

Behaviour Coaching Skills Training™

Curriculum



Summary Certification Overview

0	Introduction to Behaviour Coaching Skills	12	Psychology of Eating
1	Mastering the A.S.I.T Method	13	Emotional Eating Coaching
2	How to Inspire Your Clients	14	Gut Health Coaching
3	How Good of a Role Model are YOU?	15	Wellness Vision and TTM Decisional Balance
4	Navigating C.O.R.D. Visions	16	Toxicology and Detoxification Coaching
5	The Nocebo Effect of “Bad” Foods	17	Hardest Target Behaviour
6	How to Speed Read Your Client	18	Child and Family Nutrition Coaching
7	Lie Detection Training and Practice	19	Fertility Coaching
8	Health Risk Assessments	20	Physical Activity Coaching
9	Client Stress Management Coaching	21	Food Allergies and Intolerances Coaching
10	Client Sleep Management Coaching	22	Mitigating the Risk of Wrong Nutritional Advice
11	Weight Management Coaching	23	Conclusion - What’s next for you?

Behaviour Coaching Skills Training™

Unit	Content
1	Introduction to Behaviour Coaching Skills Training
2	BONUS Experience Powerful Coaching
3	Mastering the A.S.I.T. Method
4	How to Inspire Your Clients
5	How Good of a Role Model are YOU?
6	Navigating C.O.R.D. Visions
7	The Nocebo Effect of “Bad” Foods
8	How to Speed Read Your Client
9	Lie Detection Training and Practice
10	Health Risk Assessments

Behaviour Coaching Skills Training™

Unit	Content
11	Client Stress Management Coaching (Part 1)
12	Client Stress Management Coaching (Part 2)
13	Client Sleep Management Coaching
14	Weight Management Coaching
15	Psychology of Eating
16	Emotional Eating Coaching
17	Gut Health Coaching
18	Wellness Vision and TTM Decisional Balance
19	Toxicology and Detoxification Coaching

Behaviour Coaching Skills Training™

Unit	Content
20	Hardest Target Behaviour
21	Child and Family Nutrition Coaching
22	Fertility Coaching
23	Physical Activity Coaching (Part 1)
24	Physical Activity Coaching (Part 2)
25	Food Allergies and Intolerances Coaching (Part 1)
26	Food Allergies and Intolerances Coaching (Part 2)
27	Mitigating the Risk of Wrong Nutritional Advice
28	Conclusion - What's Next For You?

0. Introduction to Behaviour Coaching Skills Training

Unit	Here's what you'll learn	Extra support material
0.1 Introduction to Behaviour Coaching Skills Training	<ul style="list-style-type: none">▪ About Alex Ruani, your instructor▪ Different ways to coach▪ Why are you here?▪ Who do you identify with?	<ul style="list-style-type: none">▪ PDF▪ Additional Resources
0.2 BONUS Experience Powerful Coaching	<ul style="list-style-type: none">▪ Who is this training program for?▪ Every practitioner needs coaching skills▪ "I just don't feel like it..."▪ Why coaching skills are a must-have▪ So, what is coaching?▪ Coaching vs Advising vs Therapy▪ Then, what is behaviour coaching?▪ Examples of coaching success▪ Health and wellness coaching▪ Does it hurt enough?▪ How coachable is your client?▪ Ready to coach?	

0. Introduction to Behaviour Coaching Skills Training

Unit	Here's what you'll learn	Extra support material
<p>0.1 Introduction to Behaviour Coaching Skills Training</p> <p>0.2 BONUS Experience Powerful Coaching</p>	<ul style="list-style-type: none">▪ Program Overview<ul style="list-style-type: none">▪ Coaching techniques and scripts▪ Making change happen...▪ Lewin (father of “action research”)▪ Action research models▪ The A.S.I.T. Method™▪ Untapping the “driving force”▪ The reckoning▪ How to inspire▪ How to embody behaviour change▪ Words matter▪ Decoding non-verbal cues▪ Spotting health red flags▪ Misinformed beliefs▪ How intrinsically motivated is your client?▪ Specialised coaching	<ul style="list-style-type: none">▪ PDF▪ Additional Resources

