



MY QUICK COMPARISON CHART

We use a lot of tools and templates in coaching, so to kick things off before you even enrol here's a simple exercise you can do while you are making your decision. List some other colleges or courses you're considering and compare. You may find you need to ask colleges more questions to really be able to compare, but it's far better to make a truly informed choice and go in 'eyes wide open'. You're coaching yourself already!

MY VISION OF ME AS A HEALTH COACH:

I would like to _____ so that I can
_____ by _____ (date).

Fill in what you would like to become and what you want to achieve when you reach this and when you want to do this by.

MY CHECK LIST

TOP PRIORITIES

| | | | | CH |
|---|--|--|--|----|
| I know I'll be skilled & confident to coach real people with real challenges seeking my help | | | | ✓ |
| Quality learning system I can test with a free sampler course (you can try clothes so why wouldn't you trial a decision this big) | | | | ✓ |
| Open and upfront details, such as price | | | | ✓ |
| Qualified staff (more than 1 person) in psychology, coaching, nutrition & health | | | | ✓ |
| Flexible study hours to suit my flat-out lifestyle | | | | ✓ |
| Evidence-based global content for credibility | | | | ✓ |
| Electives to cover my professional passion & give my qualification depth | | | | ✓ |
| Optional pathway to higher studies such as degrees (indicates quality content) | | | | ✓ |
| Range of accreditation so I can stay ahead of those with low-level, cheap training | | | | ✓ |
| Supportive staff, awesome service & free from pestering | | | | ✓ |
| Qualified & experienced coaches mentoring coaching subjects | | | | ✓ |
| Training in mental health (absolutely essential for coaches today) | | | | ✓ |

OTHER IMPORTANT THINGS TO CONSIDER

| | | | | |
|--|--|--|--|-----------|
| I'd happily entrust my personal life to a coach who studied with this college | | | | ✓ |
| Access to independent testimonials; a college I'd be proud to say I studied at | | | | ✓ |
| Clear information & support on registration & insurance for when I graduate | | | | ✓ |
| Easy on my wallet but not so cheap it lacks credibility, & option to pay-by-the-unit | | | | ✓ |
| Online & face-to-face study groups so I'm in touch with others to stay inspired | | | | ✓ |
| Professional website that really speaks to me | | | | ✓ |
| Optional, not pre-set, business coaching subjects | | | | ✓ |
| Broadly focuses on holistic health | | | | ✓ |
| Includes tools & templates to use with my clients so I'm setup and ready to coach | | | | ✓ |
| TOTAL | | | | 20 |

MY NOTES:

MY INFORMED CHOICE OF COURSE IS: _____

No matter where you choose to study we wish you the best of luck in supporting a healthier world!