



HEALTH COACH INSTITUTE

Become a Health & Life Coach

Course Catalog

Start the Coaching career of your dreams!

Explore our online Health & Life Coach training program and learn how you can become a dual-certified Coach in 6-months.





WELCOME

At Health Coach Institute, we're committed to empowering individuals just like you to become extraordinary coaches and change-makers. Our mission centers on creating opportunities for personal growth, transformation, and building the confidence to make a meaningful impact.

Thousands of people come to our school seeking their passion and purpose. They want work that inspires them. They want the skills to confidently make a difference in people's lives. They want personal growth—and many also want to build a fulfilling, lucrative career.

Our carefully curated curriculum, developed by industry leaders and successful coaches, is designed to equip you with everything you need to succeed in this life-changing journey. From mastering coaching fundamentals to building a thriving practice, our approach is built around the philosophy of "First for you, then for others"—ensuring that you not only transform your own life but also have the tools to inspire and lead others toward positive change.

Are you ready to take the next step? We'll be with you every step of the way.

Warmly

The Health Coach Institute





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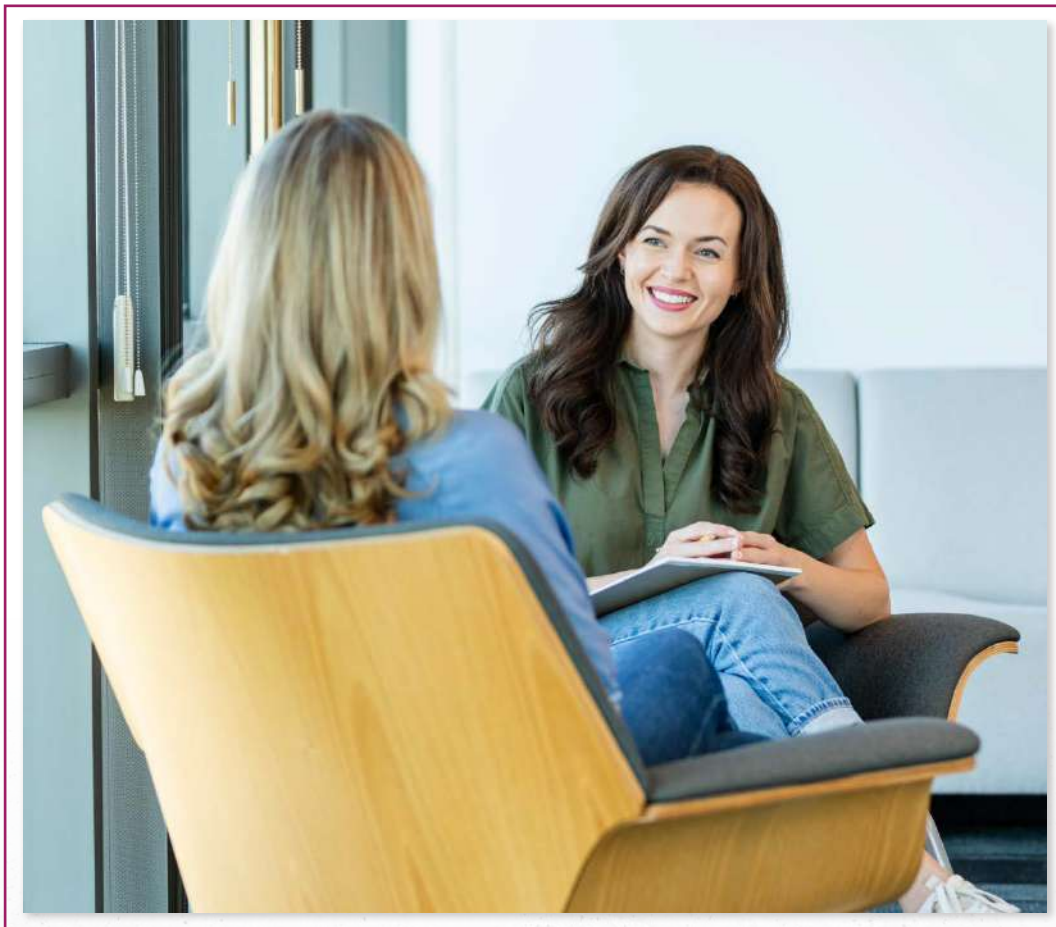


The World Needs
HEALTH & LIFE COACHES

What is a Health and Life Coach?

