Become a Health Coach in 6 Months!

Inside the Become A Health Coach Program

HEALTH COACH INSTITUTE
Spark the Change
Welcome!

You are about to discover a unique, life-changing education experience. After coaching over 10,000 clients, and students, from 30 countries in the past 10 years,* we are proud to be pioneering the new generation of Health Coaches who are changing the consciousness of the planet.

Our curriculum is based on behavioral psychology, neuroscience, intuitive listening, habit change and healthy lifestyle design.

* Includes all students from Health Coach Institute and predecessor companies
Reason #1:  
Innovation  
You can expect a coaching education that’s redefining what it means to be a Health Coach.

Reason #2:  
Real Life Results  
You’ll know how to create change for yourself and for your clients. You’ll also gain tools to launch a business.

Reason #3:  
Fun!  
Learning has to be fun. If it’s not fun, it’s not worth doing. Don’t you agree? When you’re having fun doing what you love, you feel in flow and opportunities open up to you.
Imagine that, in only six months, you will have the clarity, confidence and skillset to assist in changing lives.
About Health Coach Institute
Founders Stacey Morgenstern & Carey Peters

Stacey Morgenstern and Carey Peters are the co-founders of Health Coach Institute, an online learning platform that teaches individuals how to turn their passion for holistic living into a career as a Health Coach. They have collectively trained over 10,000 coaches in more than 80 countries for the past decade. Their comprehensive curriculum covers nutrition, health, and wellness education; Habit Change Coaching Method training; personal growth; and proven business and marketing systems. The duo have helped thousands of holistic health, nutrition, and wellness professionals around the world turn their passion into 6-figure profits so that they can earn a generous living while making a lasting difference in the world. As certified Health Coaches, marketing and money coaches, authors, speakers, online entrepreneurs, and HCI’s primary teachers and mentors, Carey and Stacey have gone from a startup to an 8-figure company...all while nurturing passions (Stacey – poetry; Carey – acting), marriages (Stacey married 9 years; Carey married 3 years), and children (Stacey’s daughter – 8 years old; Carey’s daughter – 2 years old).
Stacey & Carey and their clients are living examples that you can create a holistic business that gives you the financial freedom to live life exactly the way you want to live it... once you know the simple steps to take, and take them.

Their flagship programs, the Become A Health Coach Program and the Holistic MBA Graduate Intensive, revolutionized coach training for the health and wellness industry. These innovative programs became the first Health Coach trainings to combine nutrition, health and wellness, money mindset and personal growth, online and offline marketing strategies, business automation, and coaching skills into one comprehensive system.
What is Health Coaching?

Health Coaching is one of the most exciting industries to be in right now. Health Coaches are changing the future of healthcare.

People want help. With the relentless demands of work and life responsibilities, they’re more stressed, burnt-out and depressed than ever before. They are finally realizing that what they’ve been doing is no longer working and they are looking for something better.

But making change without support and accountability is really difficult. It’s not that people don’t know what to do, it’s that we’re creatures of habit. Ninety-five percent of our behavior occurs out of habit—either unconsciously or in reaction to external demands.

That’s why we struggle to make changes that last. Even when the need for change is obvious, and our intentions are strong, we often fall short. Consider this:

According to the New York Times, ninety-five percent of people who lose weight on a diet gain it back, and a significant percentage of people gain back more than they had originally lost.
Even following a heart attack, only one in seven patients makes any enduring changes around eating or exercise.¹

That’s a problem, and all the diet industry can offer is to “eat fewer calories and exercise more”.

If that worked, it would already have worked.

Twenty-five percent of people abandon their New Year’s resolutions after one week. Sixty percent of people do so within six months. The average person makes the same New Year’s resolution 10 separate times without success.²

Why is that? Because they don’t have support or accountability. Doctors, dietitians and other practitioners don’t have the time or the skills to help people stay motivated and follow-through to get a lasting result. So people default to their set habits, even when they know these habits make them feel lousy. Without the right support and accountability, this dysfunctional cycle will continue and, in many cases, worsen.

