



Course Catalog

Academic / Interactive / Engaging

PATHWAY PROGRAM

*Your Path to Becoming a National Board
Certified Health & Wellness Coach*

Explore the catalog to find out how our six-month, NBHWC-approved training can help you coach with confidence and take your career to exciting new heights.



HEALTH COACH INSTITUTE
HCI Pathway Program



**APPROVED
TRAINING
PROGRAM**

Welcome!

I'm Brooke Jeffries, Lead Instructor of Health Coach Institute's Pathway Program. I'm thrilled you're considering HCI and this exciting and powerful training!

If you're new to HCI, we're a top-rated coaching school, with over 30,000 graduates from over 100 countries around the world. Co-founded by professional Health and Life Coaches, Stacey Morgenstern and Carey Peters, HCI offers programs to support you at every stage of your coaching career journey.

Pathway is a 6-month online health & wellness coach training that **helps individuals become a more confident, empowered version of themselves.** Led by board-certified coach instructors, this immersive program is based on HCI's exclusive Empowered Well-Being models. These models provide a practical framework to increase personal empowerment across eight dimensions of wellness. The experience is designed to be engaging, rigorous, and fun!

Our program includes live instruction, pre-recorded lessons, peer buddy coaching practice, and reflection activities providing practical and interactive learning experiences. Pathway is an Approved Health and Wellness Coach Training & Education Program by the **National Board for Health and Wellness Coaching (NBHWC)**. One-on-one mentorship is provided, and Pathway instructors are committed to helping you become an effective and confident coach.

You will elevate your personal growth and master diverse coaching skills, evidence-based practices, health and wellness knowledge, and recognized ethics and standards with the Pathway curriculum. I invite you to join us to gain confidence in the coach's seat and take your career to new heights!

By participating in this hands-on community-based training, you'll transform your life and the lives of your future clients.

Graduates of HCI Pathway are eligible to apply for the National Board for Health & Wellness Coaching exam to earn the prestigious National Board Certified Health & Wellness Coach (NBC-HWC) credential - the highest standard in the profession. Developed in collaboration with the National Board of Medical Examiners, the NBC-HWC credential is a testament to your expertise and excellence as a health and wellness coach.

Keep reading for more information on our curriculum, program requirements, what sets Pathway apart from other similar programs, pricing information, answers to frequently asked questions, and more.

I can't wait to get you on the path to becoming a NBC-HWC!



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Meet Your Instructor Team



Brooke Jeffries, MS, CN, NBC-HWC, is the Lead Instructor and Program Director of the HCI Pathway Program. With a wealth of knowledge in nutrition, health, and coaching, Brooke is a Certified Nutritionist, National Board-Certified Health & Wellness Coach, and an advisor on the National Board for Health and Wellness Coaching Program Approval Commission. Her passion for personal growth is infectious, and her expertise is unparalleled. Before joining HCI in 2019, Brooke managed a team of dietitian coaches, ran a successful private nutrition practice, and worked in corporate coaching. Over the past decade, she has mentored countless coaches in building robust coaching and clinical skills. Her coach training includes coursework through Wellcoaches, BetterUp, YogaMedCo, Molly Kellogg, and HCI.

Brooke holds a Master Science in Clinical Nutrition from Bastyr University and Bachelor of Arts degrees in Sociology and Criminal Justice from Stephen F. Austin State University.

Meet Your Instructor Team



For Laura DuBois, MS, PT, NBC-HWC, teaching and mentoring is part of her DNA. She enjoyed a long career as a Physical Therapist before making the very natural transition to Coaching, and now her role as a Pathway Faculty instructor lets her bring ALL of her gifts and skills to the table. Her enthusiasm for coaching is palpable! In addition to her Faculty role in the Pathway Program, Laura runs her own coaching business and supports professional women to be their most empowered selves.

Laura holds a Master of Science degree in Physical Therapy from Simmons University and Bachelor of Science degree in Exercise Physiology from the University of Tampa.

Meet Your Instructor Team



Taylor Colvey, MA, NBC-

HWC has over 15 years of experience working as an academic/mental health counselor in multiple educational settings. She has worked with different populations of students over the years, including: migrant, low-income, first-generation, veteran, and re-entry college students. After gaining experience in Trauma-Informed Care Practices and Social-Emotional Learning, it led her to pursue further training in the wellness field. In 2018, she became Certified in Health & Wellness Coaching. Taylor currently helps solopreneurs to increase their Mind-Body resilience so they may live out their life's purpose. It is an exciting time of great change in the healthcare field and she enjoys supporting the next generation of Board Certified Health & Wellness Coaches at Health Coach Institute!