A Health and Life Coach helps clients transform their lives through habit change, whether they want to lose weight, have more energy, reduce stress, change careers, deepen their relationships or achieve any other goal.

Health and Life Coaches work with clients privately 1:1 or in a group coaching environment to break through unconscious habits that sabotage health and create new behaviors that best support personal well-being.





The World Needs HEALTH & LIFE COACHES

What Makes Coaching the Best Career in the World?

- ♥ Deepen your **self-awareness**
(your patterns, blind spots, unique brilliance)
- ♥ Realize your full potential while **making a positive impact**
- ♥ Develop communication skills that **improve** every area of **life**
- ♥ Perfect **side gig** or **full-time career**
- ♥ Can be done **virtually** from anywhere in the world
- ♥ **Make great money** helping others (up to \$75/hr and more!)
- ♥ Earn while you learn
- ♥ **Easy** to get started
- ♥ It's **FUN!**

Why NOW is the Best Time to Become a Coach

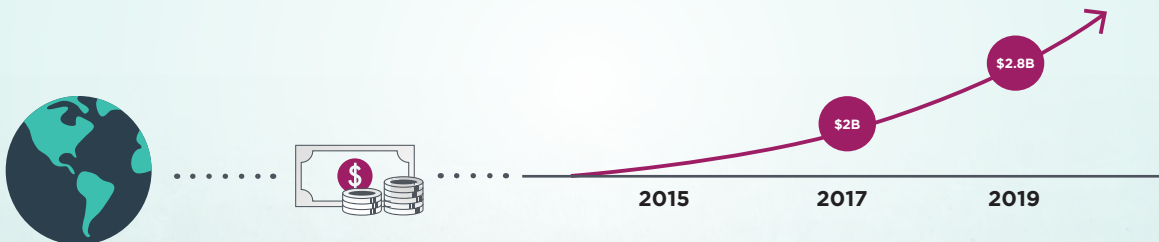
Coaching is quickly becoming a lucrative career, and is one of the fastest growing industries in the world.

The Harvard Business Review writes that coaches are now replacing managers in top companies to help them with mindset, communication, and leadership.

It's estimated **one-third of Fortune 500 companies use coaches** for their teams and executives to reduce stress and burn-out and increase wellness and performance.

This is also really exciting:

The estimated global total revenue from coaching in 2019 was \$2.849 billion U.S. dollars, representing a 21% increase over the 2015 estimate.*



That means that **more and more people are looking for and spending money on hiring a personal coach!**

*International Coach Federation 2020 Executive Summary





About Health Coach Institute Instructors

MEET YOUR INSTRUCTORS



Alyssa Poggioli

Coach Mentor, Become a Health & Life Coach

Alyssa is an executive coach and National Board-Certified Health & Wellness Coach, specializing in leadership, communication, and emotional intelligence. She empowers professionals to manage stress and increase self-awareness, fostering psychological safety and well-being. Her coaching style emphasizes building trust, offering honest feedback, and encouraging deep self-reflection.



Priscilla Benavides

Coach Mentor, Become a Health & Life Coach

Priscilla Benavides is a life coach and mentor who supports highly sensitive people, empaths, and coaches in reclaiming their energy and living more authentically. She blends mind-body-heart wisdom, breathwork, and mindfulness to guide deep transformation and self-discovery. Originally from Santiago, Chile, Priscilla has mentored students at the Health Coach Institute since 2017, helping them unlock their potential as transformative coaches. She also runs a private practice and enjoys hiking, music, and time with loved ones in the Pacific Northwest.



Sage Lee

Coach Mentor, Heart Warrior Community

Sage Lee is a community mentor and expert in building impactful brands, having helped hundreds of business owners and entrepreneurs create world-class brands. He guides coaches in creating sustainable businesses. Sage is also an artist and writer, dedicated to helping people solve life's challenges through self-discovery.





HCI's Coaching Model:

THE HABIT CHANGE COACHING METHOD

Recent science has shown that **habits (the behaviors you do every day) determine your quality of life.** With Habit Change Coaching, we're not working with lists of what to do and what not to do. Our approach is to teach you how to make healthy, empowering habits a part of your *identity*. True behavior change is identity change. It's about becoming someone who chooses healthy, inspired living because it's who you are.