0. Introduction to Behaviour Coaching Skills Training

Unit	Here's what you'll learn	Extra support material
<p>0.1 Introduction to Behaviour Coaching Skills Training</p> <p>0.2 BONUS Experience Powerful Coaching</p>	<ul style="list-style-type: none">▪ Coaching vs Advising vs Therapy▪ What does coaching look like?▪ The 25/75 coaching rule▪ Coaching techniques in action▪ Powerful questions▪ Powerful Coaching Enquiry▪ Coach talk = positive psychology▪ Generate deep thinking and new mental associations▪ How to open your enquiry?▪ How to replace leading questions?▪ Encouraging client reflection...▪ Bigger picture topics inspire us...▪ What does being coached FEEL like?▪ Complex reflections	<ul style="list-style-type: none">▪ BONUS materials: Opening Your Enquiry Worksheet, Replacing Leading Questions Worksheet, Swap Details by Bigger Picture Handout, Complex Reflections Handout▪ Behaviour Coaching Skills Training Success Map™

0. Introduction to Behaviour Coaching Skills Training

Unit	Here's what you'll learn	Extra support material
<p>0.1 Introduction to Behaviour Coaching Skills Training</p> <p>0.2 BONUS Experience Powerful Coaching</p>	<ul style="list-style-type: none">▪ What to reflect back to your client?<ul style="list-style-type: none">▪ Affirmation▪ Double affirmation▪ Double-sided reflection▪ Empathy reflection▪ No 'me', 'myself', 'I'... it's all 'YOU'!▪ What's a good reflections to open enquiry RATIO?▪ O.A.R.S.▪ How to explain coaching to clients?<ul style="list-style-type: none">▪ Coaching is like mapping...▪ Coaching feels like space walking...▪ Let's coach!▪ Behaviour Coaching Skills Training Success Map™	<ul style="list-style-type: none">▪ BONUS materials: Opening Your Enquiry Worksheet, Replacing Leading Questions Worksheet, Swap Details by Bigger Picture Handout, Complex Reflections Handout▪ Behaviour Coaching Skills Training Success Map™

1. Mastering the A.S.I.T Method

Unit	Here's what you'll learn	Extra support material
1.1 Mastering the A.S.I.T. Method	<ul style="list-style-type: none">▪ Why is change so hard?▪ Getting comfortable with change▪ Harnessing the A.S.I.T. Method in coaching▪ Enabling personalised and meaningful change and ongoing coachee growth▪ Assessment Coaching▪ Strategy Coaching▪ Implementation Coaching▪ Tracking Coaching▪ Fostering and endeavouring to protect the coachee's freedom of choice, self-efficacy, and self-monitoring	<ul style="list-style-type: none">▪ PDF▪ The A.S.I.T. Method Mechanics▪ What can we A.S.I.T.▪ Additional Resources

2. How to Inspire Your Clients

Unit	Here's what you'll learn	Extra support material
2.1 How to Inspire Your Clients	<ul style="list-style-type: none">▪ Ready to inspire?▪ Research-backed leadership models and emotional intelligence competencies<ul style="list-style-type: none">▪ Visionary (Authoritative)▪ Coercive (Commanding)▪ Affiliative▪ Democratic▪ Pacesetting▪ Coaching▪ Others▪ Self-assessment: What's your dominant leadership style?▪ Maximising your (and your client's) natural strengths: Coaching as a leadership style	<ul style="list-style-type: none">▪ PDF▪ Additional Resources

2. How to Inspire Your Clients

Unit	Here's what you'll learn	Extra support material
2.1 How to Inspire Your Clients	<ul style="list-style-type: none">▪ Hick's 4 components of transformational leadership:<ul style="list-style-type: none">▪ Idealised influence (role modelling)▪ Inspirational motivation▪ Intellectual stimulation▪ Individualised consideration▪ Intrinsic motivation and change talk▪ The “helping conversation” in coaching (aspects of motivational interviewing): challenge for thought, challenge for action, support for thought, support for action▪ Directive coaching, non-directive coaching, laid back coaching, and situational coaching	<ul style="list-style-type: none">▪ PDF▪ Additional Resources

