

NUTRITION, HEALTH & WELLNESS COACH CERTIFICATION PROGRAM

FOUNDATION UNITS

Psychology &
Wellbeing
Foundations

\$399

Certificate of
Human Nutrition

\$450

Physical, Mental
Health & Trauma
Awareness

\$399

Wellbeing
Management &
Coaching Practices

\$525

Coaching
Practicum

\$525

+ 3 ELECTIVES

Health & Lifestyle

\$350/elective

1. Women's Health & Hormones
2. Ayurvedic Lifestyle & Nutrition
3. The Gut & Microbiome
4. Nutrition Psychology; Food Choices & Eating Habits
5. Botanical Healing: Intro to Herbal Medicine
6. Introduction to Holistic Wellness
7. Meal & Menu Planning; An Introduction
8. Super Foods & Nutrition
9. Fuelling & Physical Activity; A Guide to Sports Nutrition
10. Sports Nutrition for Optimal Performance
11. Early Nutrition; Birth to Adolescence
12. Nutrition for Conception, Pregnancy & Lactation
13. Weight Management Nutrition
14. Food Groups & Dietary Diversity; Assessing & Measuring a Healthy Diet (\$280)

Coaching & Development

\$350/elective

15. Non-Diet Approach in Coaching
16. Cultivating Confidence in Clients
17. Design & Deliver Healthy Lifestyle Events & Programs

Business Development

\$65 ea

18. CREATE AN ELECTIVE (Business webinars)
Bundle together 3 of the below modules (from A-F) and create your own subject. Represents a maximum of 1 elective in any program.

- A. Making the Best Start in Business: Passion to Success
- B. Find & Market to Your Ideal Client
- C. Create Your Client Avatar, Map Customer Journeys & Create Product Offers
- D. Pricing & Successful Sales Strategies
- E. Digital Marketing on Facebook & Instagram, and Podcasting Basics
- F. Top 6 Tips for Converting Your Website to Sales

DUAL CERTIFICATE OPTIONS

+ Women's Health & Wellness Coach Certification

Students are required to complete Women's Health & Hormones and either Gut & Microbiome OR Non-Diet Approach in Coaching as 2 of their 3 electives.

+ Holistic Wellness Coach Certification

Students are required to complete Ayurvedic Lifestyle & Nutrition, Introduction to Holistic Wellness, and Coaching Techniques for Flourishing Clients as their 3 electives.