

Level 5 Health & Wellness Coaching Diploma Syllabus





The 4 Pillars of Our Training:

Helping people to transform their health and improve their lives is one of the most rewarding careers you could consider. Train with the UK's most experienced Health Coaching & Nutrition team.

In 12 months you will be trained to become a confident, skilled, Professional Health Coach, inspiring others to live happy, healthy lives and making a real difference in the world.

Our Level 5 Diploma in Health & Wellness Coaching training course is split into **four** key pillars:

Pillar 1 - Foundations of Coaching

Pillar 2 - Foundations of Health & Wellness

Pillar 3 - Health & Wellness Coaching in Action

Pillar 4 - Becoming a Health Coach

Explore each pillar in greater detail over the following pages.



"I have found this course to be absolutely amazing. Prior to choosing the Health Coaches Academy, I had looked at a few other providers. However, I am so glad that I chose HCA. The quality of the material provided, level of training offered, and the continued support I received throughout the course have been exceptional. I cannot recommend this course enough."

Anne, HCA Graduate

Pillar 1

Foundations of Coaching

Pillar 1 is all about becoming confident in HCA's 'GREAT' coaching model, which supports someone in establishing their goal right through to taking sustainable action. You'll learn what differentiates a coaching conversation from a normal one and all that underpins good health coaching.

This Foundations of Coaching Pillar gives you the essential skills to coach whilst ensuring the client remains in the driving seat, fully empowered and capable of solving their own problems.

We guide you through an understanding of what coaching is and the different ways it can be applied, as well as how it's drawn from other therapeutic interventions. You'll appreciate the differences between coaching, counselling, mentoring and consulting so that you can clearly explain this to others.



As a coach, you'll be working to unlock personal potential, which means helping clients take a solution-focused approach (what we call a resourceful state) and build lasting motivation and commitment. This is how you support people in reaching their life, business and health goals.

Already in this Pillar, you'll do some deep personal work, examining your own beliefs, motivators, personality type and more. From the word go, you'll be practising how to listen at a much deeper level and to reflect back what you hear - vital coaching skills.

Finally, you will finish Pillar 1 by reviewing valuable elements of working with clients, from how to run a successful discovery call to contracting with clients and the important topic of diversity and inclusion. HCA's team of experienced, dedicated Mentors will guide you through the content and bring it to life through weekly coaching practice sessions. By the end of Pillar 1, you will be a confident and competent coach.



Pillar 1 Content Foundations of Coaching

WELCOME TO THE COURSE & ORIENTATION

Introduction to your course and getting ready to study
The Health Transformation Coaching Experience
Why we need Health Coaches
The Personal, People, Practice Model
The current worldwide health crisis
State Management

FOUNDATIONS OF COACHING

Coaching defined; coaching vs mentoring
What makes coaching different
The history of coaching
Psychology-based therapeutic practices - that have influenced modern coaching
Positive psychology
Coaching influences and the origins of coaching
Different types of coaching
Coaching specialisms
Coaching approach versus coaching skills & concepts

COACHING MODELS

Coaching models and why we need them
Coaching versus Mentoring
The GROW Coaching Model
The GREAT Health Coaching Model

GETTING TO KNOW YOUR CLIENTS

Personality types
Learning & Social Styles
The VAK Model
Health & weight loss personality types
How to coach; personality types & learning styles

THE HEALTH COACHES' SKILLSET

Rapport & the Trust Equation
Ego and coaching
Listening skills: active and deep listening
Coaching relationship skills
Respecting diversity
Language as a skill
Coaching questions
The art of giving constructive feedback
Feedback frameworks
Introduction to Coaching Tripods

