

# CERTIFIED COACHING PROFESSIONAL PROGRAM

Includes:

- Foundations of Coaching 25 hr
- CCP Training 98 hr
- Mental Health & Trauma Awareness 10 hr



## Additional Qualification Stream Options

### ICF ACC Credential

ICF requires successful completion of:

- 100h coaching log
- ICF Credentialing Exam



### Add On HEALTH & WELLNESS COACH

- Certificate of Human Nutrition
- Choice of 2x Electives
- Disease & Wellbeing Guidelines



### Add On LEVEL 2 WOMEN'S HEALTH COACH

- Women's Health & Hormones
- Non-Diet Approach to Coaching
- The Gut & Microbiome \*
- Disease & Wellbeing Guidelines



\*Can be substituted for another health/ lifestyle elective

Cost of ICF credentialing and membership is external to the above CCP program