What makes our **Habit Change Coaching Methodology** so powerful is working with the ultimate form of intrinsic motivation where it's not about losing 20lbs or having a perfect life, it's about *becoming the type of person you want to be.* Who are you as your healthiest, most empowered self?

The Habit Change Coaching Method is based on the idea that health is not something you do, it's who you are, from the inside out on an *identity level.*

When you make changes on an identity level, follow-through becomes automatic. The habits that create your best life become non-negotiables — not through discipline and willpower, but because it's who you are. You are someone who chooses healthy, empowered living.

This is how you build healthy and empowering habits that last, and this is the premise of the Become a Health & Life Coach model. By the end of the 6-month training, you will be confident in creating lasting habit change, first for you, then for others.





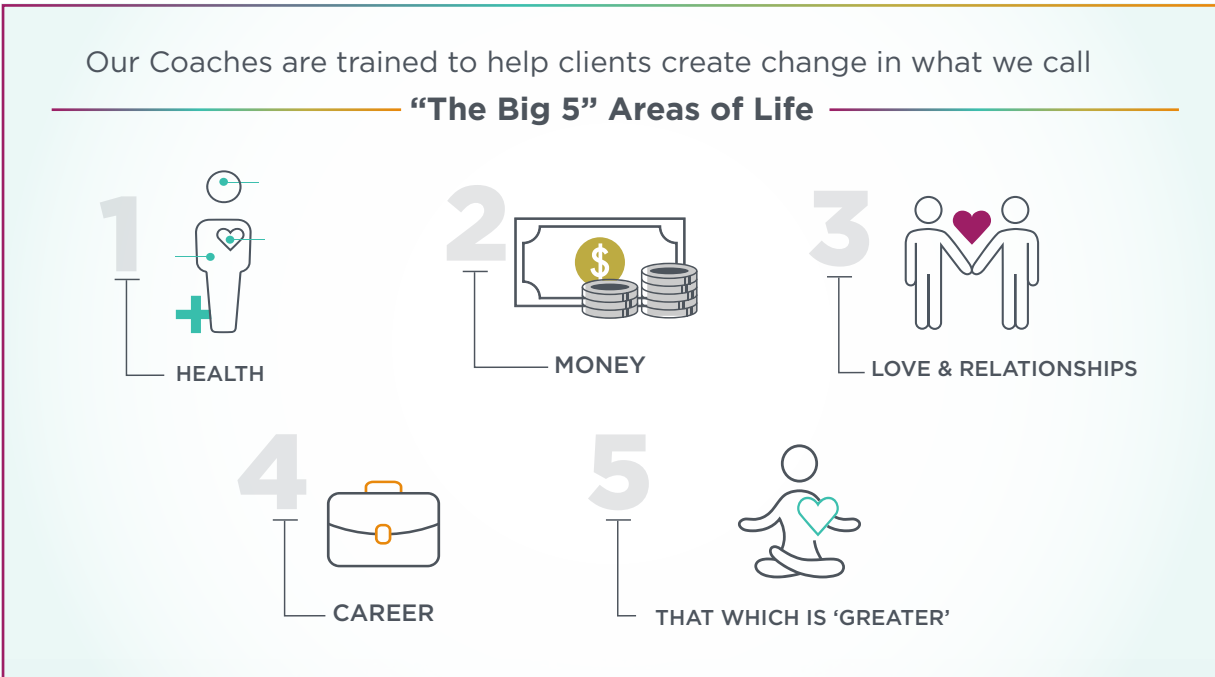
DUAL HEALTH & LIFE COACH CERTIFICATION

Oh YES.

Two Certificates, One Tuition!

With a **dual Health & Life Coach certificate** from Health Coach Institute, you'll be able to serve clients in a variety of contexts. **What this means is that your Coach-Client relationship has longevity!**

This creates a more sustainable business model for you and a pathway for your clients to continue upleveling every area of their lives.



We call these **“The Big 5”** because they are the 5 areas of life that reflect to us whether or not we're in alignment with our truth and personal power. By the end of the 6-month training, you'll know how to facilitate lasting transformation in each of the Big 5 areas.