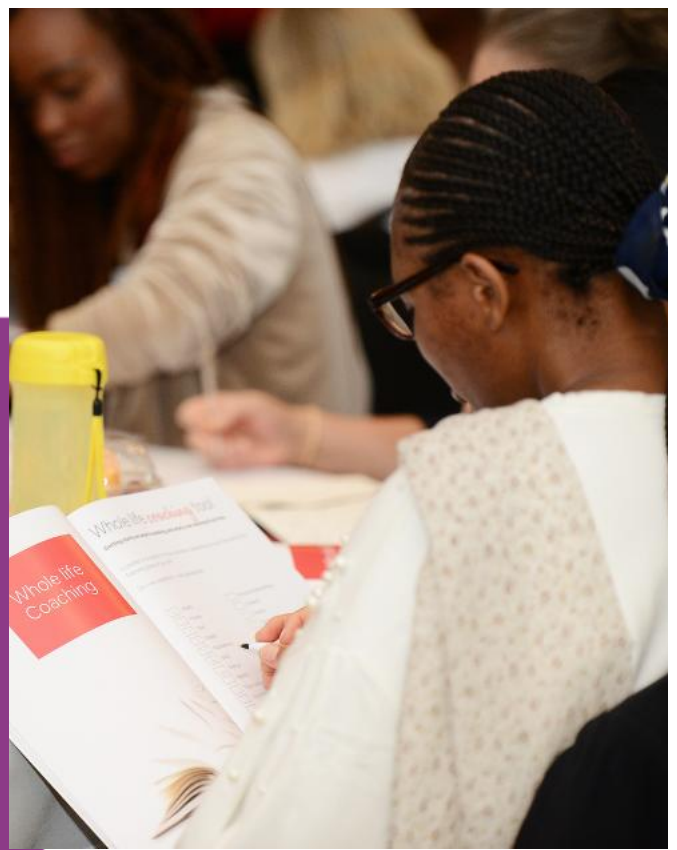
SIGNING ON THE DOTTED LINE

The importance of contracts and agreements in a Health Coaching context
Fitness to practice
When and how to refer
Discovery sessions in action
The initial coaching agreement
Progress and summary forms
Terminating contracts
Legal and ethical requirements of good practice
Scope of practice
Ethics & fitness to practice
Your personal responsibility as a Health Coach
Coaching in different contexts
Coaching in groups
Equality, diversity and inclusion
Research skills for Health Coaches



“From day one I could feel the benefits of learning something new and as the course progressed, I was amazed at how introspective I became about my own life and where I was at and how I needed to change, know my WHY and become a better version of myself. This has been life changing in more ways than one!!”

Nici, HCA Graduate



Pillar 2

Foundations of Health & Wellness

in Pillar 2, you will gain the knowledge and tools necessary to make a real difference to people's lives. As a Health Coach, you will not only be a trusted coach, you will also fulfill the roles of being a mentor and educator. This part of the course provides you with the with strong health and wellness foundations needed to help your clients navigate the complexities of their health journey's and achieve their goals.

We start off by looking at the building blocks of nutrition - the nutrients that food is made up of. We take an in-depth look at the macronutrients (proteins, fats and carbohydrates) and the micronutrients (vitamins, minerals, antioxidants and anti-nutrients). The first module concludes by looking at optimal nutrition in different stages of life.

In the Dietary Models module, we examine some commonly held misconceptions about nutrition and discuss independent and governments' dietary guidelines. We take a closer look at what is involved in some of the most popular diets from Keto and Atkins to Weightwatchers and DASH, comparing their "pros" and "cons". We also examine intermittent fasting, weighing up its advantages and disadvantages, and appraising the latest scientific evidence.

Next we introduce the concept of blood sugar balancing. The client-friendly booklet, which is

"I've learnt so much about my own health in the time I've been doing the course. More than anything though it's allowed me to really build a much healthier relationship with myself and with food more generally."

Hayley, HCA Graduate



available to students to re-brand and use in their own coaching practice, explains the Blood Sugar Balancing approach to eating in clear and easy-to-follow steps, including 2-week menu plans.

Many of our students find that when they follow this approach as part of their Blood Sugar Balancing assignment, they experience transformational results such as improved energy, mood and weight loss.

We recognise that lifestyle factors have a very important role to play in health so we take a deep dive in the following module into sleep, exercise, stress and other modifiable lifestyle elements.



Pillar 2

Foundations of Health & Wellness

You will also look at the different body systems, grouped together according to the Functional Medicine model, including learning about epigenetics and the science behind the importance of connection; these modules go much deeper than simply anatomy and physiology.