3. How Good of a Role Model are YOU?

Unit	Here's what you'll learn	Extra support material
<p>3.1 How Good of a Role Model are YOU?</p>	<ul style="list-style-type: none"> ▪ Can you walk the talk? ▪ Is health coaching a 'role model' thing too? ▪ Ethics: Authenticity and integrity ▪ How might role models foster enthusiasm for behaviour change? ▪ Self-awareness and self-regulation ▪ Thriving to become a role model for health/wellness behaviour skills ▪ Self-care self-assessment: How well am I looking after myself? ▪ What is your client's wellness vision? ▪ Introducing the C.O.R.D.TM framework ▪ Client C.O.R.D. vision examples ▪ Leveraging the THSA Health and Wellness Coaching MatrixTM = A.S.I.T. your client's C.O.R.D.TM ▪ Powerful action steps for personal growth ▪ How much coaching vs education in a session? 	<ul style="list-style-type: none"> ▪ PDF ▪ End-of-Session Self-Check CardTM ▪ C.O.R.D.TM Summary ▪ THSA Health and Wellness Coaching MatrixTM ▪ Additional Resources

4. Navigating C.O.R.D. Visions

Unit	Here's what you'll learn	Extra support material
4.1 Navigating C.O.R.D. Visions	<ul style="list-style-type: none">▪ Helping your coachee create their C.O.R.D. vision▪ A.S.I.T.'ing your coachee's C.O.R.D.▪ Using the THSA Health and Wellness Coaching Matrix™▪ Role cards▪ Spotlight coaching practice (whole class)▪ 1-to-1 coaching in breakout sessions (coach/coachee pairs)▪ Completing your own End-of-Session Self-Check Card™	<ul style="list-style-type: none">▪ PDF

5. The Nocebo Effect of “Bad” Foods

Unit	Here's what you'll learn	Extra support material
5.1 The Nocebo Effect of “Bad” Foods	<ul style="list-style-type: none">▪ Why do the words we choose matter?▪ The power of narrative in the human mind▪ Health harm from thought alone?▪ When dietary ideologies backfire▪ The nocebo effect as psycho-biological phenomena▪ Health scares from misinformation – nocebo examples▪ The ugly side of defending own dietary belief systems▪ But what if you don't agree with a client's belief?▪ Coaching integrity▪ Coachee scenarios and examples▪ Coaching rules and strategies	<ul style="list-style-type: none">▪ PDF▪ The THSA Contrast Tool™▪ Additional Resources

5. The Nocebo Effect of “Bad” Foods

Unit	Here's what you'll learn	Extra support material
<p>5.1 The Nocebo Effect of “Bad” Foods</p>	<ul style="list-style-type: none">▪ The THSA Contrast Tool™ (motivational interviewing)▪ Creating your own repertory▪ Which words and narratives should coaches avoid – and use instead?	<ul style="list-style-type: none">▪ PDF▪ The THSA Contrast Tool™▪ Additional Resources

6. How to Speed Read Your Client

Unit	Here's what you'll learn	Extra support material
6.1 How to Speed Read Your Client	<ul style="list-style-type: none">▪ Decoding body language▪ Are you 'listening' to what you see?▪ When micro expressions tell a thousand words▪ From prisoners to the lab: Amazing human science▪ The power of speed reading clients▪ When facial expression doesn't match words▪ Why do we lie?▪ What's a micro expression?▪ Decoding facial micro expressions▪ The 7 universally expressed emotions▪ How to use (and how NOT to use) client speed reading▪ Spotting and addressing micro expressions in coaching▪ Coaching examples	<ul style="list-style-type: none">▪ PDF▪ Additional Resources

7. Lie Detection Training and Practice

Unit	Here's what you'll learn	Extra support material
7.1 Lie Detection Training and Practice	<ul style="list-style-type: none">▪ Lie detection challenges: True or lie?▪ Components of lie detection▪ Lie detection steps▪ How to baseline your client▪ Spotting odd changes▪ Punctuating non-verbal and verbal/auditory expressions▪ Signs of lying? 28 red flags▪ Lie detection practice:<ul style="list-style-type: none">▪ Baselining cards▪ 2 truths, 1 lie: pair challenge	<ul style="list-style-type: none">▪ PDF▪ Additional Resources

8. Health Risk Assessments

Unit	Here's what you'll learn	Extra support material
8.1 Health Risk Assessments	<ul style="list-style-type: none">▪ Navigating aspects of health and wellness through assessment▪ Different types of assessments▪ Questionnaires▪ Biometrics: what they are, examples, benefits▪ Health screenings: which tests and when?▪ Reviewing assessment data▪ Tips for discussing assessments with a client▪ Assisting the client in integrating own health and wellness information into their C.O.R.D. vision▪ Understanding your scope of practice▪ When to refer to a doctor?▪ Managing medical and professional referrals▪ Referral examples▪ Coaching vs education in a session	<ul style="list-style-type: none">▪ PDF▪ Additional Resources

