



# The Bio Optimised Life<sup>®</sup> Program

# **Program**

# **Specifications**





## Program Aims

The Bio Optimised Life® Program goes beyond the concept of biohacking. It delivers a comprehensive, evidence-based education that empowers you to help others live longer, feel stronger, and thrive naturally.

Whether you're a health coach, clinician, or wellness entrepreneur, this program offers a scientifically validated, structured path to confidently guide clients with safe, non-invasive techniques rooted in whole-person health.

You won't just learn protocols — you'll gain a clear framework, practical tools, and professional recognition that will elevate your credibility and impact all within a clearly defined scope of practice.

## Who is this Program for?

This course is for wellness-driven professionals who want to be among the first to offer what others haven't even discovered yet, including:

- Allied and primary health care professionals such as doctors, nurses, physiotherapists, osteopaths, dietitian's, naturopaths and nutritionists seeking science-backed training in holistic health that is root-cause focused
- Exercise professionals such as EAPs, personal trainers, and other fitness professionals wishing to deepen their understanding of integrative wellbeing and to stand out in a crowded space
- Wellness centre and spa owners and staff ready to lead with evidence-based expertise and industry-recognised credentials.
- Beauticians a who want to lead the natural beauty movement offering advanced, non-invasive wellness techniques — setting themselves apart with services that combine science, innovation, and the rising demand for holistic, bio-optimised beauty
- Retreat organisers and facilitators looking to offer wellness clients a deeper insight into natural healing options and experiences
- Health and wellness coaches who want to elevate their practice with science-backed, non-clinical modalities — gaining a unique edge and deeper credibility in the growing wellness space
- Wellness-passionate individuals eager to understand the science and mechanisms behind biohacking practices



## Program Description

Over 13 expertly curated modules, you'll explore the science, mechanisms, and real-world application of advanced wellness strategies — from circadian optimisation and detoxification to nutrition, gut health, movement, sleep, mindset, and more.

The Bio Optimised Life® Program is an extensive and detailed learning experience, resulting in a skillset that enables practitioners to confidently work with clients using natural healing options. Every module offers a deep dive into the mechanisms and methods, with fully referenced learning materials, instructional videos, practical scenarios, activities and case studies throughout. Learners can assess their progress through topic quizzes every step of the way. Practical modules include live class attendances and case study submissions with feedback [see units of study over page].

You will acquire thorough knowledge and the tools required to understand how specific modalities interact with body mechanisms in order to promote healing that addresses root cause dis-ease.

Learners have access to 30+ professionally crafted client tools, professional practice documents and booklets.

Most importantly, you'll finish with real-world confidence to apply what you know — and the credibility to be seen as a leader in your field.

### What You'll Walk Away With:

- Confidence in delivering safe, effective, evidence-informed wellness guidance
- A library of client tools and professional documents, ready to use
- The credibility to grow your business or transition into a new career
- A strong understanding of the “why” behind wellness protocols
- The ability to personalise plans using a whole-body, root-cause approach
- A supportive community of like-minded health professionals
- A structured business plan to launch, grow, or level-up your wellness business

## Units of Study

The table below indicates the program modules, and provides a brief description of their content, the assessment requirements and the expected hours of study (based on compulsory requirements only).

Topic	Details	Assessments
1. The Bio Optimised Life Program	1. The Bio Optimised Life Program	N/A
2. The Bio Optimised Life Program Learning Plan	What to expect, assessments, learning methods and program outcomes.	N/A
3. Bio Optimised Life Program and the <b>Professional Relationship</b>	The scaffold to begin to work with clients safely and effectively.	Quizzes Referral template
4. Bio Optimised Life in <b>Practice</b>	Running effective sessions with clients including agreements, informed consent forms, onboarding forms, and session structure.	Quizzes Case study Attendances
5. Bio Optimised Life <b>Evidence-Based Practice</b>	How to source quality data and information and assess it.	Quizzes Referenced referral
6. Bio Optimised Life Understanding the <b>Human Body</b>	Cellular and body physiology, body planes and body systems, biochemical and metabolic pathways.	Quizzes Case study
7. Bio Optimised Life <b>Low Toxicity Living</b>	Toxin exposure risks, EDCs, mould toxicity, heavy metals, body detoxification systems, low toxicity practices.	Quizzes Case study Attendances

8. Bio Optimised Life <b>Nutrition</b>	Human nutrition equal to a first-year undergraduate level – macronutrients, blood sugar, cardiovascular issues, micronutrients and supplemental forms.	Quizzes Case study Attendances
9. Bio Optimised Life <b>Nourishment</b>	Building nutrition literacy, working with food and dietary factors affecting nutritional sufficiency including UPFs, gut health, fasting, juicing, popular diets, intuitive eating, meal planning.	Quizzes Case study Attendances
10. Bio Optimised Life <b>Movement</b>	Energy balance and physical activity levels. Healthful movement strategies, energy systems, fuelling, movement and its role in mind and body wellbeing and longevity.	Quizzes Case study Attendances
11. Bio Optimised Life <b>Strategies and Modalities</b>	Modalities that assist in optimal functioning; grounding, EMF minimisation, red light, circadian optimisation, hormone balance, the biomes, optimising brain function naturally, sleep coaching, breath optimisation, cold water immersion and other thermal therapies, sauna, oxygen therapies, supporting the nervous system, longevity strategies and biomarkers.	Quizzes Case study Attendances
12. Bio Optimised Life <b>Business</b>	Creation of your structured business scaffold to grow your brand, connection to your niche, extending your marketing and creating effective magnets to convert sales.	Quizzes Case study Attendances
13. Mental Health	Recognition of signs and symptoms of anxiety, depression, addiction, disordered eating, and psychosis in order to work safely in the best interests of your clients and holding professional referral practices.	Quizzes Attendances
Case study report	Major work; you'll conduct case study that explores the clients area they've sought support on, demonstrating your safe and effective management of the session through a detailed report.	Report

Studying 7-10 hours per week, you will Graduate in 10-12 months.

## Registration and insurance options:



## Ready to become the go-to expert your clients trust?

The Bio Optimised Life® Program isn't just a course. It's bringing together all the biohacking techniques into one science-based package.

Join us and bring the power of bio-optimisation into your hands – and your clients' lives.

Enrol today and step into the future of whole-person health coaching.



**ENROL NOW**