*It’s time for a change. Health Coaches are at the forefront of this influential shift in how we do health and how we do life.*

¹Be Excellent at Anything: The Four Keys To Transforming the Way We Work and Live
²staticbrain.com
Our Unique Approach

There is a very important change happening in the Health Coaching industry. Most Health Coaching schools focus on teaching students dietary theory and how to give advice about food or nutrition. Studying nutrition information is great, and we do include that in our curriculum, however it’s not where Health Coaches can make the biggest impact.

The counterintuitive truth is that effective Health Coaching is not about food! It’s about habit change, and how people make choices for themselves. When you change a habit, you change a life.

So what is the new definition of a Health Coach? Our premise is that a Health Coach is a master of habit change. Healthy habits create healthy results.

Our goal is to create masterful coaches in the art and science of habit change so that we can collectively contribute to the healthy planet we all want to live in.

In the Become A Health Coach 6-month Program (BHC) you will learn the secrets to facilitating transformational experiences for your clients and loved ones that will have them embody a new way of being and create a positive ripple effect in every area of their lives.

If you’ve been looking for that one unique, well-designed educational experience that will create breakthroughs in the quality of your personal and professional life, then it’s no accident that you find yourself here. What we teach in our Health Coach training, around habit change, will get your clients real, lasting results.
According to Forbes.com, healthcare is a four TRILLION dollar industry. The Bureau of Labor Statistics projects the number of jobs for Health and Wellness Coaches to increase by 21% through 2021 calling Health Coaching one of “the fastest growing sources of employment in the economy”.

As healthcare costs continue to surge, more and more corporations are starting to hire Health Coaches to establish workplace wellness programs for their employees. In fact, according to The Huffington Post, 51% of all employers with a workforce of 50 or more employees created workplace wellness programs in 2013. Workplace wellness is estimated to be a $6 billion industry!

What this means is that people are definitely looking for, and paying for, health and wellness services that with the right education you can provide.
Where Can I Work?

One of the gifts of becoming a Health Coach is that the possibilities for where you can work are infinite! Many of our graduates work with clients 1-1 over the phone or in a local office or on Skype, which means that you can “see” clients from all over the world. Some graduates choose to work in chiropractors’ offices or with naturopathic doctors or in wellness centers with other holistic practitioners. Other graduates choose to affiliate their practices with yoga studios, universities, schools, churches, synagogues or community centers.
How Much Can I Earn?

The International Coaching Federation shares an annual report on the state of the coaching industry and provides statistics on industry growth as well as a baseline overview of the Health Coaching career.

According to the International Coaching Federation:

**Worldwide, 6 in 10 coaches showed an increase in clients at the rate of $200-$500/hr**

**Most coaches predict a further increase in fees, clients, hours and revenue in the next year.**

There is huge opportunity in the coaching industry that is escalating in the coming years.

Our school has the reputation for being the most effective professional training for Health and Personal Development Coaches. That’s because our graduates are so successful!

According to Forbes:

“Health Coaching is one of the smartest, most lucrative career choices in the economy today. It’s part of a four trillion dollar industry and growing. If you want to make a difference and be well paid, this is clearly the place to be.”
What Exactly Am I Going To Learn?

The BHC curriculum is specifically designed for you to launch a new, exciting career as a professional Health Coach in just six months—from anywhere in the world. There are four self-paced training modules (4 pillars), plus a library of master class coaching demos, done-for-you templates, and advanced training bonuses so that you can feel confident working with paying clients and getting outstanding results—while still in school!

We’re constantly striving to make our students’ learning experience better than ever. In fact, we recently gave our program a facelift to make learning even easier and help students feel even more confident applying their training in real-life coaching situations.

Our highly interactive lessons teach students how to coach in their own unique voice, allow them to check their progress periodically on their learning journey, include resources to support them both during their training AND once they’ve launched their coaching career, and offer opportunities to witness real-life coaches in action (and their resulting client transformations)! Lessons are presented in small, dynamic bites of content designed to engage students and help them move through the material with ease.

