Become a Nutrition & Health Coach in 6 Months!

Peek inside our online training program
Welcome!

If you want to turn your passion for nutrition and health into a career that transforms lives, then buckle up, because you’re about to discover a unique, life-changing education experience.

With over 10,000 graduates from more than 70 countries*, Health Coach Institute is proud to be pioneering a new generation of nutrition practitioners who are revolutionizing health and nutrition as we know it.

We designed our six-month curriculum in collaboration with the world’s top nutrition physicians and experts to:

• **Teach you a new healthcare paradigm that will set you apart from other practitioners in the field**
• **Prepare you to help others create healthier lifestyle habits that stick**
• **Help you launch a high-impact career you’ll love**

Read on to learn more about our revolutionary approach to nutrition and how our training program can help you turn your passion for nutrition into a meaningful career.

* Includes all students from Health Coach Institute and predecessor companies
Why It’s Time for a NEW Approach to Nutrition

It’s no secret. We’re in the middle of the worst public health crisis of our time. As a society, we’re more stressed, overworked, overweight, exhausted, burnt out, and SICK than ever before. And we’re developing lifestyle diseases like heart disease, obesity, and diabetes at an alarming rate.

The truth is, the way we’ve been doing nutrition and health is failing miserably.

That’s why, at Health Coach Institute, we believe it’s time for a massive paradigm shift (and we’re not alone in thinking that).

A mountain of research is showing that good nutrition and better habits can prevent up to 75% of all disease. More and more, medical professionals, corporations, insurance companies, and wellness providers are collaborating with nutrition practitioners to help their patients improve their health.

People all around the world are getting seriously EXCITED about the miracle effects of healthy eating, making nutrition careers more in-demand than ever before.

So how can YOU break into this much-needed field and help others understand:

• What healthy eating REALLY is (and isn’t)
• How to change harmful habits and replace them with healthy ones
• How to empower themselves to heal their bodies from the inside out

It all starts with the right foundation.
Our Unique Approach

You’ve likely heard of Functional Medicine, which is an approach that focuses on identifying and addressing the root cause of disease, rather than just treating symptoms with prescriptions or surgery. Functional Nutrition is the nutrition side of that approach and it’s central to what we teach in our training program.

At Health Coach Institute, we train our students in the fundamentals of Functional Nutrition and Habit Change Coaching so they can facilitate lasting transformation in others. With this approach to nutrition, our graduates can help their clients move from knowing what they need to do to get healthy to actually doing it.

Let’s talk about Functional Nutrition first. This cutting-edge approach to nutrition:

• Takes a holistic approach
• Uses targeted diet and lifestyle changes
• Is based on bio-individuality
• Triggers healing and builds health from a cellular level
As we mentioned, Habit Change Coaching is the other critical part of the transformation equation. (Because knowledge without action is useless!)

Our exclusive Habit Change Coaching method will teach you how to:

- Empower others to master healthy habits that serve them for life
- Uncover the underlying reasons people struggle to create desired change
- Help others get powerful, lasting results for themselves

For a deep-dive into why this approach to nutrition is so powerful and effective, watch our free webinar, *Your Nutrition Career Blueprint: How to Get Certified, Get Clients & Make Money in Six Months!*
Imagine...in just six months, you’ll have the skills, knowledge, and confidence to transform lives as a Nutrition & Health Coach and launch a rewarding career.
Nutrition & Health Coaching is one of the most exciting industries to be in right now. Nutrition & 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.
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.  

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. Nutrition & Health Coaches are at the forefront of this influential shift in how we do health and how we do life.*

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1 Be Excellent at Anything: The Four Keys To Transforming the Way We Work and Live
2 staticbrain.com
Why Health Coach Institute?

**Reason #1: Innovation & Fun**
You can expect a fun, cutting-edge coaching education that’s redefining what it means to be a coach. When you’re having fun learning, opportunities will naturally open up to you.