From mitochondrial to bone health, endocrine to immune health, we examine common illnesses and diseases and delve into dietary and lifestyle approaches that can support these conditions.

We also look at the many psychological and physical benefits of mindfulness - although students experience the benefits of this approach right from the start of Pillar 1.

Helping students be grounded and present is the starting point of all Mentor sessions - at HCA we practise what we teach, giving students a lived experience, which means they can support clients with complete authenticity. Having practised it already, students find it fascinating to learn about what is happening physiologically when we regulate our nervous systems.



Assignments include creating sample meal plans and trying out some of the approaches we discuss, reflecting on the experience. You also get to apply your learning in real-world contexts, as you consider different approaches to case studies that you will be given in your final assignment for this pillar.

Our team of mentors for Pillar 2 are all experienced, registered Nutritional Therapists, and the Core Mentor sessions are a great opportunity to ask questions about the course material and how we apply what we've learned in everyday life. These eight, live, in-person sessions include teaching core concepts and working in virtual groups with your fellow learners to debate key topics.

On the next page, you will find a full breakdown of the different content that we cover in this Pillar.



Pillar 2 Content

Foundations of Health & Wellness

BODY SYSTEMS AND DISEASE

Human body systems for balanced health
The structure and functioning of the 11 body systems
Disease states in each of the body systems
Body systems and lifestyle choices
The Body in Balance
The Cardiovascular System
The Digestive System
The Microbiome
The Endocrine System
The Nervous System
The Lymphatic and Immune Systems
The Respiratory System
The Urinary System
The Musculoskeletal System
The Integumentary/Exocrine System
The Reproductive System
Environmental Oestrogens
Evolutionary biology
Understanding systems biology
Introduction to Psychoneuroimmunology
The principles of Epigenetics
Human connection as a pillar of optimal health

THE BUILDING BLOCKS OF NUTRITION

Proteins, fats and carbohydrates and their function in the human body
Macro and micro nutrients
Digestion
Food sources
Food quality
Food labels
Symptoms of deficiency of vitamins and minerals
Free radicals and their effect on the human body
Superfoods
The functions and benefits of the major antioxidant groups
Anti-nutrients
Phytochemicals and zoochemical that contribute to good health
How anti-nutrients negatively impact the human body's nutrient levels
The importance of food quality in ensuring optimum health
Nutritional requirements for optimal health during different life stages
Mighty mitochondria: the secret to vibrant life
Nutrition in different stages of life
Healthy ageing

LIFESTYLE FACTORS THAT CONTRIBUTE TO GOOD HEALTH

Whole health as a concept
Sleep: How sleep works
Blue light and the effects on sleep
The role of the circadian rhythm
Sleep pressure and sleep cycles
The importance and benefits of sleep to various body systems
Lifestyle factors that hinder good sleep
Lifestyle factors that promote good sleep
Different types of exercise that contribute to optimal health
Fitness apps
The impact of the stress response on the human body
The negative effects of chronic stress on various body systems
Stress and heart rate variability
Effective stress reduction habits
The science of sound therapy
Relaxation techniques
The difference between mindfulness and meditation
The positive impact of mindfulness on mental, physical, emotional and relational health
Self compassion
Practising mindfulness formally and informally
Mindful eating meditation
Recall techniques for practising mindfulness
Awareness of trauma-informed approach

DIETARY MODELS

Diets, science and government guidelines
Recent developments in nutritional research that have fundamentally altered the dietary advice given in clinical practice
The pros and cons of government dietary guidelines
Alternative dietary guidelines from independent organisations
Why do we eat?
Different dietary models
The criteria for a successful dietary model
Characteristics and pros and cons of a range of popular dietary models
Characteristics, benefits, and pros and cons of intermittent fasting
Guidelines for adopting a basic framework for healthy eating
Orthorexia: the dark side of clean eating
The pros and cons of calorie restriction
Sports and performance nutrition
Intuitive eating





