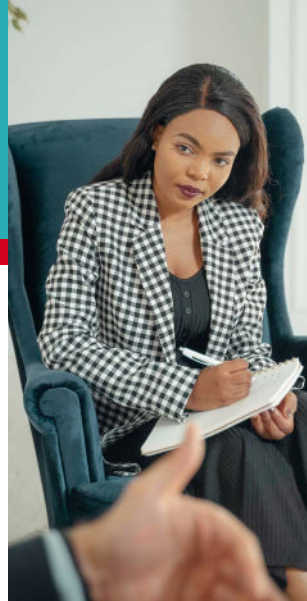


Become a
Health
Coach



Study Online or In Class

The CNM Health Coach



Our Mission

- To provide students with thorough practice oriented training.
- To train students to become competent and successful CNM Health Coaches.
- To make sure the CNM Health Coach qualification is widely recognised and respected in the UK, Europe and Worldwide.
- To continuously raise the profile of CNM Health Coaches.
- To support and promote CNM Health Coaches after graduation.

Study with the award winning, No 1 training provider for coaching and natural therapies. CNM has a good track record of producing successful graduates, you could become one of them.

We look forward to welcoming you!

Hermann Keppler
Naturopath
Founder & Principal of CNM



“I loved the course – it was everything I hoped for and more!”

Anna Piechura
CNM Graduate

Free Coaching Business Startup
toolkit for every student



The CNM Health Coach Diploma

CNM's Health Coach Training has been developed to meet the increasing demand for Health Coaches within the health and wellness sector.

CNM Health Coaches are trained in **How the Body Works, Nutrition, Fitness, Coaching, Business, Promotion and Marketing**. Practical experience is built into each module so that every skill taught is also practiced. This practical element of the CNM Health Coach Training ensures that as well as knowledge, confidence in the application of skills is also developed. This course is suitable for anyone wishing to enter into the Health Coach profession. If you are pursuing a change of career, or you are an existing health and wellness professional seeking to expand your portfolio – this course is for you.

Career Opportunities

The CNM Health Coach diploma can lead to many different careers. You can work on your own, with health professionals coaching their clients or coaching corporate clients. Health Coaches are employed throughout the public and private sector, where they see clients in 1-2-1, group and workshop settings. Health Coaches can give lectures, public talks and publish articles and books as well as build a strong social media presence.

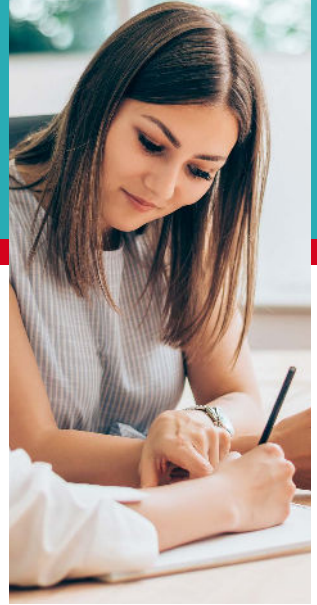
Existing health and wellness professionals such as Nutritional Therapists, Herbalists, Nurses, Doctors, Fitness Instructors or wellness professional can expand their business and value to their clients by adding Health Coaching to their service.



“I looked at various Health Coaching courses but none of them were comparable to CNM’s course which is comprehensive, practical and high-quality.”

Carmen Cimmino
CNM Health Coach
Graduate

The Syllabus



9-12 Months – 550 hours in total
Online or In Class

The CNM Health Coach Diploma is a 5 part course covering everything you need to know to become a successful Health Coach: How the Body Works, Nutrition for Health, Fitness for Health, Coaching for Health and Business, Promotion and Marketing.

Part 1 - How the Body Works

Understand the inner processes of the human body, with emphasis on:

- Digestion
- Hormones
- Immune system
- Weight control
- Intolerances



Part 2 – Nutrition and Health

Learn to make nutrition recommendations that improve health. Students will gain the ability to:

- Tailor dietary requirements
- Identifying problematic foods for the individual
- Combine food for optimum nutrition
- Understand the role of different food groups and diet
- Understand the therapeutic effect of food, herbs and spices
- Understand the best methods of cooking and food preparations

Free therapeutic dietary advice sheets & recipes for every student

The Syllabus *continued ...*



Part 3 - Fitness and Health

Students will learn about different types of exercise; how to recommend and use exercise to improve the health of clients.

- Assess and improve fitness levels of clients
- Understand the purpose of different forms of exercise
- How to set goals, manage expectations and review progress
- Nutrition to support exercise performance and recovery

Part 4 – Business, Promotion and Marketing

The Coaching for Health Module teaches students how to:

- Set up a business and a brand
- Determine your target audience and messaging
- How to set your pricing and the content of your packages
- Promoting your services via a range of platforms
- Marketing channels, including social media and blogging
- Create a referral network
- Set up a thriving Health Coaching business



“Now, more than ever, there is a need for Health Coaches to work with people who want to improve their health, reduce health risks and adopt a healthier lifestyle.”

Karen Broadley
CNM Health Coach
Graduate

The Syllabus *continued ...*

Part 5 - Coaching and Health

The Coaching for Health Module teaches students how to:

- Coach
- Motivate
- Communicate
- Set and achieve goals
- Build strong relationships
- Facilitate health changes in clients



“As I go through the course, my life keeps changing for the better. Knowledge is power that enriches your life.”

Deborah Silver
CNM Health Coach
Graduate



About CNM

CNM is the UK's leading training provider of a range of natural therapies, providing diploma courses in:

- Health Coach
- Natural Chef
- Naturopathic Nutrition
- Herbal Medicine
- Acupuncture
- Homeopathy



Our Mission

- To provide thorough, practice-orientated training in health coaching and natural therapies such as Nutrition, Herbal Medicine, Acupuncture, Homeopathy, and Naturopathy
- To train students to become highly competent, successful practitioners
- To make sure CNM courses are widely recognised and respected in the UK, Europe, and internationally
- To continually raise the profile of natural therapies in society
- To support and promote CNM Graduates after qualification

Why study at CNM?

At CNM you will find students from all walks of life. The main reasons why they choose to study with CNM are:

- CNM is the UK's largest training provider of a range of natural therapies, with colleges nationwide
- CNM's flexible study schedules offer both full-time and part-time study
- CNM offers courses that are in class (weekend or week day) and online
- CNM's unmatched focus on clinical application and practice
- CNM's commitment to train students to become successful practitioners
- 80% of CNM's graduates are practising

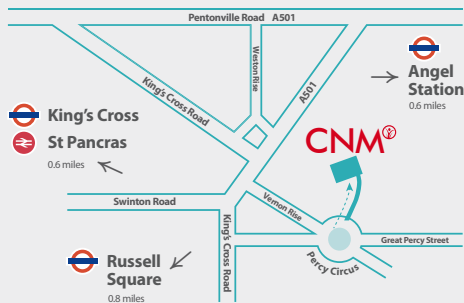
CNM Health Coach

If you are seeking...

- a rewarding and fulfilling career in health coaching
- to expand your knowledge and become a Health Coach
- to be trained by the leading training provider in the health and wellness sector
- to set up your own business as a Health Coach
- to earn a satisfying income in a growing market

...then talk to us today.

Study at our college



25 Percy Circus, London, WC1X 9EU

Study online



www.thehealthcoach.com

CNM

+44 (0) 1342 410505

info@thehealthcoach.com



@CNMHealthCoach



@CNMHealthCoach



@collegeofnaturopathicmedicine

CNM Head Office, Unit 1, Bulrushes Farm, Coombe Hill Road, East Grinstead, West Sussex, RH19 4LZ