The 4 Pillars

| 1 | Nutrition For Health Coaches |
| 2 | Habit Change Coaching Method |
| 3 | Personal Growth |
| 4 | Proven Marketing & Simple Business Systems |
ORIENTATION

- (re)Defining Health Coaching: The Paradigm Shift Whose Time Has Come
- What health coaching is...and what it is not
- The difference between Health Coaches and other practitioners such as doctors, registered dietitians and therapists
- What paying clients really want from a Health Coach
- The truth about creating lasting habit and lifestyle change (for yourself and for your clients)
- Why The Future Of Healthcare Is Coaching: find out why top doctors, supplement companies, insurance companies and many other corporations are adding Health Coaches to their programs....and what this means for your Health Coaching career
- Discover the 4 Pillars of Masterful Health Coaches—what they are and why you need ALL four of them in order to build a successful Health Coaching career
Nutrition for Health Coaches: the only nutrition, health & wellness knowledge that matters

- How to understand any dietary theory at a glance so you can save yourself - and your clients - from overwhelm and inaction (this is the simplest way to learn 100 dietary theories in 10 minutes or less)

- How to discover the perfect diet for you (and why you won't find it in any diet book)

- The six questions that a master Health Coach must ask in order to help their clients (and themselves) lose weight, gain energy, balance blood sugar, resolve digestive issues, overcome binge eating & emotional eating, stop chronic dieting, fall in love with their bodies & (finally) be comfortable in their own skin

- The secret to becoming a master Health Coach with a waiting list of clients

- What it means to become a visionary for your clients...and why that will create a waiting list of raving fans

- What to eat to help your clients get rid of cravings, lose weight and gain energy...for good

- Seven full-proof ways to balance blood sugar

- The Health Coach’s Secret Weapon: why “how” you eat is more important than “what” you eat

- Seven steps that are the easiest, cheapest fix for resolving digestive issues, overcoming binge/ emotional eating & curing cravings...without changing ANYTHING you or your clients are eating (we call these our infamous “Secret 7”)

- Discover why WHO YOU ARE BEING equals what your body is doing

- Uncover what’s driving your behaviors around food, your body and your health...and how to shift the behaviors you don’t like

- Discover how to time your meals so you can increase weight loss and energy while reducing stress and balancing blood sugar

- How to get more done in less time, so you have time for the most important things in life (including taking care of yourself and your loved ones)

- Learn simple ways to be your healthiest self no matter where you are

BONUS: The Basics Of Elimination Diets + A Simple Done-For-You Detox Program
Designed to help your clients build their intuition around nutrition, get quick results and reset their bodies for optimal health.
PILLAR 1

Done-For-You Materials, Scripts, Checklists, Handouts & Templates and Bonuses

- MacroNutrients
- 100 Dietary Theories In 10 Minutes
- Stress
- Obesity
- Diabetes
- Heart Disease
- Binge Eating
- Cravings
- Emotional Eating
- Body Image
- Chronic Dieting
- The Six “W” Questions
- The Why Underneath The Why
- 10 Beliefs About Health
- 7 Ways To Balance Blood Sugar
- Drink More Water Tip Sheet
- How To Quit Drinking Caffeine The Right Way
- Healthy Fats
- Fats To Avoid
- The Magic Plate
- List of healthy proteins, fats, fiber and carbs
- Favorite healthy snacks
- Pantry, fridge and freezer list
- What is processed food?
- How to read food labels
- How to go gluten-free
- How to go dairy-free
- List of alternative sweeteners
- Healthy dessert recipes
- How to get great sleep
- Out-of-the-box movement ideas
- How to honor hunger and fullness
- Embracing sensuality
- Why being “bad” is sometimes good
- Meal timing
- Healthy Choices at restaurants
- Elimination Diets
PILLAR 2

Habit Change Coaching Method

- Why the Habit Change Coaching Method is the secret to creating successful lifestyle changes
- How the Habit Change Coaching Method is different than Motivational Interviewing and other coaching methods
- The two steps you must take BEFORE you coach your client... skip these and your clients won’t experience transformation
- The #1 the Habit Change Coaching Method skill of successful Health Coaches
- Discover how to describe your program to potential clients so that they can’t wait to work with you
- How to effectively coach on client objections so you can turn “No” into “Yes” with integrity and authenticity
- Master delivering “The 90-Day Total Transformation”—our proven, Done For-You Health Coaching program
- How to create your own signature Health Coaching program that gets results: the secret no other Health Coaching school will teach you about creating successful lifestyle changes