Pillar 2

Foundations of Health & Wellness

BLOOD SUGAR BALANCING

The Blood Sugar Balancing Eating Plan

The Blood Sugar Balancing Solution

Blood sugar balancing and low-sugar foods

Low-sugar carbohydrates

Scientific evidence

The 3 rules of blood sugar balancing

Getting started with blood sugar balancing

Portion sizes

The balanced plate

Menu plans

Prepare your personalised meal plan

The ground rules: what to eat

Menu plan alterations to improve blood sugar balance

The nutritional value of different foods

Interpreting food labels

How to explain blood sugar balancing principles

DIETARY & LIFESTYLE INTERVENTIONS

A functional approach to intervention

Progressive medicine and the threshold effect

The functional model of health care

Intervention considerations and connections

Red flags and scope of practice

Dietary interventions

Dietary considerations

Dietary support of immune defences

Lifestyle interventions

Lifestyle considerations

Lifestyle factors for supporting immune defences

Lifestyle interventions checklist

Client-centred communication



“As I progressed through the course, I got to understand myself and my own health. From improving my diet, removing refined and processed food, and intentionally incorporating physical exercise, mindfulness and gratitude, my memory has significantly improved. I now wake up every morning with renewed energy, a positive attitude and better mood.”

Sindiswa, HCA Graduate

Pillar 3

Health & Wellness Coaching in Action



This is a very exciting part of the course where you bring together everything that you have learned so far so that you can start to practise being a Health & Wellness Coach.

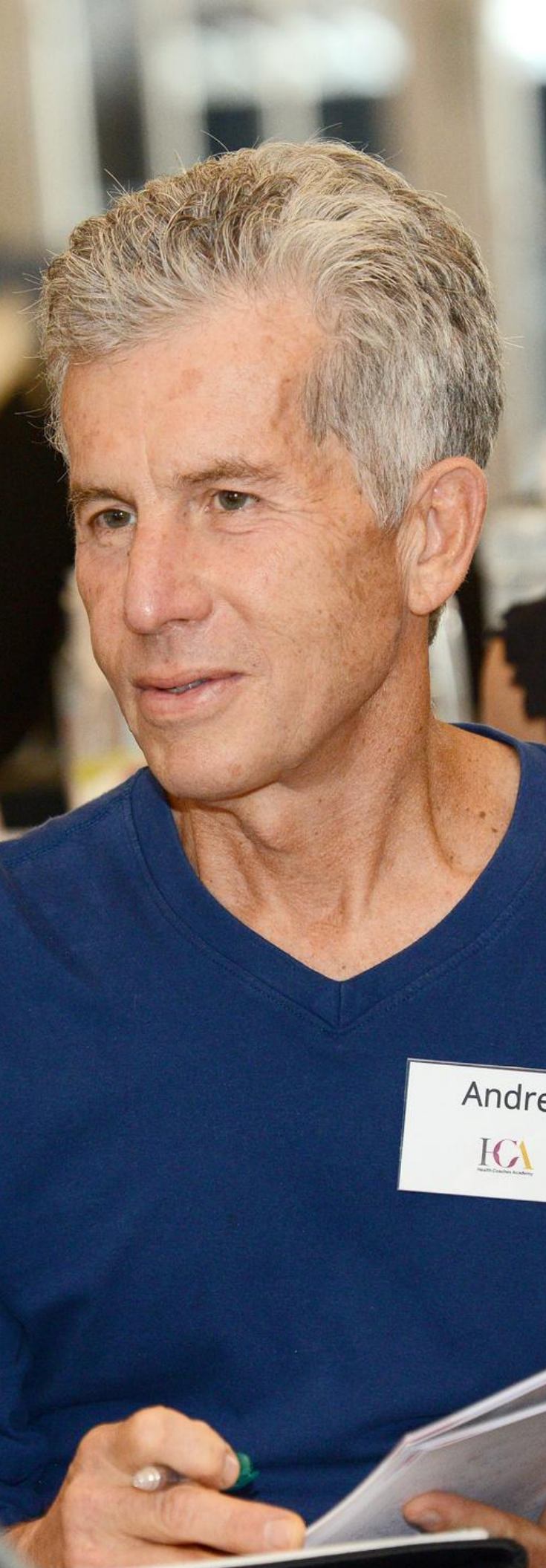
In Pillar 3, you will be working closely with your chosen volunteer throughout the whole Pillar, with each assignment including valuable reflective practice following your 6 coaching sessions with a volunteer coachee.

