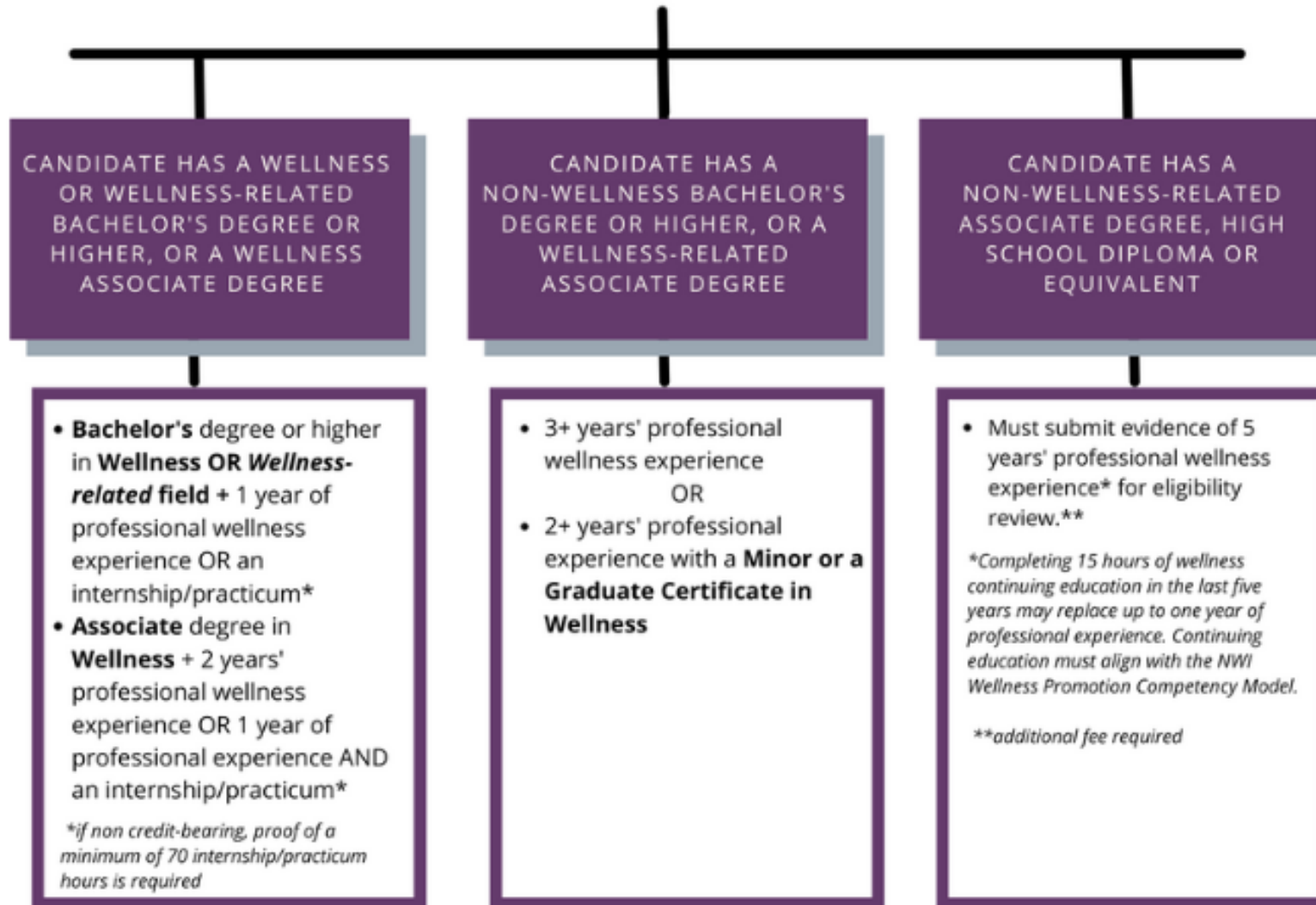
- 5-domain model
- 27 competencies
- Website: NationalWellness.org/Competencies

CWCE

- CWP certification standards are continually reviewed and maintained by the NWI Council on Wellness Certification Excellence



CERTIFIED WELLNESS PRACTITIONER (CWP) EXAM ELIGIBILITY PATHWAY



Degrees in Wellness

Wellness, Health Promotion, Health Education, Public Health, Integrative Health, Healthy Living, Wellness Management