Program At A Glance

A UNIQUELY DESIGNED EDUCATION EXPERIENCE

-  **Dual Health & Life Coach Certification**
Help clients bring health to every area of their life. Health Coach Institute is one of the only schools to offer Health and Life Coach training together in one comprehensive program.
-  **Habit Change Coaching Method**
Learn the art and science of the Habit Change Coaching Method to develop the habits that create lasting change.
-  **Taught By Professional Health & Life Coaches**
Fast track your path to success by learning from teachers who have been coaching professionally for a combined 30+ years.
-  **Weekly Engagement Opportunities**
Optional weekly live sessions allow you to receive support in your learning, gain momentum toward your certification, and connect with your fellow peers. Sessions include one 50-minute Monthly Office Hour, two 90-minute biweekly Skills Lab Partner Pairings, and three 30-minute Coaching Zone sessions each week.
-  **Personal Transformation**
Bust through fears, doubts, and frustrating patterns that have been keeping you stuck, so you can create the life you truly desire. Many students say they experience more personal growth in 6 months than they have in years!
-  **Complete Coaching Toolkit**
Start your own practice quickly and easily with “done-for-you” materials, including coaching scripts, templates, and hundreds of customizable resources. You’ll receive one done-for-you 90-day starter kit that can be adapted for six different niches, so you’ll know exactly what to do with clients in every session.
-  **Flexible 100% Online Training**
Learn at your own pace, from anywhere in the world. Finish in as little as 6 months (5-7 hours a week), or take up to 12 months to complete the program.
-  **ICF-Accredited Continuing Coach Education hours**
Become a Health & Life Coach is CCE-accredited by the International Coach Federation—the gold standard of coaching.
-  **A Vibrant & Global Community**
Transformation happens in community, not isolation. Connect with a like-hearted, passionate community via practice labs, and private online groups.





The Curriculum

WHAT EXACTLY AM I GOING TO LEARN?

The **Become a Health & Life Coach (BHLC)** program is 6-month certificate training that consists of 4 Pillars, released in weekly, easy-to-follow lessons and accompanied by done-for-you resource materials to accelerate your learning.

PILLAR 1

Holistic Nutrition For Coaches



- Uncover what drives frustrating behaviors around food, body, and health.
- Discover a simple food and lifestyle formula that is scientifically proven to create optimal health and well-being.

PILLAR 2

Habit Change Coaching Method



- Learn how to coach.
- Get trained in the 90-day done-for-you coaching program.
- Grow your confidence working with clients.

PILLAR 3

Personal Growth & Life Coach Certification



- Expand your skill set with specialization.
- Learn how to coach on relationships, money, career, and that which is greater.
- Experience your own transformation in these areas.

PILLAR 4

Launch Your Coaching Career



- Go pro and launch your coaching business!
- Discover how to price and market your services, attract and retain clients, and generate cash flow.



All of the training is inside a **private BHLC student learning hub**.

To the left is a screenshot from **Pillar 1, Week 7**, offering a preview of the impactful strategies students will learn to help clients improve energy, balance, and time management.





Pillar 1

HOLISTIC NUTRITION FOR COACHES

Sometimes we adopt a diet to look and feel better. Maybe Paleo is the answer? Or Keto? Or vegan? Diets are incredibly contradictory and confusing. Plus, they're too restrictive, so we fall off the wagon and go back to patterns of eating whatever is easy or binging or promising ourselves that we'll start a new diet tomorrow.

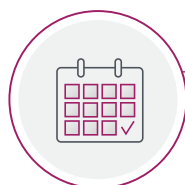
We want to teach you a better approach to food. In **Pillar 1** we cut through all of the noise and simplify food using a formula that physicians, nutritionists, and health professionals agree is scientifically proven to stabilize systems in the body (like blood sugar, hormone balance, energy regulation, immune response, and detoxification), and proven to calm inflammation, digestion, and the nervous system.

You'll discover:



The Science Behind Why Coaching Works

Learn why coaching is effective at creating lasting change, plus discover the underlying structure of all diets and how you can learn 100 dietary theories in 10 minutes.



Plan & Set Meaningful Goals

Learn the 6 simple questions a health and life coach must ask their clients to create a body, mind, and soul transformation.



The Health & Life Coach's Secret Weapon

Identify and understand common stressors, their effects on the body, and valuable tools to move from stress to relaxation.



How to Make Healthy Choices and Harness the Power of Time

Learn how to time your meals and manage your to-do list so you can increase energy and prioritize your values to reach your goals.



Balancing Blood Sugar and Reducing Inflammation

Learn what and how to eat to reduce cravings and gain energy.



Diet & Lifestyle Strategies

Learn a practical, evidence-based diet and lifestyle system that gives your client the energy and inspiration needed for lasting change.



