

# Health Coach Certification Program

## Curriculum Overview

### FUNDAMENTAL COACHING COMPETENCIES

- Establishing and Maintaining a Coaching Agreement
- Co-creating a Personalized Plan
- Coaching Structure, Mindset, Relationship, and Presence
- Cultivating Learning and Growth
- Evoking Awareness (both Coach and Client)
- Rapport Building
- Behavior Change Fundamentals
- Motivational Interviewing
- SMART(ER) Goals
- Coaching Clients with Chronic Conditions
- Coaching Diverse Populations
- Ethics and Scope of Practice (HIPAA, Risk Management, Liability Insurance...)

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### POSITIVE PSYCHOLOGY PRINCIPLES

- Positive Psychology Fundamentals
- Effectiveness of Positive Psychology Coaching
- Coaching to the Positive Emotional Attractors (PEAs)
- Vision Creation
- Character Strengths and Virtues
- Leveraging Character Strengths and Past Successes

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### MIND-BODY MEDICINE

- Introduction to Mind-Body Medicine
- Meditation
- Mindfulness
- Breathing Basics
- Stress Transformation
- Imagery
- Power of Imagination

## FUNCTIONAL MEDICINE COACHING & HEALTHY LIFESTYLE EDUCATION

- Introduction to Functional Medicine
- The Functional Medicine Operating System
- Digestion and Immune Basics
- Impact of Stress on Health
- Improving Hormone Balance
- Creating Energy
- Sustaining Brain Health
- Supporting Mitochondria
- Sleep from a Functional Medicine Perspective
- Exercise and Movement from a Functional Medicine Perspective
- Toxins and Illness
- Immune Dysregulation and Autoimmune Conditions
- Understanding Mood Disorders from a Functional Medicine Perspective
- Receiving Referrals for Functional Medicine Coaching

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## FUNCTIONAL NUTRITION

- IFM Food Plans:
  - Phytonutrient Spectrum
  - Core Food Plan
  - Elimination Diet
  - Cardiometabolic Food Plan
  - Mito Food Plan
  - Low-FODMAP Food Plan
  - Detox Food Plan
- Diet, Nutrition, and Lifestyle Journal
- Balancing the Microbiome
- Intermittent Fasting, Meal Timing, and Ketogenic Dietary Approaches
- Intestinal Permeability and Dysbiosis
- Food Reactions
- Gut-Healing Foods

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## COACHING IN ACTION DEMONSTRATION

- Rapport Building
- Coach Approach vs. Expert Approach
- Motivational Interviewing
- Case Studies

## **BUSINESS CONSIDERATIONS**

- **Mindset**
- **Overcoming Fears**
- **Group Coaching**
- **Marketing Basics**
- **Finance Basics**
- **Discovering Your Niche**
- **Intellectual Property, Copyrights, and Trademarks**
- **Getting Hired**
- **Getting Paid**

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## **KEY TOPICS COVERED WITHIN LIVE TRAINING SESSIONS**

- **Rapport Building**
- **8 Tasks of Motivational Interviewing**
- **Prioritizing Positivity**
- **Grounding Oneself**
- **Scope of Practice**
- **Coach Approach**
- **Recognizing Character Strengths**
- **Identifying and Clarifying a Client's Vision**
- **Tools used for Gathering Information**
- **Positive Emotional Attractors**
- **Coaching to a Client's Values**
- **A Client's Stage of Change and its Relation to Their Vision**
- **SMART Goal Setting**
- **The Intention-Behavior Gap**
- **Client-Centered Focus**
- **Coach Approach while Appropriately Sharing Information**
- **Rolling with Resistance**
- **Coaching with a Practitioner's Prescription**
- **Connecting Goals to Values, Meaning, and Purpose**
- **Coaching an Emotional Client**
- **Coaching Process: Introductory Session, Foundation Session, 4 Consecutive Session Practice, Termination Session**