Wellness-related Degrees

Dietetics, Kinesiology, Exercise Science, Psychology, Social Work, Nursing, Health Psychology, or Advanced Practitioner Degree (DO, MD, PA, DC, DPT)



OPTIONAL ELIGIBILITY REVIEW

Request Eligibility Verification

- Optional for most; required for those in the 3rd pathway
- \$25 fee due to receive access to the [Eligibility Verification Request Form](#) on LearnWELL (may need to create a free Guest account)
- Due 15th of the month before exam window



CWP CERTIFICATION EXAMINATION



Covers all 5 domains of the NWI Wellness Promotion Competency Model

- 150 multiple choice, T/F, select all that apply questions
- Includes some scenario-based questions



EXAMINATION FORMAT

Taken anytime during the 2-week exam period on LearnWELL

- Exam offered January, May, and September each year
- 4 hours to complete the exam in one sitting
- Initial pass/fail status
- Receive a score report that supports professional development (sent within 1 week of exam period ending)
- Official certification status emailed 1st of the month following the exam
- Digital certificate available in Professional Development Journal when logged in to NWI account



SAMPLE EXAM QUESTIONS

1. If a wellness practitioner discovers an individual's needs are out of their scope of practice, what would be the BEST course of action for the practitioner?
 - a. Agree to meet with the client to discuss more
 - b. Help the client with something aligns more with their scope of practice
 - c. Apologize to the client and discharge them as a potential client
 - d. Refer the client to an appropriate professional that would be best suited for their needs
2. General Hospital has just issued a new policy that all employees must remain at their desks, working, from 1 p.m. to 4:30 p.m. The hospital has a significant number of Muslim employees. The new policy makes it impossible for the Muslim employees to engage in Asr, the afternoon prayer that is a practice of the Muslim faith. What law does General Hospital's new policy likely violate?
 - a. Americans with Disabilities Act (ADA)
 - b. Health Insurance Portability Act of 1966 (HIPAA)
 - c. The Rehabilitation Act of 1973
 - d. Title VII of the Civil Rights Act of 1964



MATERIALS TO REVIEW

- Sample Exam Questions
- Sample Exam Prep Resources
- Exam FAQs



LearnWELL.NationalWellness.org



ADDITIONAL PREPARATION RESOURCES

CWP Study Package

- CWP Practice Exam & Study Resources Guide
- Six-week access: \$75

CWP Exam Prep Workshop

- Facilitator-led, interactive
- Overview of Competency Domains
- Preparation for Exam Content & Exam Experience
- Includes CWP Practice Exam & Study Resources Guide Package
- Member: \$275 | Guest: \$375
(+\$100 after July 15 for Aug. 26 workshop)

Wellness Promotion Competency Model Courses

(9 online, self-paced courses)

- 2 courses in Authenticity & Self-awareness
- 2 courses in Whole-person & Systems Approaches
- 2 courses in Inclusive & Responsive Practices
- 2 courses in Communication & Connection
- 1 course in Legal & Ethical Principles
- 9-course bundle: \$1,455 | 2-course domain package: \$365 | Single course: \$195



PROCESS OF BECOMING A CWP

Registration

- Create a free NWI Guest account (if you aren't already an NWI member)
- Pay Exam Fee (\$350) and complete the [Exam Application](#) on LearnWELL
- Return to LearnWELL to “sync purchases” (Exam will appear in the “course” at start of exam period)
- Prep as needed until exam window opens
- Complete exam online during the two-week exam window



RENEWAL & RECERTIFICATION

Maintaining the CWP Credentials

- Obtain (and record) 50 CECs in 5 years (minimum of 20 must be Category 1)
- Category 1 (pre-approved) CE activities are automatically recorded in Journal
- Self-submit Category 2 (external) CE activities
- Stay current on any associated certification maintenance or recertification fees



IMPORTANT DATES

September 2024 CWP Certification Examination

- **July 15:** Early registration deadline for [optional] CWP Exam Prep Workshop at the 2024 Annual Wellness Summit, Aug. 26 in Chicago
- **Aug. 15:** [Optional for most] CWP Exam Eligibility Verification Request Form Due
- **Sept. 5:** Registration for the September CWP examination period closes; CWP Exam Application Submission deadline
- **Sept. 10-24:** CWP examination period open
- **Oct. 1, 2024:** Notification of official exam results and certification status emailed to all candidates.





QUESTIONS? ADDITIONAL INFO NEEDED?

Website: <https://nationalwellness.org/certification/>

Email: certifications@nationalwellness.org

