



Certification Examination Prep Resources

Use this list of resources to prepare for content featured on the CWP certification examination. This list is not intended to be exhaustive; you are encouraged to seek out additional resources and training that align with the NWI Wellness Promotion Competency Model to prepare for the certification examination.

MODELS & THEORIES

- ☐ [NWI Wellness Promotion Competency Model \(National Wellness Institute\)](#)
- ☐ [Six Dimensions of Wellness: Defining & Assessing Wellness \(National Wellness Institute\)](#)
- ☐ [Theory at a Glance: A Guide for Health Promotion Practice \(National Cancer Institute\)](#)
- ☐ [Self-determination Theory \(Center for Self-determination Theory\)](#)
- ☐ [Transtheoretical Model/Stages of Change \(ProChange\)](#)

ADDITIONAL RESOURCES

- ☐ [NWI Journal Articles \(NWIJournal.com\)](#)
- ☐ [21-day WELL Challenge \(National Wellness Institute\)](#)
- ☐ [Wellness Champion Workbook: Leading the Change \(National Wellness Institute\)](#)
- ☐ [National Wellness Institute Multicultural Wellness Wheel \[PDF\]](#)
- ☐ [Social Determinants of Health \(Healthy People 2030\)](#)
- ☐ [Healthy Equity \(Centers for Disease Control and Prevention \[CDC\]\)](#)
- ☐ [Understanding Bias \(The Jed Foundation\)](#)
- ☐ [Emotional Intelligence \(Harvard Business School\)](#)
- ☐ [Active Listening \(United States Institute of Peace\)](#)
- ☐ [Motivational Interviewing \(MINT\)](#)

NATIONAL WELLNESS INSTITUTE ON-DEMAND COURSES & WEBINARS

- ☐ [NWI Wellness Promotion Competency Model Courses \(9 On-demand eLearning Courses\)](#)
- ☐ [Mastering Workplace Wellness Laws Certificate Course](#)
- ☐ [Healthy Lifestyle Basics \(5 On-demand eLearning Courses\)](#)
- ☐ [Live & On-demand Webinars](#)
- ☐ [Additional Courses on LearnWELL, NWI's Online Learning Center](#)