9. Client Stress Management Coaching

Unit	Here's what you'll learn	Extra support material
<p>9.1 Client Stress Management Coaching (Part 1)</p> <p>9.2 Client Stress Management Coaching (Part 2)</p>	<ul style="list-style-type: none"> ▪ An overview of the key aspects of stress management ▪ Eustress or distress? ▪ Why is it important to manage stress? ▪ Health risks from stress load ▪ How to identify stress-related problems with clients: <ul style="list-style-type: none"> ▪ THSA Client Stress Warning Signs Checklist™ ▪ Perceived Stress Assessment™ ▪ PERMA-H Profiler ▪ Mental health ▪ Coping and resilience ▪ Burnout and corporate wellness ▪ Cooperation with psychiatrists and medical doctors: <ul style="list-style-type: none"> ▪ Client Health Check Questionnaire™ ▪ Medical Referral Form™ 	<ul style="list-style-type: none"> ▪ PDFs ▪ Perceived Stress Assessment™ ▪ TRAP to TRAC (within the Coping With Avoidance Workbook™) ▪ Additional Resources

9. Client Stress Management Coaching

Unit	Here's what you'll learn	Extra support material
9.1 Client Stress Management Coaching (Part 1)	<ul style="list-style-type: none">▪ Why avoidance and control in stress management can backfire▪ Change the stressor, or help change the stressees?	<ul style="list-style-type: none">▪ PDFs▪ Perceived Stress Assessment™
9.2 Client Stress Management Coaching (Part 2)	<ul style="list-style-type: none">▪ Healthier coping▪ Back-pocket coaching questions▪ Light-touch vs advanced stress management examples▪ TRAP to TRAC exercise:<ul style="list-style-type: none">▪ TRAP to TRAC Channeler™▪ Spotlight coaching: 1 coaching question each!	<ul style="list-style-type: none">▪ TRAP to TRAC (within the Coping With Avoidance Workbook™)▪ Additional Resources

10. Client Sleep Management Coaching

Unit	Here's what you'll learn	Extra support material
10.1 Client Sleep Management Coaching	<ul style="list-style-type: none">▪ Death from lack of sleep...▪ Health risks of sleep debt or poor sleep▪ Assessing client sleep problems:<ul style="list-style-type: none">▪ Latency, quality, duration, consistency▪ Basic Client Sleep Assessment▪ Client Energy Levels and Mood▪ Strategising with your coachee▪ Implementation and behavioural experiments▪ Tracking client progress and sleep disruptors▪ Science of sleep<ul style="list-style-type: none">▪ Sleep recommendations▪ Sleep hormones▪ NREM and REM sleep cycles▪ Client chronotyping<ul style="list-style-type: none">▪ Social jetlag and circadian misalignment▪ Chrono-regulation	<ul style="list-style-type: none">▪ PDF▪ Additional Resources

11. Weight Management Coaching: Beyond What's On The Scales

Unit	Here's what you'll learn	Extra support material
11.1 Weight Management Coaching	<ul style="list-style-type: none">▪ Risks of excessive body (fat) weight?▪ What's your client's desired result?▪ A.S.I.T. are health coaching skills▪ Client weight history▪ Assessment coaching:<ul style="list-style-type: none">▪ Objective data, subjective data, mixed data▪ Assessing your client's weight history▪ Benefits of client assessment questionnaires▪ Client Fluid Intake Assessment▪ Assessing food intake▪ Measuring Diet, Activity, and Behaviour Questionnaire (DAB-Q)▪ Strategy coaching<ul style="list-style-type: none">▪ Drawing from past experiences▪ Environmental changes▪ Behaviour changes: try, start, stop, continue	<ul style="list-style-type: none">▪ PDF▪ DAB- Questionnaire▪ Additional Resources

11. Weight Management Coaching: Beyond What's On The Scales

Unit	Here's what you'll learn	Extra support material
11.1 Weight Management Coaching	<ul style="list-style-type: none">▪ SMART-ER goal setting▪ Behavioral Goal Sheet▪ Personal Goal Sheet▪ Change Action Planner▪ Changes in attitudes and mindset▪ Implementation coaching<ul style="list-style-type: none">▪ Action-generating questions▪ Behavioural experiments▪ Idea generation▪ Tracking coaching<ul style="list-style-type: none">▪ What are we going to track?▪ Tracking behavioural outcomes vs health outcomes▪ Goal Tracking Logbook▪ Change Progress Review	<ul style="list-style-type: none">▪ PDF▪ DAB- Questionnaire▪ Additional Resources