The structure of Pillar 3 is based around the 7 Step Process of Change - a powerful depiction of the journey that we go through when we want to initiate change in our lives. You'll be guided on a linear progression through this process of behavioural change and given helpful tools and resources that you can use directly with your clients in your coaching sessions.



"Of all the training I researched, HCA stood out for having the breadth of syllabus I wanted, a solid and exciting nutritional foundation and approach and lastly the level of coaching qualification clinched it for me. The fact that I could do the training as quickly or as slowly as I needed helped too.

Simon, HCA Graduate



Pillar 3

Health & Wellness Coaching in Action

Our Pillar 3 students frequently report back to us how their volunteers are seeing wonderful changes in their health and wellness as a result, which is a huge encouragement to both the volunteer and the student.

In this Pillar, you'll also be given over 30 different coaching tools you'll be able to use with your Case Studies and future clients. Our 'Quick Guide: Coaching Tools and Documentation' tables will guide you to determine which tools are most useful at which step of the 7 Step Process of Change.

This means you can spend less time wondering which tools to use, and more time engaging with your case studies and clients. As soon as you recognise that your client is transitioning into a new step/phase of their journey, you can simply refer to the table to see which tools are core for that step, and which are optional.

We are confident that you will enjoy this exciting part of the course, as you see all that you've learned so far coming together!



"This course has been truly life changing. I have experienced so much personal growth and an increase in confidence. The knowledge, coaching models and skills I have developed have made me feel like I can be a great coach and I am excited to help others to be the best versions of themselves."

Nomusa, HCA Graduate

Pillar 3 Content Health & Wellness Coaching in Action

WHAT DO YOU WANT AND WHY?

Exploring values
What are values and why are they important?
Core values
Specific values
The importance of values in relation to goal setting
Incongruent values
Values coaching techniques
What is important to me? Coaching in action
The Health Wheel
Exploring your specific health values
Health and wellness visioning - how to create an inspiring Health and Wellness Vision
Fixed and growth mindsets
Play to your strengths

WHAT ISN'T WORKING?

Understanding models of change
The 7 Step Process of Change framework
Inner patterns
The GREATER Coaching Model
Evaluation and Review within a coaching context
Whole life coaching
Current situation coaching
Quick wins for clients in a coaching context
Health profiling
The Health Profile and Diet Analysis coaching tools
Health and Energy Reviews
The Wheel of Life
Work/Life Balance

WHY CHANGE IS A MUST

Why is it difficult to change?
The 10 reasons change is difficult
The Conscious Competence Matrix
The 3/6/36 Week Rule
How to ensure lasting change
Total immersion coaching
Breakthrough coaching
Blind spots and breakthroughs
The Five Fundamental Roles of Health Coaching
Moving between the Five Fundamental Roles of Health Coaching
Motivation for Change
Motivation: What it is and how language influences it
Motivational Language Theory
Coaching language
Strengths as a source of motivation
My Strengths coaching tool
Formulate your personal WHY

WHAT IS YOUR PLAN?

Away from and towards goals
SMARTER goal setting tools
Measuring results: weekly progress
Daily intention setting
SMARTER goal setting
Planning for performance
Food planning and Menu planning made easy tools
Exercise planning tool
Health coaching for physical activity
Time planning tools and default diary

TAKE COMMITTED ACTION

Commitment and accountability
The power of commitment
Accountability in coaching
Ready, Willing and Able coaching tool
Measuring progress
The power of tracking progress
Achieving Your Goals and Measuring Progress tool
Coaching tools and strategies to keep clients on track
Food diaries
The importance of rewards

OVERCOME CHALLENGES

Forming healthy habits
Adopting new habits
Healthy Lifestyle Habits coaching
The Habit Loop
Progress Checklist tool
Common Barriers and Challenges: 6 types of barriers:
Physical barriers
Motivational barriers
Emotional barriers
Habitual barriers
Practical barriers
Environmental barriers
Breaking through common barriers and challenges
Unlocking a person to find solutions
Hidden food intolerance's
Overcome limiting beliefs
How to become the master of your own beliefs
Overcome negative self-talk
Positive Psychology
The re-framing process
Client-centered language
Procrastination
Time management
Life Priorities
The Art of Prioritisation
Creating a Must-Do List



