

WOMEN'S HEALTH & WELLNESS COACH CERTIFICATION



YOUR SUBJECTS

1. Psychology & Wellbeing Foundations	\$399
2. Wellbeing Management & Coaching Practice	\$525
3. Women's Health & Hormones	\$350
4. The Gut & Microbiome	\$350
5. Mental Health & Trauma Awareness	\$199
6. Elective 1	\$350
7. Elective 2	\$350
8. Disease & Wellbeing Guidelines	Complimentary

ELECTIVE OPTIONS

Health & Lifestyle

\$350/elective

- Non-Diet Approach in Coaching
- Ayurvedic Lifestyle & Nutrition
- Certificate of Human Nutrition (\$450)
- Nutrition Psychology; Food Choice & Eating Habits
- Botanical Healing; Intro to Herbal Med
- Meal & Menu Planning; An Introduction
- Superfoods & Nutrition; The Power of Food
- Fuelling & Physical Activity
- Sports Nutrition for Optimal Performance
- Early Nutrition; Birth to Adolescence
- Nutrition for Conception, Pregnancy & Lactation
- Weight Management Nutrition
- Food Groups & Dietary Diversity (280)

Coaching & Development

\$350/elective

- Cultivating Confidence in Clients
- Design & Deliver Healthy Lifestyle Events & Programs

Business Development

\$65 ea

- 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

- A. Making the Best Start in Business
- 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. 6 Top Tips for Converting Your Website to Sales

DUAL OR TRIPLE QUALIFICATION- Contact us in regards to your elective choices