BONUS: COACHING DEMO LIBRARY!
One of the ways to become an outstanding coach is to witness outstanding coaching. 12+ Coaching Demos of Stacey working with real Health Coaching clients so you can hear each session of the 90-day Total Transformation program in action.
PILLAR 2

Done-For-You Materials, Scripts, Checklists, Handouts & Templates and Bonuses

- Done-for-you Detox program with client handouts
- Transformation’s Secret Sauce: The 3 Brains
- The Map
- Rapport
- Closing The Deal Coaching Question Sequence
- How To Describe Your Program Template
- The Personal Email Invitation Sample Copy
- How To Coach Effectively On Objections & Worries
- Done-For-You “Total Transformation” 90-Day Health Coaching Program
- Done-For-You Session #1 script + client handout
- Done-For-You Session #2 script + client handout
- Done-For-You Session #3 script + client handout
- Done-For-You Session #4 script + client handout
- Done-For-You Session #5 script + client handout
- Done-For-You Session #6 script + client handout
- Done-For-You Session #7 script + client handout
- Done-For-You Session #8 script + client handout
- Done-For-You Session #9 script + client handout
- Done-For-You Session #10 script + client handout
- Done-For-You Session #11 script + client handout
- Done-For-You Session #12 script + client handout
- How To Create A Coaching Program That Gets Results
- The Self-Sabotage Sequence
- “Oh Crap” Silver Bullet Coaching Question Sequence To Use On Any Topic
PILLAR 3

Personal Growth

• Discover “The Big 5” areas of your life that reflect your alignment with your purpose. When one area is out of whack, it affects all other areas

• Discover how your work as a Health Coach affects every area of your clients’ lives, not just their health. (This is true for you as well as for your clients)

• Discover how to combine the richness of your personal history, experience and expertise with your new career as a Health Coach

• Discover why MONEY is part of your spiritual path as well as the shadow beliefs (the ones you don’t even know you have) that are likely sabotaging your ability to make, and keep, more money while making a bigger difference

• Discover how to transform your Money Legacy and take control of your financial destiny (while doing what you love)

• Learn how to be supported in your new career by family, spouses, partners, friends and co-workers

• Discover how to ask for what you want... and get it (this 4 step system is jaw-droppingly simple)

• Discover how to connect your career to your PURPOSE so that your work extends beyond just personal gain and also benefits others who have not yet “arrived”

• Discover how to help your clients (and yourself) feel beautiful without changing how they look
PILLAR 3

Done-For-You Materials, Scripts, Checklists, Handouts & Templates and Bonuses

- The “Big 5” Areas Of Life
- Health
- Money
- Love/Relationships
- Your Calling/Career
- Your Connection To Something Greater
- The Results Health Coaching Gets In Every Area Of Life
- The Personal Blueprint: How To Bring Your Personal History Into Your New Career
- Money And Your Spiritual Path
- Money As A Relationship
- Your Money Mirror
- Transforming Your Money Legacy
- Transforming Your Body Legacy
- Self-Sabotage
- How to Ask For What You Want And Get It
- Feminine Energy
- Masculine Energy
- “Either/Or” Versus “Both and More”
- The Desire List
- Magic Words For Women To Say To Men
- Magic Words For Men To Say to Women
- Self-Authorizing
- Connecting Your Career To Your Purpose
- The “What’s Worth Fighting For” Exercise
- Gratitude & Appreciation
PILLAR 4

Proven Marketing & Simple Business Systems

• A Simple System To Help You Make Your First Or Next $5K As A Health Coach*
• How To Get Clients From Networking & Referrals
• How To Get Clients From Talks & Workshops
• How To Get Clients Online...Even If You Don’t “Get” (Or Like) Technology
• How To Price Your Programs
• How To Schedule Clients & Prioritize Your To-do List so you can Maximize Your Time...even if you have kids, a job, hobbies and passions
• How To Become Confident, Courageous and Client-attractive as a Health Coach

BONUS: Create a new vision for your business and lifestyle as a health coach!
PILLAR 4

