

PILLAR 1 - Foundations of Coaching

- Coaching vs Mentoring
- The GREAT Health Coaching Model
- Different personality, learning and social styles
- The Health Coaches' Skillset
- Rapport, trust and active listening
- Discovery sessions
- Contracts and agreements
- Scope of practice
- Coaching in different contexts

PILLAR 2 - Foundations of Health

- Body systems and disease
- The building blocks of nutrition
- Macro- and micro-nutrients
- Mitochondria
- Nutrition in different stages of life
- Lifestyle factors including sleep and exercise
- Stress and mindfulness
- Different dietary models
- Intermittent fasting and intuitive eating
- The Blood Sugar Balancing Solution
- The Functional Model of health care

PILLAR 4 - Becoming A Health Coach

Case Studies

- Your Case Study Plan
- Coaches' Companion resource
- GREATER Coaching session notes
- Blood Sugar Balancing Plan
- Coaching tools and documentation
- Case Study feedback and testimonials
- Information on Coaching Associations
- Converting your Case Studies into paying clients

Bonus Resources & Additional Tools

Introduction to the Hub - our graduate membership programme

PILLAR 3 - Health & Wellness Coaching in Action

- The 7 Step Process of Behaviour Change
- Core and specific values
- The Health Wheel and the Wheel of Life
- Health and wellness visioning
- The GREATER Health Coaching Model
- The Conscious Competence Matrix
- Coaching language
- The Five Fundamental Roles of Health Coaching
- SMARTER goal setting
- Food diaries and menu planning
- Exercise and time planning
- Measuring and tracking progress
- Barriers and challenges
- The power of commitment and accountability
- Acknowledging achievements and maintaining results

Preparing for Case Studies

- Live Supervision and Feedback session
- Volunteer agreement and feedback forms
- Core and optional coaching tools
- Examples of 4 and 6 week programmes

The Essential Launch Formula

Step 1: Know what you want

- The Golden Circle
- Business mission, vision and values
- Ideal working week and financial planning

Step 2: Ideal Client

- Decide on your niche
- Develop your brand
- Create your signature marketing message

Step 3: Programmes & Packages

- Different programme models
- Planning, naming and pricing your programmes
- Renewals and maintenance packages

Step 4: Discovery Calls

- Discovery call structure and script
- How to change your mindset around selling
- Appointment scheduling systems
- Naming and marketing your discovery calls