

ADVANCED CERTIFICATE OF NUTRITION & HEALTH COACHING



FOUR FOUNDATION UNITS

Psychology,
Behaviour &
Wellbeing

\$399

Certificate of
Human Nutrition

\$450

Physical, Emotional
Mental Health

\$399

Wellbeing
Management &
Coaching Practices

\$525

+ THREE ELECTIVES

Health & Lifestyle \$350

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

CCP-Plus students seeking HCANZA or HCUK credentialing should choose electives from the Health & Lifestyle elective stream.

Women's Health & Wellness Coaching students can also select the Certificate of Human Nutrition unit as an elective.

Coaching & Development \$350

14. Coaching From a Non-Diet Based Approach
15. Cultivating Confidence in Coaches & Clients
16. Design & Deliver Healthy Lifestyle Events & Programs

Business Development

17. CREATE-AN-ELECTIVE

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

BUSINESS COACHING WEBINARS \$65 ea

- 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 - NEW
- D. Pricing & Successful Sales Strategies - NEW
- E. Digital Marketing on Facebook & Instagram, and Podcasting Basics
- F. 6 Top Tips for Converting Your Website to Sales