

This certification is for you.

Are you ready to experience **personal transformation** and take control of your life with improved physical health, less stress, and more passion to **live a life you love**?

Are you seeking a **multi-dimensional approach** to better support your clients?

Do you want to build a business that fits both your **lifestyle and career goals**?

Are you looking to work alongside doctors, registered dietitians, and other healthcare professionals to **bridge the gap in healthcare**?

Do you want to **share your expertise** widely, through writing, blogging, creating digital content, or public speaking?

IIN FLAGSHIP PROGRAM

The Health Coach Training Program

IIN is the world's leading health education platform. Our Health Coach Training Program, available in both English and Spanish, teaches everything you need to become a successful Health Coach.

Learn from world-leading experts in integrative nutrition, functional medicine, wellness, personal development, coaching methods, and business-building skills. The program features over 95 teachers, unique interactive tools, Science Spotlights, and Somatic Moments to support your learning journey.

This comprehensive program sets graduates up for success as Health Coaches and wellness entrepreneurs. The knowledge gained can be applied to all areas of your life, improving your well-being and quality of life.

“When I first started studying at IIN, I always had the intention to launch my own business. That was my goal from day one. At the six-month mark of the program, I started making deliberate decisions to set up my business. By the time I hit graduation, I was launching my health coaching business. I am still running that business and primarily work with busy mums with young kids, and I couldn't love it more!”

— Kara Williams, IIN Certified Health Coach

Bio-Individuality in Health Coaching

Discover the core principle of bio-individuality, focusing on customizing dietary and lifestyle choices to meet individual needs and create sustainable, healthy habits. This ensures you're equipped to address your clients' diverse needs.

The IINtegrative Coaching Method™

Learn the IINtegrative Coaching Method™, which emphasizes personal transformation. You'll gain practical tools to integrate coaching into your lifestyle, building a strong foundation for personal and professional growth.

Multi-Dimensional Health Approach

Explore a multi-dimensional approach to health, considering physical health, nutrition, mental, emotional, and spiritual well-being. This holistic perspective is essential for effective health coaching.

Primary Foods Concept

Understand the primary foods concept, which extends nourishment beyond diet. You'll learn to guide clients in relationships, career, social life, finances, and environment, crucial for overall well-being.

Flexible Learning

The program includes 40 modules plus Orientation. In the 12-month track, one module opens each week; in the six-month track, two modules open per week.

The Health Coach Training Program

Your learning journey can begin on **September 23rd, 2024** or **November 18th, 2024**

Email admissions@integrativenutrition.com to book your free, exclusive 1-1 consultation.

If you're ready to enroll, you can get started at www.integrativenutrition.com/the-health-coach-training-program.

6 or 12 month options
5-8 hours per week

You get:

- interactive coaching calls
- expert guidance
- office hours
- live webinars
- self-directed eLearning

Total Investment:

\$3,995



100% Online and Flexible

The Health Coach Training Program is designed to fit into a busy lifestyle. Access your course materials from anywhere in the world, on any device. The program includes 41 modules, with new modules opening weekly in the 12-month track or bi-weekly in the six-month track, allowing you to learn at your own pace.



Integration and Application

Apply what you've learned with immersive IINtegration Weeks and complete a final project that brings your intentions and goals to life. Participate in Coaching Circles to get real-time feedback, inspiration, and support in a small-group setting from successful graduates and Health Coaches.



Community and Support

Connect with classmates, IIN staff, and coaches in private forums, including your class Facebook group and discussion boards on your learning platform. Take advantage of webinar-style quarterly office hours to get your questions answered and seek support from dedicated staff members.



Renowned Wellness Experts

Gain insights from leading wellness experts such as Gabby Bernstein, Zach Bush, MD, and Maya Feller, MS, RD, CDN, who teach topics like manifesting your dream career, the global microbiome, and food access and bias. Benefit from their expertise to enhance your knowledge and skills in diverse wellness areas.



Recognition and Affiliations

The Health Coach Training Program is globally recognized for excellence in health coaching education by organizations such as National College Credit Recognition Service (NCCRS), the State University of New York (SUNY), the National Academy of Sports Medicine (NASM), the Athletics and Fitness Association of America (AFAA), the UK & International Health Coaching Association (UKIHCA), and many more.



Comprehensive Curriculum

Transform yourself with practical tools and techniques for personal and professional growth. Focus on bio-individuality, or customize dietary and lifestyle choices to meet individual needs. Explore the interplay of physical, mental, emotional, and spiritual well-being, and understand how relationships, career, social life, finances, and environment contribute to health.