Done-For-You Materials, Scripts, Checklists, Handouts & Templates and Bonuses

- The Best Business Model For Health Coaches
- 5 Phases Of Business Growth
- What is a Niche?
- Hot Niches for Health Coaches
- 2 Done-For-You Starter Niches
- How To Answer the Question “What do you do?”
- Done-For-You Responses to Answer “What do you do?”
- How To Price your Programs
- Done-For-You Pricing
- Where And How to Book Talks
- Done-For-You Talk Script & PowerPoint Slides & Handouts
- Done-For-You Marketing Materials for your Talk
- How To Attract Clients Online
- Done-For-You Website Copy
- Done-For-You Video Scripts
- How To Schedule Clients
- Sample Real-Life Health Coach Weekly Calendars
- Client Scheduling Software Recommendations
- How To Prioritize your To-Do List
- Simple Productivity Checklist
- How To Take Payments
- Your First or Next $5K Checklist*
- Done-For-You Marketing for Detox Program
- Done-For-You Marketing for the 90-Day Intensive Total Transformation Program
- Done-For-You Weekly Scripts for Newsletters or Video Tips
- How To Create Videos that Attract Clients
- Recommended List of Business and Marketing Resources
Our intention is to make it as easy as possible for you to GO PRO, which is why we are gifting you with a Marketing Super Bonus!

Upon graduation you will receive:

- A personalized drag-and-drop business website and publishing platform
- Private client portal with calendar and scheduling capabilities
- A Contact Management System for getting clients online
- Email and SMS notifications for appointment reminders
- Cutting-edge marketing and business automation tools
- Easy email integration
- Social media integration
- Invoicing and reporting capabilities

This will help you attract clients quickly, get organized and easily facilitate a smooth, professional experience that turns your clients into raving fans.
Continuing Education

An expert is someone who continues to study and learn. We offer world-class continuing education and graduate level training in coaching skills, personal growth, and business and marketing so that as you grow, your business grows with you.

As a graduate, you will have complimentary access to our highly active alumni community for networking, masterminding and collaborating plus exclusive invitations to our live, in-person conferences.
How Am I Going To learn?

Your training is released in weekly modules in our private, members-only website. Each module contains short, step-by-step training videos, transcripts, done-for-you templates to use with your clients, “cheat sheets”, and easy-to-implement action guides.

Each lesson builds on the previous lesson so that you know exactly what to focus on first, second and third...in order to go pro. Our goal is to make your online learning experience smooth, easy and fun.

Multimedia Formats: Watch, Listen or Read

Trainings are delivered in three convenient media formats - Video, MP3, and PDF - so you can watch, listen, or read based on how you learn best.

Bite Sized Chunks

For over six years we researched how to deliver education in the way people learn best. We know learning has to be easy, accessible and fun or you just won’t do it. This is why every one of our core training videos is broken down into short, digestible 15-20 minute lessons so you can assimilate, implement, and take action in the most pleasurable way possible. No information overload or overwhelm!

Each video is also accompanied by a clear, detailed description so that you know what’s covered and you can easily reference the lessons you want to repeat later.

Interactive Weekly Skills Labs

Knowledge without practice is meaningless. The weekly Skills Labs is the place to apply what you’re learning, in a safe environment, so you can hone your skills in order to feel confident with paying clients. These interactive labs, where you partner up with your peers, offer you practice, support, stretch and accountability like nothing else.

Mentorship

You will have several coaching calls with a HCI Success Coach and a small group of fellow students during your training. Our Success Coaches are master Health Coaches who have all created their own thriving Health Coach businesses so they know exactly what our students are going through, where they are headed and what it takes to succeed in the real world. They offer you support in times of doubt, help you overcome obstacles and are even there to celebrate your successes. Our Success Coaches walk the talk and show you the way forward. They’re awesome!
The BHC online community is unlike anything else we’ve come across. Our students join as strangers and quickly become the best of friends or even business partners!

This is your 24/7 tribe no matter where you live or what time of day it is. When you engage in a profound training like this one, the conversations get juicy in no time. Whether you need support around a personal issue or a client challenge or you wish to celebrate a breakthrough, this is a safe space for you to be yourself and feel seen.
Students Reveal Why They Chose This Program Over All The Others

Our students are smart, savvy and open-minded. They feel called to align what they do with their core values. They crave adventure and community, and they want a fulfilling, flexible, money-making career that empowers them to be their best selves.

