

ADVANCED CERTIFICATE of NUTRITION & HEALTH COACHING

@ Well College Global

FOUR FOUNDATION UNITS



+ THREE ELECTIVES OF YOUR CHOICE

Select any 3 from 1 to 16

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|---|-------|
| 1. Design & Deliver Healthy Lifestyle Programs | \$350 |
| 2. Nutrition Psychology | \$295 |
| 3. Kitchen Medicine: Natural Health | \$350 |
| 4. Super Nutrition, Superfoods, Functional Foods:
Fact & Fallacy | \$350 |
| 5. Introduction to Menu & Meal Planning | \$350 |
| 6. Food Groups & Dietary Diversity: Assessing &
Measuring a Healthy Diet | \$280 |
| 7. Early Nutrition: Birth to Adolescence | \$350 |
| 8. Nutrition for Conception, Pregnancy & Lactation | \$299 |
| 9. Sports Nutrition | \$299 |
| 10. Weight Loss Nutrition | \$370 |
| 11. Ayurvedic Nutrition & Lifestyle | \$350 |
| 12. Trust Your Gut: The Gut & Microbiome | \$350 |
| 13. Coaching Your Clients With Confidence | \$500 |
| 14. Non-Diet Based Approach Coaching | \$350 |

In the pipeline

15. Womens Health & Hormones - *Mid 2020*

16. Create-an-elective

Bundle 3 from below to create 1 elective

The latest recorded business coaching videos

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| a. Making the Best Start in Business: Passion to
Success | \$65 |
| b. Digital Marketing on Facebook & Instagram | \$65 |
| c. Find & Market to Your Ideal Client | \$65 |
| d. Top 6 tips to ensure your website converts to sales | \$65 |

Small group, live recorded business webinars

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| e. From Idea to Market Place: Creating your Business
Vision & Mantra | \$165 |
| f. Develop your Entrepreneurial Spirit | \$165 |

Mental Health First Aid (Australia) Training
- valid for Australian residents only

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| g. An online training course by Mental Health First Aid
Australia | \$150 |
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One-on-one coaching support session

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| h. Business Readiness & Overcoming Plateaus | \$165 |
| i. Pick the brains of our business expert | \$200 |

Three electives is the minimum but you're to welcome to do more.