**Reason #2: Real-Life Results**
You’ll know how to create change for yourself and for your clients. You’ll also get access to game-changing tools and resources to launch a successful coaching business.

**Reason #3: Our Tribe**
We are a heart-centered, results-oriented community of passionate coaches who believe in the power of habit change and the positive change we can effect in the world. We believe in inspiring one another to be the best version of ourselves, in cultivating aliveness, in taking risks, in being bold with our work, and having FUN while changing the world. (And dance parties... we always believe in the power of a dance party.)
Meet Your Teachers: Stacey Morgenstern and Carey Peters

Stacey Morgenstern and Carey Peters are the co-founders of Health Coach Institute, a coaching school that trains healers, helpers, and health enthusiasts in the art, science, and business of Functional Nutrition and Habit Change Coaching so they can transform lives and create abundant careers doing what they love.

As National Board-Certified Health & Wellness Coaches, authors, speakers, online entrepreneurs, and HCI’s primary teachers and mentors, Stacey and Carey have helped thousands of holistic health, nutrition, and personal growth professionals around the world turn their passion into profits making a lasting difference in the world.

Stacey and Carey met by chance in 2005 when they both decided to begin new careers as coaches and became fast friends. During their coaching training, they identified massive gaps in the way coaches are educated that made it difficult for most budding coaches to build successful careers. The problem was that most trainings took a theoretical approach to education, but didn’t teach the hands-on, practical application needed to make a living in the real world.

Stacey and Carey decided to create a training program that would give other aspiring coaches the proper training and tools to become masterful coaches and launch thriving businesses...and in 2010, Holistic MBA (Health Coach Institute today) was born.

Today, HCI is made up of a global tribe of masterful coaches, with over 10,000 graduates from over 70 countries having gone through its foundational and graduate-level programs.
Learn from the Best

Wondering who you’ll learn from? Our cutting-edge, evidence-based curriculum is taught by some of the most respected physicians and experts in the field, including:

**Stacey Morgenstern**
National Board-Certified Health & Wellness Coach, Master Neuro-Linguistic Programming Practitioner, author, and speaker

**Carey Peters**
National Board-Certified Health & Wellness Coach, Neuro-Linguistic Programming Practitioner, author, and speaker

**Andrea Nakayama**
Renowned Functional Nutrition and Lifestyle Practitioner (FNLP), Certified Nutrition Educator (CNE), Certified Nutrition Counselor (CNC), Certified Holistic Health Coach (CHHC), and HCI faculty member

**JJ Virgin**
Celebrity nutrition & fitness expert and four-time NY Times bestselling author

**Dr. Steven Masley**
Physician, nutritionist, author, speaker, and award-winning patient educator

**Dr. Brian Mowll**
Master Licensed Diabetes Educator, Chiropractic Physician, and IFM-Certified Functional Medicine Expert
What Exactly Am I Going To Learn?

Our proven curriculum is specifically designed for you to launch a new, exciting career as a professional Nutrition & 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 in your ability to help others transform their lives for the better.

The 4 Pillars

- Functional Nutrition For Health Coaches
- Habit Change Coaching Method
- Life Coach Certificate
- Proven Marketing & Simple Business Systems
Six-Month Curriculum

ORIENTATION

- (re)Defining Nutrition & Health Coaching: The Paradigm Shift Whose Time Has Come
- What Nutrition & Health Coaching is...and what it is not
- The difference between Nutrition & Health Coaches and other practitioners such as doctors, registered dietitians, and therapists
- What paying clients really want from a Nutrition & 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 Nutrition & Health Coaches to their programs....and what this means for your career
- Discover the 4 pillars of masterful Nutrition & Health Coaching and why you need ALL four of them in order to build a successful career
Pillar 1: Functional Nutrition For Coaches

