

# WOMEN'S HEALTH & WELLNESS COACH CERTIFICATION

LEVEL 1



## FOUNDATION UNITS

1. Psychology, Behaviour & Wellbeing	\$399
2. Wellbeing Management & Coaching Practice	\$525
3. Women's Health & Hormones	\$350
4. The Gut & Microbiome	\$350
5. Non-Diet Approach to Coaching	\$350
6. Mental Health & Trauma Awareness	\$180
7. Disease & Wellbeing Guidelines	Complimentary

## + 1 ELECTIVE OF YOUR CHOICE

### Health & Lifestyle

\$350/elective

- Ayurvedic Nutrition & Lifestyle
- Nutrition Psychology; Food Choices & Eating Habits
- Herbs for Health & Healing
- Meal & Menu Planning; An Introduction
- Superfoods & Nutrition; The Power of Food
- Fuelling & Physical Activity; A Guide to Sports Nutrition
- Sports Nutrition for Optimal Performance
- Early Nutrition; Birth to Adolescence
- Nutrition for Conception, Pregnancy & Lactation
- Weight Management Nutrition
- Food Groups & Dietary Diversity; Assessing & Measuring a Healthy Diet (\$280)
- Certificate of Human Nutrition (\$450)

### 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

To graduate with additional Nutrition, Health & Wellness Coach Certification students must choose Cert of Human Nutrition as elective, plus complete Physical Activity module. Please ask the office for more information.