Our training is specifically designed for those who want to work professionally as a Health Coach. We believe we’ve created something truly innovative. Our grads are wildly successful. Don’t take our word for it, hear what they have to say.
Laura Thompson Brady, PhD
Founder of The Nourished Home and Mother of 2

“This was the best financial investment I’ve made for myself and my life.

I now have a thriving coaching business working from home and get to live in accordance with my values as my husband and I raise our two girls with the spirit of joy and adventure every day. I give Carey and Stacey my highest recommendation and will forever be grateful to them and their life changing work.”

Want to read more about what our grads have to say? See more success stories and praise at www.healthcoachinstitute.com/reviews
REALITY CHECK:
If you don’t have time to make every aspect of your life better, then what do you have time for?

No time to connect.
No time to relax.
No time to play.
No time for learning.
No time to nourish relationships.
No time to prepare fresh, energizing foods.
No time to change what’s not working.

Change your habits, change your life.
Tuition

The tuition for the 6-month Become A Health Coach Training is $6450. You can invest in full or take advantage of our easy payment plan.
A Truly Interactive Training

Comprehensive 4 Pillars Training
We’ll share the 4 Pillars for Success in Health Coaching: Health & Wellness, Habit Change Coaching Method, Personal Growth and Proven Marketing & Business Systems.

Weekly Skills Labs
Experience the BHC coaching model both as coach and as client, you’ll be learning while elevating your own physical, emotional and mental well-being. Practice what you are learning and get feedback in a safe environment so that you can feel completely confident with paying clients.

Live Monthly “Office Hours” With The Creators Of BHC
Ask Stacey and Carey any questions you want, get advanced coaching tips, and hear how they intuitively coach others.

Multi-Media Learning Platform
Watch, listen or read in short, digestible chunks that make learning, and implementing what you’ve learned, easy and fun.

The Live Experience!
As you journey forward in your Health Coaching career, know that your community and your continuing education are key to your success. Our live trainings happen twice a year. There’s something magical that happens when you get off your computer and get connected with your tribe! Topics include: Advanced Coaching Skills, Business Training, Marketing, and Money Mindset.

2 Done-For-You Health Coaching Programs
Session by session outlines to help your clients get lasting results plus a library of master class coaching demos, templates, scripts and cheat sheets so you can feel confident working with paying clients.
Is BHC Right For Me?

THE BECOME A HEALTH COACH 6-MONTH PROGRAM IS PERFECT FOR YOU IF YOU:

- Have a passion for healthy, vibrant living
- Want a career that pays well, feels fulfilling and makes a meaningful difference
- Love to learn
- Can see that doing what you love and inspiring others will make you feel less stressed and more alive
- Love to geek out on personal growth
- Want to know the truth about what really works to change habits
- Want skills that will make a positive impact in every area of your life
- Want a career where you can express who you really are
- Want the freedom to work flexible hours from anywhere in the world
- Want to be connected to an incredible community that inspires you
- Are committed to living the best life ever
WE'RE NOT ONLY MASTERFUL COACHES, WE'RE MASTERFUL TEACHERS.

If you want to become a successful Health Coach it makes sense to learn from someone who has done what you want to do, and knows what steps to take to replicate it. We are Health Coaches. We’ve coached thousands of clients. We’ve taught thousands of students. And we’ve been able to do it in a way that not only allows us to make a great living, but also enables us to live a richly rewarding life. We’re sassy, silly, and passionate about what we do. Our genius lies in turning what feels complicated into easy, accessible and fun. We believe you have to have fun while changing the world.
Frequently Asked Questions

How long will it take me to complete the certificate program?

The course is designed to be completed in six months. Upon graduation you will be given a certificate of completion and a seal for your website to display your credentials.

How many hours per week should I allot to completing course work?

We’ve made sure to chunk down BHC into manageable pieces. If you watch all the videos, show up to the Q&A calls, and participate in weekly Skills Labs, plan on 5-6 hours of work per week.

Do you offer payment plans?

Yes. Please call (877) 914-2242 to learn about our payment plans.

