



Advanced
**HEALTH COACH
CERTIFICATION**



 **Health Coach Institute**



Overview

Elevate your expertise and gain clinical credibility with our 12-week, instructor-led Advanced Health Coach Certification. This NBHWC-aligned program deepens your understanding of behavior-change science, lifestyle medicine, and the 8 Dimensions of Wellness. Through live classes, interactive coaching labs, and mentorship with board-certified instructors, you'll master evidence-based approaches that empower clients to achieve lasting, whole-person health. This advanced credential positions you as a credible leader in the rapidly growing field of health and wellness coaching.

Learning style:

- Cohort-based
- Instructor-led, blend of synchronous content with required live sessions
- Delivered with video, audio clips, text, and interactive learning
- Individual student feedback sessions with instructors
- Coaching Demos included.

Key Differentiators:

- Job Guarantee
- Live class with practical application
- 1:1 evaluation and mentorship
- Empowered Well-Being Model

Learning Objectives:

- Define the coaching role, uphold ethical standards, and identify when to refer clients to other professionals.
- Build trust and connection using empathy, presence, and advanced communication techniques such as active listening, powerful questioning, and conversation flow management.

- Apply proven coaching strategies to help clients set meaningful goals, maintain motivation, and take ownership of their health journey.
- Integrate the Empowered Well-Being Model across eight dimensions of wellness while supporting clients with conditions such as hypertension, diabetes, arthritis, weight management, and inflammation.
- Maintain personal well-being as a coach and commit to lifelong learning and resilience in the profession.

Modules:

Through twelve focused modules, you'll explore the intersection of behavioral psychology, lifestyle medicine, and evidence-based coaching methodologies. Each lesson is designed to refine your ability to guide clients through complex health challenges with empathy, precision, and professional credibility. By integrating live practice, clinical frameworks, and mentorship from board-certified instructors, you'll graduate ready to deliver measurable, lasting results in every area of well-being.

M0: Your Orientation to Success

M1: Your Guide to Effective Program Structure

M2: Empowering Client-Centered Relationships

M3: Your Foundations for Coaching

M4: Intrinsic Motivation & Self-Efficacy

M5: Appreciative Coaching, Environmental Influence & Positive Growth

M6: Masterful Motivational Interviewing Tools

M7: The Art of Goal Setting for Lasting Change

M8: Unlocking Wellness Potential

M9: Cardiovascular Wellness

M10: Metabolic & Anti-Inflammatory Wellness

M11: Ethics, Legal, Technology & Coaching Models

M12: Coach Mastery: Elevate Your Professional Journey