Powerful Drivers in Your Relationship with Food & Body

Uncover what drives all of your behaviors regarding food, body, and health.



Pulling It All Together

Recap foundational skills of the Habit Change Coaching Method, plus review our complete, evidence-based diet and lifestyle system.





Pillar 2

THE HABIT CHANGE COACHING METHOD

Pillar 2 focuses on the Habit Change Coaching Method. Habit Change Coaching is a repeatable coaching system that will help you create breakthroughs for your clients in every session. You'll learn how to unwind self-defeating patterns and connect your clients to their deepest inspiration and personal power. When you learn this method, you'll become a master of habit change!

You'll learn:



What Makes The Habit Change Coaching Method Different?

Habit Change Coaching is a combination of Behavior Science, Neuroscience, Positive Psychology, Appreciative Inquiry, NeuroLinguistic Programming, and Motivational Interviewing. Discover why it's successful in helping people make lasting change.



The 5 Steps Of The Transformational Process

Learn the steps of the process of change and how to layer in question sequences that guide a client to powerful breakthroughs.



How To Structure A Coaching Session

Discover the 6-part coaching session structure that helps your client have a transformative experience every session.



Why Self-Sabotage Happens and What To Do About It

Learn why self-sabotage is a normal part of the transformational process. Discover how to properly structure a coaching program so you can build in exercises and question sequences that will help your client navigate self-sabotage.



Practice the Art of Delivering 'The 90-Day Total Transformation Program'

This proven, done-for-you coaching program is taken straight from Stacey's coaching practice. It's 12 sessions, delivered one session a week. Each session has complete scripts that you can use verbatim or make your own.



How To Describe Your Coaching Program

Learn how to talk about what you do in a compelling way that attracts the ideal client.



Effectively Coach On Client Objections

Turn 'No' into 'Yes' with integrity and authenticity for lasting change.



The 2 Steps You Must Take BEFORE You Coach Your Client

These "behind the scenes" tips on how to prepare for a coaching session will help increase your confidence and support your clients in achieving better results.



How To Build Organic Invitations To Renew Into Your Coaching Program

Learn how to structure your coaching program so that you have natural invitations for your client to renew, plus discover what to do with clients when they do renew.



Coaching Materials and Resources

All the resources you need to get started with clients: sample emails, client agreement, coaching session scripts and handouts, and advanced coaching sequences.





Pillar 3

PERSONAL GROWTH & LIFE COACH CERTIFICATION

One of the best ways to help others transform is to first transform yourself. You are your own first client! That doesn't mean being perfect and having the perfect life; it means being committed to walking your own path of personal growth.

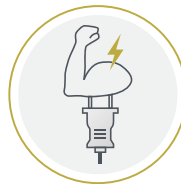
In fact, you can only take your clients as far as you are willing to go. In **Pillar 3** you'll explore and transform **your** relationship with the Big 5 areas of your own life: Health, Money, Relationships, Career, and That Which is Greater. In the process, you'll learn to facilitate profound transformation for others.

On your way to becoming a Life Coach you'll cover:



The 5 Core Human Fears

Learn the 5 core fears many human beings share. No matter who you're coaching or what you're coaching on, one or more of these 5 fears can limit your clients' ability to make progress.



How To Transform Fear Into Fuel

Discover how to help your clients transform their fear, so they can uncover their truth and access their personal power.



How To Coach on Career

Help your client discover their inner power and develop the courage to identify what they want, ask for it, and receive it using a simple 4 step system.



How To Coach on Money

Learn how to help your client transform their relationship with money so they can take control of their financial future.



How To Coach on Love

Discover how to show your future clients that you can be fallible and fabulous, and regardless of past mistakes, you can learn to flourish as loving and loved people without compromising yourself.



How To Coach on That Which is Greater

Learn how to help your client connect to something greater so they can generate the feelings of awe, gratitude, and connection, healing the past and opening up to a brighter future.



Learn how to customize 'The 90-Day Total Transformation Program'

Receive done-for-you coaching programs for each of the Big 5 areas of Life—Health, Money, Love, Career, and That Which Is Greater.





Pillar 4

LAUNCH YOUR COACHING CAREER

Pillar 4 covers everything new coaches wish they knew when starting out, including a practical 5-step system for launching your coaching career. Within each step, you'll be given the detailed nuts and bolts and "how-to" that you need to succeed in the real world.