Pillar 3 Content

Health & Wellness Coaching in Action

EXPERIENCE SUCCESS

- Celebrating client success
- Acknowledging achievements
- Feedback and evaluation
- Discussing and agreeing next steps
- Maintaining results
- Coaching maintenance programmes
- Post contract summary
- Check-ins

PREPARING FOR CASE STUDIES:

PILLAR 3 & PILLAR 4

- Working with your volunteer in Pillar 3
- Information about Health Coaching Insurance
- Volunteer agreement forms
- Induction session: Health Profile & Health and Blood Sugar Quiz
- Scope of Practice
- Volunteer feedback forms

Case Studies Guide for 4 and 6 week case studies in Pillar 4

- Recruiting volunteers
- Volunteer recruitment posters
- Case Study application forms
- Volunteer agreement forms



“My most rewarding experiences on this course have been the shift in mindset and change in the lives of those I have supported. For example, my volunteer managed to stop her depression, lose weight, cut down her wine intake, gain confidence, and start networking, all of which have had a profound effect on her life.”

Zanele, HCA Graduate



HCA believes in continual improvement so we strive to keep the course as up to date as possible; this means the exact contents may be subject to change.

Pillar 4

Becoming a Health Coach

Pillar 4 is the final module you will complete before being awarded your Diploma in Health & Wellness Coaching! This part of the course is all about setting you up to become a successful Health Coach and building a practice that you love.

The primary focus of this pillar is your case studies. You will complete 3x four-session and 2x six-session case studies throughout this pillar. The structure is, therefore, a little different from the other Pillars to provide more flexibility for accommodating the time frames of your case study volunteers.

This is one of the most important and rewarding parts of the course and will provide the foundations for launching your practice. This is where you will integrate all your learning and begin to experience the power of health coaching whilst setting yourself up for success as a Professional Health Coach.

Alongside your case studies, the 'Essential Launch Plan' offers foundational business support and will enable you to create a clear picture of where you are heading as a health coach in order to set up a business that serves you and brings you joy.

Our Essential Launch Formula consists of 4 distinct steps:

- Step 1:** Set Your Direction
- Step 2:** Ideal Client
- Step 3:** Programmes and Packages
- Step 4:** Discovery Calls

In total, you will have 10 mentor sessions, alternating between M19 and M20, where you will have the added benefit of sharing knowledge and learning in a wider cohort, supported by our HCA senior team. We also provide you with some added resources such as a brand new version of the Blood Sugar Balancing Eating Plan and a collection of coaching tools grouped together into 'Core coaching' tools and 'Optional coaching' tools. You'll also find a Pillar 4 version of the Quick Guide, to help you decide when to use each tool based on the 7-Step Process of Change.

As you work through this module, you will take essential steps towards the successful launch of your new health coaching career.



CASE STUDIES

- Getting ready for Case Studies
- Scope of Practice
- Your Case Study Plan
- Coaches' Companion resource
- GREATER Coaching session notes
- Blood Sugar Balancing Plan
- Core coaching tools
- Optional coaching tools
- Additional coaching tools
- Quick Guide - coaching tools and documentation
- Case study feedback forms
- Information on membership of Coaching Associations
- Converting your case studies to paying clients



The 4 Step Essential Launch Formula



STEP 1 : SET YOUR DIRECTION

- Start with WHY
- The Golden Circle
- Business Mission
- Business Vision
- Core values in business
- Plan your ideal working week
- Financial planning

STEP 2 : IDEAL CLIENT

- Decide on your niche
- Identify your ideal client
- Using story telling when developing your brand
- Client Avatar research and collecting data
- Using a focus group for research
- Create your signature marketing message

STEP 3 : PROGRAMMES & PACKAGES

- Benefits of programmes
- Different programme models
- How to structure 1:1 private coaching programmes
- Naming your programmes and programme content
- Planning and pricing your programmes
- Programme terms and conditions
- Renewals and maintenance
- Group programmes