Taylor holds a Master of Arts degree in Counseling and Bachelor of Arts degree in Spanish from Sonoma State University.

Meet Your Instructor Team



Jennifer McDonald, ScD, CHES, NBC-HWC brings approximately 20 years of diverse professional experience in the health and wellness field to her work as an educator and wellness coach. As a coach, Jen specializes in helping individuals understand the multiple dimensions of influence impacting their behavior, focusing on self-advocacy, resilience building, realistic, attainable goal setting, and self-compassion. Her victim advocacy experience and training bring a trauma-informed lens to her work. As an educator, Jen excels at providing students with the tools, skills, and confidence they need to apply what they are learning in the classroom to real life work and problem solving.

Jen holds a Doctor of Science degree in Public Health Nutrition from Harvard School of Public Health and Bachelor of Science in Community Health degree from SUNY College at Potsdam.

Course Overview

The Pathway program teaches the foundations of effective health and wellness coaching outlined by the **National Board for Health and Wellness Coaching (NBHWC)**, which includes competencies in coaching structure, coaching process, health and wellness, and ethics and legal. **Our 6-month training, led by board-certified health & wellness coach professionals, is designed to help you take control of your life and become the person you want to be.**

The comprehensive curriculum is rooted in **HCI's exclusive Empowered Well-Being models**, which will increase your own and your clients' empowerment across eight dimensions of wellness. Our program will teach you potent coach tools and techniques such as Motivational Interviewing, Appreciative Inquiry, and Nonviolent Communication, as well as how to cultivate mindfulness, lead centering practices, and support your clients with increasing their stress resilience.

Fast facts about Pathway:

- Multiple opportunities to join the program throughout the year
- 100% online, no prerequisites
- Evidence-based training that includes a rich personal growth element
- Approved Health and Wellness Coach Training & Education Program by the National Board for Health and Wellness Coaching (NBHWC)
- Includes over 40 hours of **live (synchronous) virtual class time** with instructors
 - 40 hours of live class attendance is **required** for graduation
 - Limited spots are available due to live class element
- Successful graduates earn a certificate from HCI as an **Empowered Well-Being Coach (CHWC)** and will be eligible to apply to sit for the National Board for Health & Wellness Coaching (NBHWC) exam to earn a **National Board Certified Health & Wellness Coach (NBC-HWC)** credential.

After completing the course, you'll have a thorough understanding of the key elements of a successful coaching relationship, how to guide a session effectively, the importance of coaching presence, techniques for active listening, how to utilize Appreciative Inquiry-based coaching, Motivational Interviewing skills, and strategies for evoking intrinsic motivation to address any client concern.

Additionally, you will have evidence-based information and practices to support clients with health concerns, such as stress management, blood pressure, cardiovascular disease, diabetes, metabolic syndrome, inflammation, arthritis, and weight management.

The Pathway Program is ideal for coaches who want to:

- Confidently coach others on any topic without a script
- Empower clients to be the experts of themselves and what they need
- Help themselves & their clients get “unstuck”
- Learn Appreciative Coaching, Motivational Interviewing, and Nonviolent Communication tools to enhance coaching confidence, empower clients, and evoke behavioral change
- Receive personalized mentorship and feedback on their coaching skills
- Learn in real-time with a vibrant community for support and encouragement
- Obtain their NBC-HWC credential
- Get a job in the healthcare system or a corporate coaching setting
- Work directly with healthcare providers



APPROVED TRAINING PROGRAM

Pathway is an Approved Health and Wellness Coach Training & Education Program by the **National Board for Health and Wellness Coaching (NBHWC)**. NBHWC Approved Programs meet the required standards in instructional hours, practical skill development and assessment, and faculty qualifications in the instruction of the competencies related to health and wellness coaching.

