



## Certification Examination Prep Resources

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

### Frameworks, Models, and Theories

- [Wellness Promotion Competency Model](#) (Wellness Alliance)
- [Six Dimensions of Wellness: Defining & Assessing Wellness](#) (Wellness Alliance)
- [7 Benchmarks Framework for a Wellness Workplace](#) (Wellness Alliance)
- [Multicultural Wellness Wheel](#) (Wellness Alliance)
- [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

- [Wellness Alliance News & Information](#) (Wellness Alliance)
- [21-day WELL Challenge](#) (Wellness Alliance/National Wellness Institute)
- [Social Determinants of Health](#) (Healthy People 2030)
- [What is Health Equity?](#) (Centers for Disease Control and Prevention)
- [Health & Wellness Coach Scope of Practice](#) (NBHWC)
- [What is Active Listening?](#) (Verywell Mind)
- [Emotional Intelligence](#) (Harvard Business School)
- [Motivational Interviewing](#) (MINT)

### Wellness Alliance Education

- [CWP Practice Exam & Study Resources Package](#)
- [Wellness Promotion Competency Model Courses](#) (9 On-demand E-Learning Courses)
- [Live & On-demand Webinars](#) (Free for Wellness Alliance Members)
- [Additional Courses and Events](#) (Wellness Alliance Learning Center)