- Functional Nutrition for 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 masterful Nutrition & 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, cure cravings, stop chronic dieting, fall in love with their bodies & (finally) be comfortable in their own skin
- The secret to becoming a masterful Nutrition & 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 foolproof ways to balance blood sugar
- The Nutrition & 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.
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 from 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 Nutrition & 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 coaching program
- How to create your own signature coaching program that gets results: the secret no other 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: Life Coach Certificate

- Discover how you can work with your clients to overcome the fear that might be holding them back from achieving their true purpose. You’ll learn how you can help them cast out their doubt to create the life they want.
- Discover how you can help clients find career success that aligns with their purpose and goals for their future. Together, you’ll discover how they can change the world through their work.
- Discover how you can help clients find love or strengthen their existing relationships—with others and themselves. You’ll help them learn to be supported by family, spouses, partners, friends, and co-workers.
- Discover how you can help clients connect with That Which is Greater and align their purpose with a higher power. Help them uncover how to connect their career to their purpose so their work extends beyond just personal gain and benefits others.
- Discover how you can help clients transform their money legacy and connect money with their spiritual paths. You’ll learn how to help them uncover the shadow beliefs that might be sabotaging their ability to make, and keep, money while also making an impact on the world.
- Discover how to have an “opening the relationship” conversation with potential clients. Learn how to describe your program so they are excited to work with you and can see the potential that working with you can unlock in their lives.
- Discover how you can develop a 90-day coaching program for your clients—one that helps them create powerful transformation and sets them on a path for impactful changes that stick.
PILLAR 3

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

- The “Big 5” Areas Of Life
- How to coach your clients on Health
- How to coach your clients on Money
- How to coach your clients on Love/Relationships
- How to coach your clients on Your Calling/Career
- How to coach your clients on That Which Is Greater
- The Results Life 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
- Transforming Your Money Legacy
- Transforming Your Body Legacy
- Self-Sabotage
- How To Ask For What You Want And Get It
- “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
- 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 A Confident, Courageous, and Client-Attractive Nutrition & Health Coach

BONUS: Create a new vision for your business and lifestyle!
• The Best Business Model For Nutrition & Health Coaches
• 5 Phases Of Business Growth
• What Is A Niche?
• Hot Niches For Nutrition & 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 Coaches’ 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
An expert is someone who is always a student first. Health Coach Institute is proud to offer world-class continuing education opportunities, graduate-level training so you continue to grow and your business grows with you, and career services support.

As a graduate, you’ll receive:

- Lifetime access to our highly engaged alumni community for networking, masterminding, collaborating, and partnership.
- Special invitations to live conferences and virtual trainings.
- Access to our Career Services portal for guidance in career prep, research, and pursuit.

Continuing Education & Career Support
How Will I Learn?

Our goal is to make your online learning experience smooth, easy, and fun. That’s why our training is released in weekly modules and accompanied by tons of resources to help you cement your learning. 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.

**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.

**Short Lessons**
We’ve broken down our lessons into short, digestible chunks so you can assimilate, implement, and take action—without information overload or overwhelm!

**Interactive Weekly Skills Labs**
Because knowledge without practice is meaningless, you’ll also partner up with your peers in weekly Skills Labs where you’ll apply what you’re learning in a safe environment, honing your skills so you’ll feel confident with paying clients. These invaluable labs offer you practice, support, and accountability like nothing else!

**Mentorship**
You’ll also have several coaching calls with an HCI Success Coach and a small group of fellow students during your training, who will offer you support in times of doubt, help you overcome obstacles, and celebrate your successes. Our Success Coaches walk the talk and show you the way forward. They’re awesome!