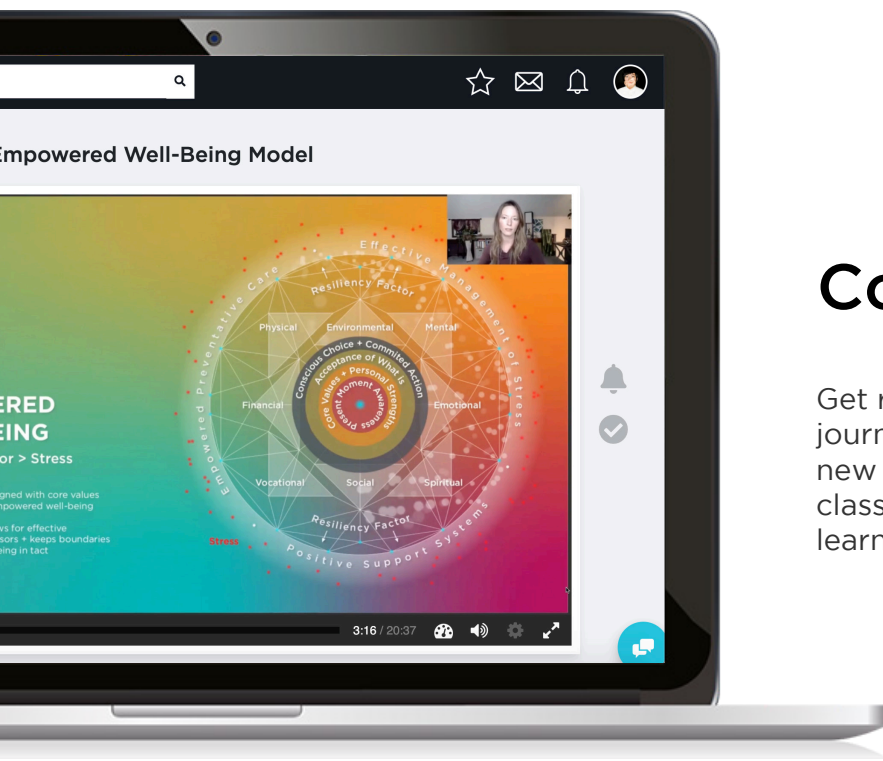
Graduates of HCI Pathway will receive a certificate and proof of eligibility for the National Board for Health & Wellness Coaching exam to earn the prestigious **National Board Certified Health & Wellness Coach (NBC-HWC) credential** - the highest standard in the profession. Developed in collaboration with the National Board of Medical Examiners, the NBC-HWC credential is a testament to your expertise and excellence as a health and wellness coach.



APPROVED TRAINING PROGRAM

NBHC requires board exam applicants submit the following:

- Proof of eligibility from an NBHC Approved Training Program
- Proof of an associate's degree or higher OR documentation of 4000 hours of work experience in any field
- A coaching log of 50 coaching sessions completed after graduation
- An application and exam fee



Course at a Glance

Get ready for a smooth and fun online learning journey with Pathway! Each week, you'll access a new pre-recorded video lesson and attend live classroom-style virtual trainings to enhance your learning experience over the course of 6 months.

Week	Title	Overview
Orientation (recommended, but optional)	Welcome to the HCI Pathway Program	Welcome to Pathway! Receive a sneak peek into the incredible features of our robust training program, including logistics, feedback mentorship sessions, and buddy coaching assignments.
Module 1: Coaching Conversational Skills		
Week 1	Setting Up for Success in the HCI Pathway Program	A general overview of student expectations, best practices, and goals of the course. This week also covers the history of professional coaching and how coaching differs from other similar professions.
Week 2	Introducing the Pathway Coaching Models	A general overview of the coaching methodologies used in the Pathway Program, Appreciative Coaching, and Motivational Interviewing. Additionally, students will learn about the Empowered Well-Being Model, our core wellness model, which aids in the expansion of health and wellness knowledge, supports self-growth and bolsters coaching clients' flourishing.
Week 3	Preparing To Coach	This week focuses on coaching preparation and the structure of the coaching process.
Week 4	Coaching Integration: The First Session	The focus of this week is on integrating the steps Health Coaches take to help clients get from point A to point B effectively and efficiently.