The 5 Step System to Launch Your Coaching Career:

1 Lay Your Foundation

- The inner and outer game of business
- The mindsets you'll need for success
- The phases of the growth of your business and what happens in each phase
- How to turn your coaching program into a compelling offer that attracts your ideal clients
- How to use strategic pricing, bonuses, and other incentives to make investing in your coaching program even more exciting

3 Find Ideal Clients

- Why we worry about finding clients and what to do about it
- Our top 6 strategies to find clients
 - Interviewing your audience
 - Turning your practice clients into referrals
 - Networking
 - Referral partnerships
 - Speaking
 - Social media

5 Start Creating Income

- Experience a powerful exercise to help you see yourself as a successful coach
- Create the accountability system that will keep you moving forward
- Be invited to decide to show up for yourself

2 Dial-In Your Enrollment Conversation

- Your beliefs about "selling"
- The difference between a lead and a prospect
- How to prequalify a lead so you're only talking with ideal prospects
- How to make our Enrollment Conversation your own
- How to handle objections
- How to follow up after the Enrollment Conversation

4 Focus On Client Attracting Activity

- Transform your money mindset
- Choose your 1-2 strategies to start getting clients
- Start to create your Income System
- Learn our top 3 tips for productivity
- Discover why resilience is the most important quality you can have for success





HOW WILL YOU LEARN?

Your training is released in weekly lessons in our private learning hub. Lessons are comprised of step-by-step training videos, done-for-you templates, cheat sheets, and action guides so you can effectively absorb the teachings and take action without brain fatigue!



Multimedia Format

Learn how you like to learn. You'll be able to read, watch, or listen to the trainings on your computer, iPad or iPhone. Our intention is to make online learning easy and fun!



Experiential Learning

Learning happens best through direct experience, which is why the Become a Health & Life Coach training is designed to include optional Weekly Engagement Opportunities.

Want to be a great Coach? Practice the skills you're learning so your confidence grows as you move through your training! We even host twice monthly Skills Labs with Partner Pairing to help you practice as you move towards certification.



Live Coach Mentor Office Hours

Every month you have the opportunity to join a live Coach Mentor for Office Hours. This is a place where you can get questions answered, witness masterful coaching in action, and connect to the inspiration and motivation of your community. Questions are submitted ahead of time. If you're not able to attend live, the recording will be available in your course materials.



Coaching Zones

Our students describe their learning experience as priceless. Each week, you'll have the opportunity to join three Coaching Zones, where inspiration, motivation, and celebration occur. There's even a chance to receive coaching during these sessions!

What is the Weekly Time Commitment?

Content Overview	Program Progress	21%
<p>Orientation</p> <p>Start lesson 1/5 ></p>	<p>100%</p> <p>5/5 Completed</p>	
<p>Pillar 1 - Holistic Nutrition for Coaches</p> <p>Start lesson 1/9 ></p>	<p>100%</p> <p>9/9 Completed</p>	
<p>Pillar 2 - Habit Change Coaching Method</p> <p><small>In Pillar 2, you will learn the next level of Habit Change Coaching Method techniques as you experience Health Coach Institute's done-for-you, transformational 90 Day Program as the client and coach, including coaching your first two clients. You will discover how to invite new clients to say "yes" to enrolling in your coaching programs and most importantly, how to facilitate your clients' creating lasting behavior change and new levels of health and wellbeing.</small></p>	<p>50%</p> <p>6/12 Completed</p>	<h3>Go At Your Own Pace</h3> <p>Plan for 5-7 hours of course engagement per week if you want to complete your training in 6 months. You will have one full year from your start date to complete the requirements for certification.</p> <h3>Track Your Progress</h3> <p>Our learning hub makes it easy to see what lessons you've completed and pick up where you left off every time you log in. This will help you stay on track and complete the program.</p>

Become a Health & Life Coach is artfully designed to give you the right systems, **the right support, and the right accountability** to ensure your success.

Schedule a call with a Clarity Coach to get answers to any questions and see if our Become a Health & Life Coach program is right for you.





AFTER GRADUATION



Where can you work?

- 1 Private Practice
- 2 Functional Medicine Clinics
- 3 Weight Loss Centers
- 4 Chiropractic Practices
- 5 Corporate Wellness Programs
- 6 Schools & Universities
- 7 Subject Matter Expert in the Media (TV, Magazine)
- 8 Yoga Centers
- 9 Gyms
- 10 Paid Speaking
- 11 Youth Empowerment Groups
- 12 Any industry to educate, motivate, and inspire well-being and performance!