**Community**
Surrounding yourself with people who uplift and encourage you has the power to change your life, and at HCI, we believe wholeheartedly in the power of community. That’s why our students experience a huge part of their training together! You’ll have 24/7 access to your tribe, so whether you need support around an issue, a client challenge, or you just want to celebrate a breakthrough, this is a safe space for you to be yourself and feel seen.
Curriculum

Habit change is the primary focus of our curriculum because understanding how to create effective habit change in clients is the key to becoming a masterful Nutrition & Health Coach. Many coaching schools overload their students with excessive theoretical knowledge and very little, if any, actual coaching and business training or practical application. We believe this creates coaches who lack the complete spectrum of skills necessary for building a successful coaching career. Our curriculum distills nutrition, health, and wellness information down to the essentials needed to successfully coach clients, leaving plenty of time for learning all the other important skills coaches desperately need - like how to market themselves, get clients, and create a thriving career in a rapidly growing marketplace.

Master Teachers

If you want to become a successful coach, it makes sense to learn from people who’ve created success doing what you want to do, and who can share the steps to replicate that success in a way that is simple and straightforward. Stacey and Carey have coached thousands of clients in a way that has allowed them to make a great living and enabled them to live a richly rewarding life. They’re sassy, silly, and passionate about what they do and their genius lies in turning what feels complicated into easy, accessible, and fun... because at HCI, we believe you have to have fun while changing the world!
Community
We can’t emphasize this one enough. When you enroll at Health Coach Institute, you’ll join a global network of kindred spirits (helpers, healers, and health enthusiasts just like you!) who share the same bigger-than-us mission to change the way we do health. You’ll embark on a life-changing educational journey of personal transformation and self-discovery, where you’ll learn, stretch, grow, and succeed together as a tribe. You’ll make friendships, build business partnerships, and create connections that will last a lifetime...and you’ll even have the opportunity to connect face-to-face twice a year at one of our in-person HCI Live events!

Support
We’re committed to your success and that means supporting you every step of your coaching journey. As a student, you’ll have 24/7 access to our amazing, heart-centered tribe of students to connect with, learn from, and practice on in a safe and supportive environment. You’ll also benefit from ongoing mentorship in an intimate group setting with your Success Coach, interactive weekly Skills Labs, bi-monthly Office Hours with your teachers, and access to our Career Services department to help you connect with potential employers.
What Our Students Are Saying...

**Best Decision EVER!**
Joining Health Coach Institute has been one of the best learning experiences of my career. I have a bachelors and masters degree in education. The programs offered by HCI have so much value for not only preparing students to build successful health coaching practices, but it also serves as an incredible catalyst for personal growth and change as well. So many things set HCI apart from other learning experiences, but my favorite thing is the incredible tribe of like-minded people from diverse backgrounds in health, wellness, fitness, and medicine. The support and encouragement is amazing! I love HCI and highly recommend their programs! - Susan

**I love Health Coach Institute**
I love Health Coach Institute, it perfectly aligns with me, I love the online learning with skills labs with partners, and the flexibility in the program, to allow for me to live my life as well as take on their courses. Very high-quality content and delivery and excellent value for money, with additional programs included in the Become a Health Coach program at no extra cost, as well as challenges to help you get your business off the ground! Amazing support, love it! I will definitely take more courses through HCI. - Melissa

**All the Best Rolled into One**
HCI is like visiting “similar businesses all over the world” and gathering the BEST practices of each, and rolling it into one package. The information is practical, in-depth and useful immediately as you start your career. Follow-up with support staff is prompt and thorough. The founders are very generous is giving you more than enough to be successful. They are continually looking for more ways to help their current and former students grow and flourish. It’s truly EXCEPTIONAL and I know I picked the right school. The connections you have to other coaches is priceless to give you the support you need to be a masterful coach. Don’t hesitate. HCI is the best choice for you. - Renee

**HCI is magical!**
HCI is magical! Yes, you’ll get the foundational pieces, like the marketing & business strategies to help you get a business started doing what you know you were meant to do. You’ll get the simple step-by-step tools which will allow you to do this quickly and easily. Check that magic box! The real magic shows up when you start doing the work itself. It will change you, and you will start to become the person you always knew yourself to be, but were too afraid to show up as. I have found my true passion and each day I’m finding more and more of who I am as a coach and an authentic human being. Thank you, HCI, for this gift - You ROCK!!!!! - Dana