Week	Title	Overview
Week 5	The Big Picture: Coaching Structure & Wellness Fundamentals	This week will focus on the fundamental components of the structure of ongoing coaching sessions and introduce key wellness definitions and concepts.
Week 6	Coaching Integration: Assessment & Wellness Vision	This week will focus on integrating coaching assessments and wellness vision into coaching sessions.
Week 7	Essentials of a Successful Coaching Relationship	This week will focus on the essential coaching skills used to support a client-centered coaching relationship.
Week 8	Coaching Integration: Client-Centered Relationship	This week will focus on integrating coach presence and client-centered coaching skills into coaching sessions. Additionally, students will learn about the Eight Dimensions of Wellness that make up the Empowered Well-Being Model.
Week 9	Whole Person Coaching: Listening to Your Multidimensional Client	This week will focus on active listening skills, navigating client emotions, and utilizing the coaching skill of reflections to build trust with clients.
Week 10	Coaching Integration: Active Listening	This week will focus on integrating active listening coaching skills into coaching sessions. Additionally, students will learn about the Physical Well-Being Dimension of Wellness of the Empowered Well-Being Model.
Week 11	Skillful Coaching Conversations	This week will focus on coaching dialogue skills of expanding and focusing the conversation.
Week 12	Coaching Integration: Conversational Skills	This week will focus on integrating conversational skills into coaching sessions. Additionally, students will learn about the Mental Well-Being Dimension of Wellness of the Empowered Well-Being Model.
Week 13	Appreciating Your Resourceful & Resilient Client	This week will focus on strengthening client self-efficacy through unconditional positive regard, belief in the client's resourcefulness, and coaching skills of affirmation, appreciation, and acknowledgment. Additionally, students will learn how awareness of values, vision, and virtues contributes to a person's ability to make conscious, health-promoting choices.

Week	Title	Overview
Week 14	Coaching Integration: Client Resourcefulness	This week will focus on assessing a client's readiness to make behavior change. Learners will integrate the critical assumptions of the Transtheoretical Model of Behavior Change into coaching sessions.
Week 15	Successful Goal Setting	This week will focus on creating client action steps and choosing goals.
Week 16	Coaching Integration: Goals	This week will focus on integrating specific and realistic goal setting in coaching sessions. Additionally, students will learn about the Emotional Well-Being Dimension of Wellness of the Empowered Well-Being Model.

Module 2: Integrating Health & Wellness

Week 17	Enhancing Health & Wellness Coaching Competency	This week will focus on supporting clients with heart health conditions such as hypertension and cardiovascular disease.
Week 18	Coaching Integration: Health & Wellness Information	This week will focus on integrating health and wellness information and recommendations into coaching sessions. Additionally, students will learn about the Spiritual Well-Being Dimension of Wellness of the Empowered Well-Being Model.
Week 19	Mindfulness & Coaching on Diabetes	This week will focus on mindfulness and how present-moment awareness is used in coaching sessions. Additionally, students will learn about diabetes, pre-diabetes, and how to appropriately support clients with lifestyle changes that promote the prevention and management of these health conditions.
Week 20	Coaching Integration: Centering Practices	This week will focus on integrating centering practices into coaching sessions with clients. Additionally, students will learn about the Environmental Well-Being Dimension of Wellness of the Empowered Well-Being Model.
Week 21	Deepening Coaching Skills & Weight Management	This week will focus on how to use advanced coaching skills to deepen the client's self-awareness, elicit intrinsic motivation, and navigate ambivalence to change. Additionally, students will learn about obesity, weight bias, and how to support clients with healthy weight management.

Week	Title	Overview
Week 22	Coaching Integration: Intrinsic Motivation	This week will focus on integrating coaching skills eliciting a client's intrinsic motivation in a coaching session. Additionally, students will learn about the Financial Well-Being Dimension of Wellness of the Empowered Well-Being Model.
Week 23	Creating an Anti-Inflammatory Lifestyle	This week will focus on inflammation, the role it has in chronic disease, and how to support coaching clients with inflammatory conditions. Additionally, students will learn about the Social Well-Being Dimension of Wellness of the Empowered Well-Being Model.
Week 24	New Beginnings	This week will focus on the Vocational Well-Being Dimension of Wellness of the Empowered Well-Being Model and how to create vocational wellness. Additionally, students will learn how to properly terminate a coaching program. In the last week of the course, the learner will design empowered action steps for advancing their career as a Health and Wellness Coach.

Course Composition & Requirements

The Pathway Program runs for six months and includes over 40 hours of live (synchronous) class time with instructors. Attending live classes is required. *Students must complete a minimum of 40 hours of live class time to graduate.*

We offer 48 hours of live instruction, so there is some room for absences, but 40 hours of live time is required for graduation, and students will be required to watch recorded videos and submit assignments to make up any missed class time.