How Much Can You Earn?

According to the International Coaching Federation, **the average coaching salary in North America as of 2020 was \$62,500**, with **top coaches earning six figures and up**. One of the beautiful benefits of this career path is that there is no limit to your impact and income.

Earn While You Learn!

Students start seeing no-fee practice clients around week 10 of the 6-month training and have the option to start working with paying clients anytime after that. Beginner coach rates vary depending on the students' comfort and experience level, and can range from an estimated \$50-\$100/hour and \$100-\$150/hour when they graduate. **Through Pillar 4, our business training, students will be guided to set fees, take payments, and find and enroll clients in a professional way.** This gives students the option to earn while they are still in school.





Student Success Stories

THEY DID IT. SO CAN YOU.

With over **30,000 students from around the world**, graduates are experiencing life-changing breakthroughs and finding incredible success as part-time and full-time coaches through our Become a Health & Life Coach program.

How Two Medical Professionals Enhance Their Careers With Coaching



Odet King



Evette Kingcaid

“Many of us as physicians really want to help patients, but sometimes the patients have something that prevents them from follow-through and gets in the way of their healthcare.”

Odet King, pharmacist, and Evette Kingcaid, physician, both found a disconnect between in-office patient treatment and at-home follow-through, limiting the help they could provide. In search of how they could further guide their patients, they enrolled in BHLC and learned how to properly ask questions that get to the root of why patients felt stuck — why they weren't following through. This provided a deeper relationship with them, resulting in better care. For them, **health coaching created a place for healing and allowed them to empower patients to take charge of their health** and encourage successful follow-through.

From Full-Time Corporate World To Forever Coach



Annie Petsche

“BHLC really inspired me to embark on this entirely new career path. It empowered me to go after my dream of being a Coach.”

Gravitating toward the idea that our mind-body connection fuels how we show up in life, Annie Petsche began infusing her wellness ideals into her corporate consulting practice. It was then that Annie discovered her growing passion for helping others and knew she was meant for something more. Graduating from BHLC and then from HCI's Coach Mastery program served as a launchpad for Annie's new life. **She left the corporate world and just 6 months later earned \$20K in ONE month** as a coach! Annie now focuses on building a business to serve 1:1 high-ticket clients that will eventually also evolve to offering group services to reach more people.

Finding Happiness By Exploring A Career That YOU Want



Howard Wu

“I always wanted to help the community, and now I'm doing that by doing something that also makes me happy.”

The Become a Health & Life Coach program helped Howard Wu realize that **living your life on someone else's terms can dim your spark.**

Cultural tradition and/or family expectations to follow a laid-out career path doesn't necessarily lead to a “successful” career and life. Through the BHLC program Howard learned how to take a step back, ask himself the right questions, and say ‘yes’ to himself in order to take actions that would lead to a significant transformation in his life. Adopting this new mindset has allowed him to build a fulfilling coaching career that brings him happiness in helping others find purpose just as he did.

The testimonials and stories on this page reflect the thoughts and real life experiences of individuals that have completed the BHLC program, however, results may vary.





With over 600 reviews on Trustpilot, Health Coach Institute and the **Become a Health & Life Coach** program is one of the **top-rated schools** with 4.6 stars. Here are a few highlights.



★★★★★

I feel fully capable of coaching clients because **HCI really thinks of EVERYTHING you need as a coach to become successful.** The classes are engaging, fun, enjoyable, and very informative, without overwhelming you. I was able to follow this program while working a busy job and made a lot of meaningful connections with wonderful like-minded people.



DEC 5, 2021 / LOTTI LOHMEYER / 📍NL

★★★★★

I love that we did peer coaching, as well as 12-week practice coaching. I truly feel practicing the coaching makes the difference in increasing confidence as a Health and Life Coach! **As a working RN, I greatly appreciated that it is self-paced, online.** I feel I have an excellent understanding of the process of facilitating positive transformation for clients!



AUG 6, 2021 / SUSAN MCLEAN / 📍US

★★★★★

I researched dozens of coaching schools before going with HCI. **The deciding factor was that they were going to coach me to coach others.** They weren't going to simply throw lessons at me then say "go coach". The cost, the content, the community and maybe above all of that... you hit the ground running even before you graduate!