Can I do this program while working a full-time job or being a full-time parent?

YES! Absolutely. We created this school while Stacey was raising a toddler and Carey was pursuing a second career as a successful actress. What you will learn in this course are habits that will help you create a more spacious lifestyle and professionally inspire others to do the same, which will mean less stress and more fun. If you only want to work part-time, that’s your choice and it’s still possible to build a wildly successful business while working part-time. We are living proof!

How do I know if Health Coaching is right for me?

Health Coaching is one of the most fulfilling careers on the planet. Who wouldn’t want to get paid to explore their own personal growth while making a big difference in people’s lives? Some students wonder if they will actually be able to make a living doing it. Others wonder whether they will be taken seriously if they are not doctors or registered dieticians. When we launched our careers as Health Coaches, we worried about that too. It turns out that many of our grads are now earning as much as, or more, than doctors—while working a lot less hours. Want to be inspired? Read their stories at www.healthcoachinstitute.com/reviews

I’m already a coach, will this be repetitive?

Not at all. This is a unique training that is rapidly redefining the Health Coaching industry. This work is based on Carey and Stacey’s decades-long experience working with thousands of clients around the globe. There is no other coaching school out there that combines the Habit Change Coaching Method, Personal Growth, Money Mindset, and Business and Marketing Systems into one program that produces successful coaches. Plus, every session is exciting and fun. This is a great way to spice up your own coaching practice.

Do I have access to Carey & Stacey?

YES! You will have access to ‘Office Hours’ with our co-founders monthly. You will be able to ask Stacey and Carey questions, get advanced coaching tips, and hear how they intuitively coach others.

Are there any opportunities to meet with fellow students?

Yes! Upon graduation from the BHC program you will be gifted with a ticket to one of our 3-day live event experiences! These immersion events take place twice a year in the United States. You will have the opportunity to learn advanced coaching skills, grow your business and collaborate with hundreds of other coaches from all over the world.

Does this training include mentorship?

Yes! You will have several coaching calls with a HCI Success Coach and a small group of fellow students during your training. Our Success Coaches are master Health Coaches who have all created their own thriving Health Coach businesses so they know exactly what our students are going through, where they are headed and what it takes to succeed in the real world. They offer support in times of doubt, help our students overcome obstacles and are there to celebrate their successes. Our Success Coaches walk the talk and show our students the way forward. They’re awesome!

How soon can I start?

Enrollment for our next Become A Health Coach class is now open. Call (877) 914-2242 to speak to a Clarity Coach and get started today!
This Is More Than A Career.

We believe Health Coaching is one of the most fulfilling careers you can choose. We also believe that Health Coaching will change the consciousness of the planet.

There are a lot of decent coaches out there but not that many truly masterful coaches. We want to change that.

What you can expect from us is everything we have to help you be successful, so that like our current students, in six months from now, you will look back on this moment as the best decision you ever made for your career and for your personal growth.
What would you do if you were the bravest possible version of yourself?
Special Electives for our Become A Health Coach Class!

ADVANCED NUTRITION FOR HEALTH COACHES

3 PROTOCOLS. 3 HEALTH CONDITIONS. BY EXPERTS. FOR HEALTH COACHES.

ANHC is the only program of its kind! We’ve partnered with top doctors and health experts to give you NEW incredible 90 Day Transformational Coaching programs.

Featuring the following 3 protocols for the 3 most common health conditions, by leading experts:

Heart Disease  Diabetes  Weight Loss

LIFE COACH CERTIFICATE

IN JUST 8 SHORT MONTHS YOU CAN EARN BOTH A LIFE COACH AND A HEALTH COACH CERTIFICATE.

In this 4 part training, you’ll learn about the possibilities for Life Coaches, what clients really want (and need!) from their Life Coach, tools to help you get to the clients’ core and more!

Orientation
Building Your Toolkit: The Life Coach Foundation
Putting It All Together: The 90-Day Total Transformation Coaching Program For Life Coaches
Business & Marketing for Life Coaches

You’ll love fulfilling the Life Coach Certificate requirements. You’ll be helping people every day to transform their lives. Coaching is at the forefront of this influential shift in how we do Health and Life.

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