Synchronous (live) classes are hosted virtually on Zoom and include lectures, discussions, engaging interactive activities, and partner and small group work.

In addition to the live classes the course includes:

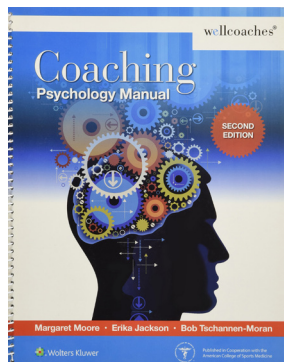
- Approximately two hours' worth of pre-recorded content each week, consisting of narrated powerpoints, video lectures, and coaching demonstrations
- Reading assignments
- Personal growth & Engagement assignments
- Self-check quizzes
- Bi-weekly partner coaching sessions to practice skills with classmates

You will also be required to submit *3 recorded coaching sessions* for evaluation, and meet with a Pathway Faculty Instructor for (3) 20-minute feedback sessions. You will receive robust feedback from faculty on your strengths, opportunities, and recommendations for further growth. Students must pass the final coaching assessment with the evaluation of a grading rubric to be eligible for graduation.

Course Materials & Supplies

To take our Pathway course, you will need:

- A computer equipped with a microphone and webcam
- Reliable internet access
- A copy of the **required** course text:



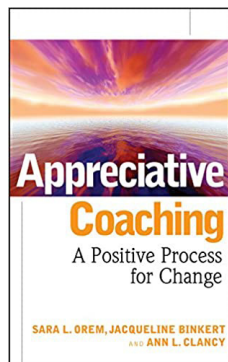
Coaching Psychology Manual, 2nd edition, by Margaret Moore

(~\$65 on Amazon; textbook not included in program investment)

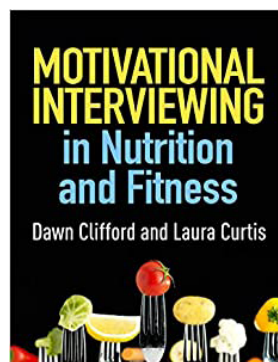


Additional resources will be provided with the release of each lesson.

There are also two **optional** textbooks that can enhance your learning, but are not required:



***Appreciative Coaching:
A Positive Process for Change,***
1st edition, by Ann L. Clancy,
Jacqueline Binkert, and Sara Orem



***Motivational Interviewing in
Nutrition and Fitness,*** 1st edition,
by Dawn Clifford and Laura Curtis



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 lessons via our online Learning Management System (LMS) and accompanied by additional resources to help you cement your learning.



Synchronous & Asynchronous Course Content

You'll receive a portion of the course content online via weekly pre-recorded lessons (asynchronous), and there is also a mandatory, weekly live (synchronous) class component, with daytime and evening hours available.



Multimedia Formats

Program content delivery is primarily via video, audio, and written resources, and assessment is carried out using e-learning mechanisms such as quizzes.



1:1 Mentorship & Personal Feedback

You'll receive personal attention from faculty, including written feedback on 3 coaching sessions to understand your strengths, opportunities, and recommendations for further growth.



24 Weeks

Course content is delivered in 24 lessons at a weekly pace. Expect to spend approximately 7-9 hours per week (including live classes) working on the course.



Coaching Demos

Access coaching demonstrations to observe quality coaching skills in action.



Buddy Coaching Sessions

Practice coaching with peers to build confidence and apply course content in a safe and supportive environment.





What Do I Get by Taking This Course?

As a Pathway student, you'll receive:

