

Become a
Health
Coach

Level 5 Diploma
OFQUAL Registered

Study Online or In Class

The CNM Health Coach



Our Mission

- To provide thorough, practice-orientated training in natural therapies such as Naturopathy, Nutrition, Herbal Medicine, Acupuncture, Homeopathy, Health Coaching and Natural/Vegan Chef.
- 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, IRE and internationally.
- 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

Internationally recognised and approved by leading industry professional bodies, including the ANP, UKIHCA and NHS PCI.



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 professionals 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



10-12 Months
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 - Coaching and Health

The Coaching for Health Module teaches students how to:

- Support, motivate and educate.
- Set and achieve health goals.
- Build strong relationships.
- Facilitate positive health change.
- Understand and use behaviour change models.



“The Health Coach course gave me the knowledge, tools, skills and confidence to successfully set up my dream job, all within a year!”

Marie Frost
CNM Health Coach
Graduate



The Syllabus *continued ...*

Part 5 – 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.



“Empowering people to make positive changes to their health has never been more important and I’m so grateful to work in this industry.”

Dr Anna Shelomentseva
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 and Ireland'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.

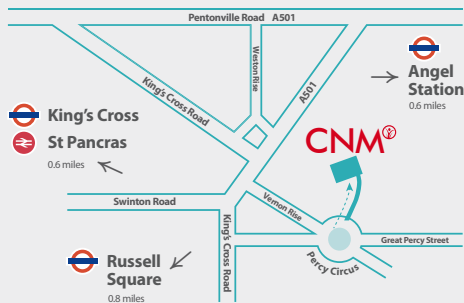
CNM Health Coach

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



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Study online



www.thehealthcoach.com

CNM

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