

# ADVANCED CERTIFICATE OF NUTRITION & HEALTH COACHING



## FOUR FOUNDATION UNITS

Psychology,  
Behaviour Change &  
Wellbeing  
Management

\$399

Certificate of  
Human Nutrition

\$450

Physical, Emotional  
Mental Health

\$399

Wellbeing  
Management &  
Coaching Practices

\$525

## + THREE ELECTIVES

### Health & Lifestyle \$350

1. Ayurvedic Nutrition & Lifestyle
2. Trust Your Gut: Gut Health & Microbiome
3. Nutrition Psychology; Food Choices & Eating Habits
4. Kitchen Medicine: Natural Health
5. Meal & Menu Planning; An Introduction
6. Super Nutrition; The Power of Foods
7. Fuelling & Physical Activity; A Guide to Sports Nutrition
8. Optimal Sports Nutrition
9. Early Nutrition; Birth to Adolescence 1
10. Nutrition for Conception, Pregnancy & Lactation
11. Weight Management Nutrition
12. 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.

### Coaching & Development \$350

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

### Business Development

#### 16. 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