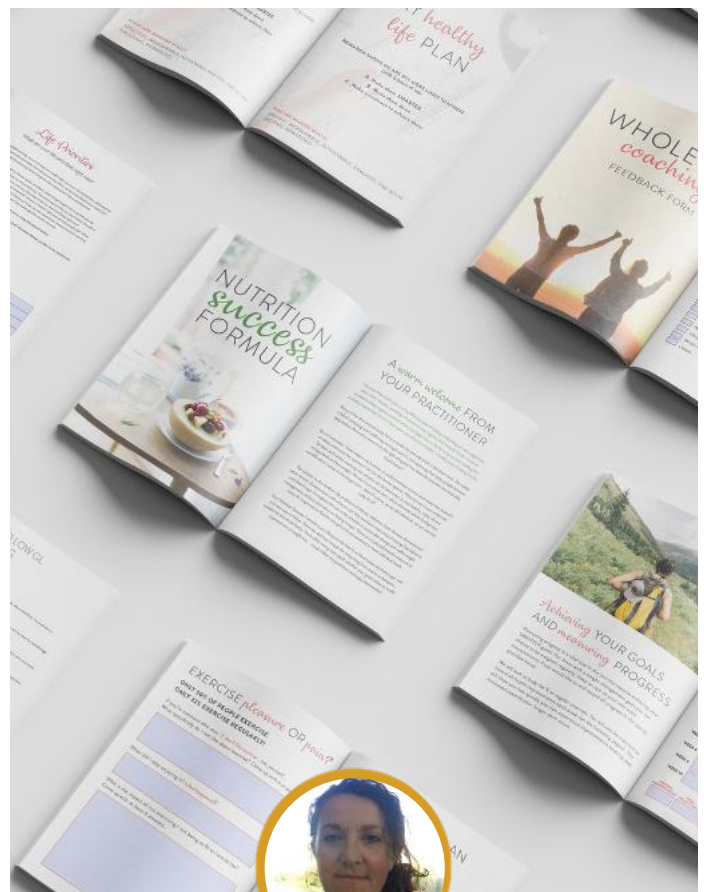
STEP 4 : DISCOVERY CALLS

- Naming and delivering discovery calls
- Appointment scheduling systems
- The psychology of discovery calls
- How to change your mindset around selling
- How to value yourself
- Conversion ratios
- Discovery Call structure and script
- How to overcome objections
- Marketing your discovery calls

BONUS RESOURCES & REBRANDABLE TOOLS

We recognise that ready-to-material will benefit you in getting your business up and running as quickly as possible.

Upon course completion, you will receive bonus resources and rebrandable tools for you to edit and use as desired.



“Within this course you are supported step by step and given the knowledge and the skills you need to have confidence in yourself to become a successful Health Coach. The icing on the cake for me was the final business module which has helped me to build my own business with no previous knowledge at all. It really has given me the opportunity to change my life.”

Ruth, HCA Graduate

What HCA students say about our course:



Danelle Pieterse

The way in which the HCA team have incorporated all the latest and greatest scientific research - while remaining humble and admitting that, as scientific findings may change over time, so too will they adapt and refine what they teach their students. I now feel confident that I have been trained in the best, latest, unbiased version of health science out there, and I am so proud to be associated with HCA.

Next Steps:

If you would like to find out more about starting a new career in health coaching, we invite you to take one of the following options:

Join a **FREE** webinar with the leaders of our Academy

Join

Book a **Discover** health coaching call with our specialist course consultants

Book



Chris Taylor

Throughout the course, I have progressed in many areas such as expanding my knowledge of diet, nutrition, and the body systems, as well as altering my mindset. I have been coached, coached myself, and coached others and can confidently say that I am now not only a more effective coach and provider of health, but also a better human being as a whole. My belief and confidence in myself are currently sky-high, and the best part is that I never stop coaching and pushing myself to achieve more.



Diana Moopisa

Learning about blood sugar balancing has been one of the most important information and practices that I have learnt and applied myself. I now know what to eat, how to read food ingredients lists, how to listen to my own body and balance my own blood sugar and I want to share this knowledge and be a helping hand to the next person, family, friends and all.