- A comprehensive **NBHC-approved** evidence-based coaching education.
- An interactive, academically rigorous, and engaging **community-learning** environment.
- Training on **HCI's exclusive Empowered Well-Being Model** to deepen your personal empowerment and client impact.
- Robust instruction in **Appreciative Inquiry, Motivational Interviewing**, and Nonviolent Communication tools.
- **Thoughtful design**—Pathway was designed to integrate theory and practical skills, leading to increased coaching confidence.
- **Personalized 1:1 mentorship support**—we go beyond other NBHC-approved courses, offering written and verbal feedback on your coaching in a 1:1 setting.
- **Health and wellness training** taught by National Board Certified Health & Wellness Coaches and an expert Clinical Nutritionist.
- **Convenient scheduling** with the option to choose daytime or evening classes — both LIVE.
- Access to a **private Facebook community** for additional support, networking, and connection.
- Certification from HCI as an **Empowered Well-Being Coach (CHWC-Certified Health and Wellness Coach)** with eligibility to apply for the NBHC board certification examination.
- *Pathway Bonuses:* Your Pathway enrollment includes a bonus of our **Master Your Stress** course, a self-paced personal development course designed to help you understand and navigate life's stressors and increase personal resilience. You'll learn about the different types of stress, how they impact you, and how you can mitigate the negative impacts. You'll also learn some coaching techniques to support others struggling with stress. By the end of the course, you'll have a personalized self-care plan you can follow to keep you in a state of calm, no matter what challenges life throws at you.

What Makes Pathway Unique?

There are many reasons our course stands out from other coaching programs out there! Here's what makes our NBHWC-approved program unique:

1

No prerequisites or requirements for recertification:

No experience or degree required for Pathway! Anyone 18+ can enroll in our program. Become an Empowered Well-Being Coach and skip the recertification fees.

2

Personalized 1:1 mentorship & comprehensive, high-quality feedback:

As a Pathway student, you'll submit coaching session videos with transcripts for comprehensive feedback. Our highly-qualified instructors provide personalized mentorship and go beyond NBHWC requirements, offering both verbal and written feedback. Unlike other programs, recordings and transcripts allow for detailed assessment, ensuring specific feedback for your growth opportunities.

3

HCI-exclusive Empowered Well-Being Wellness & Reactive Distress models:

Our program takes a holistic approach to health and wellness, teaching you two unique wellness models to assess clients and support their wellness across eight dimensions. With our in-depth curriculum, you'll learn stress resilience techniques and build the skills to coach clients toward optimal health. And the best part? You'll have these resources for long-term success in your coaching practice!

4

Functional learning:

Our curriculum is hands-on and practical! You'll get coaching practice and experiential exercises, plus a buddy partner to practice with in a safe, supportive environment.

5

Robust Instruction in Coaching Skills:

Learn Appreciative Inquiry, Motivational Interviewing, mindfulness, and Nonviolent Communication tools. Other program goes beyond others by providing comprehensive training in all these tools! You'll gain an understanding of how to leverage the client's strengths, rather than focusing solely on problems, to help clients get unstuck to achieve the behavior outcomes they desire.

6

Vibrant & global supportive community:

Join our tight-knit HCI community of 20,000+ and experience the benefits of a small, supportive learning cohort! In our live classes, you'll make lasting connections with peers who will challenge and uplift you. Learning together has never been so fun! Build a network of like-minded friends that will last beyond graduation.

7

Personal transformation: At HCI, we practice what we preach! Join Pathway to work on your own personal transformation while learning to coach others. Using the Empowered Well-Being Model, you'll identify areas of wellness that need improvement, increase your stress resilience, and level up your self-care. With coaching and mentoring support every step of the way, Pathway promises to be a truly transformational experience.

What is the Cost for This Course?

Pay in Full

\$5,950

~~\$7,950~~

Save \$2,000

OR

Monthly Pay

\$6450

\$921.73/Month

7 Payments

Save \$1,500

Praise for the Pathway Program

“

I have been set free! I was always feeling that I had to come up with the session focus, and afraid to step out because I was going to fail. Since I have been in this class, I now know that it is not up to me to decide what the session will be about and I feel so much more confident to finally step out as a coach. I also never really felt like I had a specific niche and it has always been hard for me to follow a script as I like to go where the wind blows. Learning to coach the way we are currently learning in the Pathway Program has not only helped me in my coaching but has helped me in all aspects of my emotional well being. I feel I am mentally and emotionally stronger, have been taking care of “me” more, my spiritual life has gotten stronger and my finances can’t help but get better since my outlook is better about coaching. Love this course!

/ **SHARON** /
Burrell Candler

This has been a piece of the puzzle I have been looking for in coaching. I felt I had a good basis from the framework of coaching through BHC. The Pathway Program has created a more detailed framework with more clarity and focus.

/ **SHARI** /
Biery

I have let go of scripts and embraced the structure that supports letting the client lead. It’s a big leap for me. Dancing in the moment feels like free-fall, but ultimately leads to richer results.