NOV 10, 2021 / LAUREN KINNETT / 📍US

★★★★★

I'm not the person I was just six months ago and I feel wonderful. I knew the program would be a deep dive into my own life, habits, purpose, fears, etc... but **I had no idea the transformation in me would be this incredible.** I'm a better person today having gone through the BHLC program.



APRIL 12, 2021 / JOEY COSENTINO / 📍US

★★★★★

This program first changed my life, and now I use it to help others change theirs. The community and support are never-ending, even after graduating. I appreciated the materials, handouts, and other tools I was given to help me support my clients. **HCI also does a fantastic job of helping coaches understand the actual business of becoming a coach** so they can start out ASAP making money and changing lives.



MAY 17, 2021 / JENNY BEECHER / 📍US



★★★★★

The coping and thriving tools I learned in BHLC helped me lose 40lbs of weight, heal my leg that was partially paralyzed, and gain strength and stamina to train for a triathlon. **I am forever grateful to HCI for creating this program that helped transform my life, my health, and now my career.**



NOV 13, 2020 / RUSS KOYFMAN / 📍US

The testimonials on this page reflect the thoughts and real life experiences of individuals that have completed the BHLC program, however, results may vary.





PROGRAM INVESTMENT

Pay in full to receive our lowest available tuition rate, or take advantage of our pay-as-you-go payment plan.

Connect with one of our Clarity Coaches to find out more about our flexible tuition options and current special promotions.

Start Your Journey!
Enroll in the next Become a Health & Life Coach class.



SAVE \$2000

1 Payment of

\$5,950 USD

SAVE \$1500

12 Payments of

\$537.50 USD*

*first payment due upfront

**Plans listed include a non-refundable deposit to reserve your seat.*

**Health Coach Institute reserves the right to collect Sales Tax when and where required by local law.*





DO YOU OFFER A GUARANTEE?

Yes.

Choosing a home for your coaching education is an important decision, and we want this to be the right step forward for you. That's why we invite you to participate in the Become a Health & Life Coach professional training for 30 days. If you don't feel we've delivered on our promise, we'll happily refund your money, excluding the non-refundable \$250 deposit.

Got More Questions?

Call 1-800-303-2399

or

Connect with one of our amazing Clarity Coaches now





CERTIFICATIONS & ACCREDITATIONS

The **Become a Health & Life Coach** (BHLC) Program is a CCE-Accredited program by the International Coaching Federation.*

BHLC is one of the only dual certification coaching programs currently available. You'll become certified as a Health and Life Coach and receive two certificates upon completion of the program.



International Coach Federation (ICF)

The Become a Health & Life Coach program is CCE-accredited by the International Coach Federation. The International Coaching Federation is a nonprofit organization dedicated to professional coaching. ICF has been the gold standard in coaching for over 25 years.



Federation of Holistic Therapists (FHT)

The Become a Health & Life Coach program is fully approved by the Federation of Holistic Therapists (FHT). FHT accreditation ensures that course providers and prospective students can be sure that qualifications and courses have been independently and externally assessed, meeting the highest standards.

The Federation of Holistic Therapists (FHT) is the UK's largest professional association for therapists, ensuring high standards in therapy education and practice since 1962. FHT runs the largest Accredited Register of complementary therapists to have been independently accredited by the Professional Standards Authority for Health and Social Care, a body accountable to parliament, helping the public to choose a non-statutory regulated health practitioner with confidence.



Health Coach Alliance

The Become a Health & Life Coach program has met strict Health Coach Alliance guidelines. Accreditation of educational programs is focused on quality of instruction, overall curriculum, program delivery, and determining whether students completing the program have successfully learned the materials by way of effective knowledge testing methods. Completing our Become a Health & Life Coach program will allow our graduates to receive the Registered Health Coach (RHC) Designation.

**Accrediting organization is not recognized by the US Department of Education. The Idaho State Board of Education does not recognize accreditation organizations that are not recognized by and in good standing with the US Department of Education.*



START YOUR HEALTH & LIFE COACH JOURNEY NOW



Get the tools and training to transform lives.

Build a flexible coaching business that fits your ideal lifestyle.

Create a better future for yourself and others.

**Contact your Clarity Coach at 1-800-303-2399
or [schedule a call here!](#)**





*If you want a better life, make courageous decisions today.
The decisions you make today create the life you'll have tomorrow.*



HEALTH COACH INSTITUTE
Spark the Change

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