**An A+++ Company**
HCI has an excellent protocol for behavior and belief change. They set an excellent example of listening and respecting others. Teachers and staff in all departments are courteous and very willing to help resolve issues. I have always felt they truly cared about me, my vision and my progress in the program. The coach and business training they offer for coaches is very high quality. They also offer excellent follow-up once one receives the BHC certification. This company gets an A+++ - Davia

**Thankful and grateful**
If I were to devise the ideal way to help my family and community, and in turn give them the tools to pass it on, and for them to pass it on and just create a positive wave of energy and healing that impacts on so many levels, then I cannot see how I could come up with a better model or delivery than HCI. I took the plunge in 2016, and I am still connected and learning from them. I cannot praise them all highly enough. - Sam

> Want to read more about what our grads have to say? See more success stories and praise at www.healthcoachinstitute.com/reviews
Coaching is a booming industry and one of the fastest-growing careers today. Nutrition & Health Coaches are at the forefront of a major shift in the way we approach health and wellness globally.

More and more, people are searching for holistic, natural ways to live happier, healthier lives over traditional treatments and medication. They’re looking for accountability partners who can offer assistance with very specific needs. They’re looking for YOU, future coach!

As a coach, your career opportunities are endless...whether you want to take the entrepreneurial route and start your own business, work in partnership with other like-minded professionals, or dream up a brand-new way to put your skills to work, Nutrition & Health Coaching offers unparalleled freedom to design your ideal life.
One of the gifts of becoming a Health & Nutrition 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. Other graduates choose to work with naturopathic doctors; in fitness and wellness centers; in universities, churches, community centers, and corporations. Still others become public speakers, chefs, or authors.
How Much Can You Earn?

The average coaching salary in North America as of 2016 was $61,900 but many coaches are creating highly successful careers earning six figures and up (our co-founders being two of them!). How much you can earn varies by location, experience, niche, and other factors, but one thing is for certain...there is tremendous earning potential!

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 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.
Tuition

Tuition for our Become a Health Coach program is **$6450**. You can choose to invest in full or select from one of our low financing options.
This Program is Perfect for You if You...

- Have a passion for nutrition and healthy living
- Want a career that pays well, feels fulfilling, and makes a meaningful difference
- Love to learn
- Know that you would thrive if you were doing what you love and inspiring others
- Want to know the truth about what REALLY creates lasting change in others
- Want to learn skills that will have a positive impact on your personal well-being in every facet of your life
- Want the freedom to work flexible hours from anywhere in the world
- Want to be connected to an incredible community that inspires you
- Want a training program that includes extensive hands-on training so you can practice your skills as you learn (and even earn money while still in school!)
- Learn best at your own pace and on your own time
- Enjoy having FUN while you learn
Want To Learn More About The Become A Health Coach Training?

Join over 10,000 successful graduates from more than 70 countries who are getting paid to do what they love.*

* Includes all students from Health Coach Institute and predecessor companies

SPEAK TO A CLARITY COACH NOW

Our Clarity Coaches are wizards at helping you get clear on your best path forward and can answer any questions you may have about our program, financing, and current promotions and enrollment bonuses.

To connect, call (877) 914-2242

Shining the light in you,

Grey & Stacey
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 coaching is right for me?
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 nutritionists or registered dietitians. When we launched our careers as Nutrition & Health Coaches, we worried about that too. It turns out that many of our grads are now earning as much as, or more, than other nutrition professionals—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 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 Functional Nutrition, 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! Your training includes an incredible bonus—a personal invitation to attend two of our transformational live training events. 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 an HCI Success Coach and a small group of fellow students during your training. Our Success Coaches are masterful coaches who have all created their own thriving coaching 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!