/ **AMANDA** /
Chambers

”

This has been such a journey! So much packed into a short time! It was so scary to think about coaching without a script! A script made me feel more confident (and competent). But through this process of learning the competencies and watching the demos, it has really made me feel much more open and confident even without a script.

/ **DEBRA** /
Loader

Pathway has brought about a new level of self awareness and personal regard to the various dimensions of my life. The Empowered Well-Being Model has been a life changer, I cant even explain, taking theory with clients and weighing changes, it allows for a more concrete way of showing them the opportunities.

/ **JEANETTE** /
Carbajal

FAQs

What is the length and duration of the program?

The Pathway Program is six months long, with multiple class start dates available throughout the year.

Are there any prerequisites?

There are no prerequisites required for this course. Pathway will prepare you for a successful coaching career, even if you have yet to gain prior coaching experience. We encourage you to research and speak with our Clarity Coaches to learn about the coaching profession before enrolling. We welcome international students and U.S. citizens living abroad.

How will this benefit my current coaching practice?

The course is academically rigorous and will teach you evidence-based practices and nationally recognized coaching standards. The course will prepare you for a successful and rewarding career as a Health & Wellness Coach (HWC) and offer successful graduates the opportunity to sit for the NBHWC exam to become an NBC-HWC board-certified coach by the [National Board for Health and Wellness Coaches](#).

Our program will teach you potent coach tools and techniques such as Motivational Interviewing, Appreciative Inquiry, and Nonviolent Communication, as well as how to cultivate mindfulness, lead centering practices, and support your clients with increasing their stress resilience.

After you complete the course, you'll have a thorough understanding of the key elements of a successful coaching relationship, how to guide a session effectively, the importance of coaching presence, techniques for active listening, how to utilize Appreciative Inquiry-based coaching, Motivational Interviewing skills, and strategies for evoking intrinsic motivation to address any client concern.

Additionally, you will have evidence-based information and practices to support clients with health concerns, such as stress management, blood pressure, cardiovascular disease, diabetes, metabolic syndrome, inflammation, arthritis, and weight management.

Can I access this course on my smartphone?

Yes, you can, but your computer or tablet should be the default option for viewing the course materials.

Can I take this course if I have no coaching background?

Yes, there are no prerequisites required for this course. There is no experience or degree required for Pathway! Anyone 18+ can enroll in our program.

Who is this course for?

The course is designed for students who are inspired to help others with their wellness, love personal growth, and are excited about developing new coaching skills and integrating personal feedback so they can coach with confidence!

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

You should expect to spend 7-9 hours per week attending class, studying, coaching, and completing the course requirements.

Do you offer payment plans?

Yes, we do! You can learn about the options available by reaching out to a Pathway Clarity Coach at (650) 887-1027.

What are the course requirements to receive a Certificate?

You are required to attend 40 hours of synchronous class time, complete all required assignments, attend (3) required feedback sessions with an instructor, and pass a final coaching evaluation based on a rubric to receive a certificate.

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

Absolutely! But it is important to note that the course includes 40 hours of mandatory live class time with instructors, so your schedule will need to allow for attending the weekly 2-hour sessions over the program's six month period. We do offer the option to choose between evening and daytime classes to give you more flexibility.

About Health Coach Institute

*Helping You Fast-Track Your Path to a Future
Where You & Others Can Thrive*



At Health Coach Institute it's our mission to change the way we do health by empowering deeply caring people to transform lives, create abundant careers, and change the world—one coaching conversation at a time. We teach aspiring coaches how to build successful careers helping others thrive in health and life through:

Transformative, World-Class Curriculum

Trust that you're getting an education that's evidence-based, comprehensive, and approved by the National Board for Health & Wellness Coaching (NBHWC).

Engaging & Knowledgeable Instructors

Learn directly from professional coaches who've built successful practices and want to help you do the same.

Hands-On Learning

Practice your skills in real time so you can apply, assimilate, and integrate your knowledge and gain confidence as a coach.

A Vibrant & Global Community

Connect with a like-minded community 20,000 strong via online groups and live networking events.

...and unparalleled support every step of the way.

We hope to see you in class!

Have additional questions?
Your Empowerment Coach can
help!

1-800-303-2399

BOOK A CALL



HEALTH COACH INSTITUTE
Spark the Change