12. The Psychology of Eating

Unit	Here's what you'll learn	Extra support material
12.1 The Psychology of Eating	<ul style="list-style-type: none">▪ “Why do I overeat?”▪ What affects how much we eat?▪ Neurochemical, endocrine and genetic influences▪ Internal and external cues to stop▪ Over-serving and over-eating:<ul style="list-style-type: none">▪ Environmental influences▪ Consumption monitoring▪ Consumption norms▪ Manipulating cues to overeating<ul style="list-style-type: none">▪ Environment design at home▪ Choice architecture▪ Social influences▪ Taste genetics and taste preferences▪ Hunger hormones<ul style="list-style-type: none">▪ Molecules controlling hunger▪ Coaching help▪ Beneficially influencing hunger hormones	<ul style="list-style-type: none">▪ PDF▪ Additional Resources

13. Emotional Eating Coaching

Unit	Here's what you'll learn	Extra support material
13.1 Emotional Eating Coaching	<ul style="list-style-type: none">▪ What is emotional eating?▪ Seeking comfort in food▪ The impact of chronic stress▪ Eating Behaviour Assessment™▪ How to tackle emotional eating?▪ Emotional self-regulation examples▪ Emotional eating coaching: scope▪ How can we enhance emotional self-regulation?<ul style="list-style-type: none">▪ Enhancing Emotional Regulation Activity™▪ Awareness, Regulation, Motivation™▪ Emotional Eating Appraisal▪ Shifting Emotional Triggers▪ Food and eating addiction<ul style="list-style-type: none">▪ Food Addiction Assessment™▪ Addicted to the substance, or else?▪ Behavioural addictions explained	<ul style="list-style-type: none">▪ PDF▪ Eating Behaviour Assessment™▪ Enhancing Emotional Intelligence™▪ Additional Resources

13. Emotional Eating Coaching

Unit	Here's what you'll learn	Extra support material
13.1 Emotional Eating Coaching	<ul style="list-style-type: none">▪ Characteristics of eating disorders<ul style="list-style-type: none">▪ Food Relationship Questionnaire▪ Ensuring medical referral	<ul style="list-style-type: none">▪ PDF▪ Eating Behaviour Assessment™▪ Enhancing Emotional Intelligence™▪ Additional Resources

14. Gut Health Coaching

Unit	Here's what you'll learn	Extra support material
14.1 Gut Health Coaching	<ul style="list-style-type: none">▪ Which factors affect gut health?▪ MI (Motivational Interviewing) coaching strategies for each TTM (Transtheoretical Model) stage of change▪ Assessment coaching<ul style="list-style-type: none">▪ Gut Discomfort Assessment™▪ Post-meal Discomfort Evaluation™▪ Gut Discomfort Questionnaire™▪ Factors under the client's control▪ Impact of each factor: Order▪ Impact of each factor: Scale▪ Factors and Behaviours Scale▪ Strategy coaching<ul style="list-style-type: none">▪ Identifying Target Behaviours▪ Target Behaviours Brainstorm▪ Target Behaviours Impact	<ul style="list-style-type: none">▪ PDF▪ Gut Discomfort Assessment™▪ TTM Decisional Balance Worksheet▪ Target Behaviour Tracking Logbook▪ Additional Resources

14. Gut Health Coaching

Unit	Here's what you'll learn	Extra support material
14.1 Gut Health Coaching	<ul style="list-style-type: none">▪ Implementation coaching<ul style="list-style-type: none">▪ Prioritising target behaviours▪ Pros and cons of behaviour change?▪ TTM Decisional Balance Worksheet▪ Tracking coaching<ul style="list-style-type: none">▪ Benefits of tracking?▪ Target Behaviour Tracking Logbook▪ Steps Progress Review	<ul style="list-style-type: none">▪ PDF▪ Gut Discomfort Assessment™▪ TTM Decisional Balance Worksheet▪ Target Behaviour Tracking Logbook▪ Additional Resources

15. Wellness Vision and TTM Decisional Balance

Unit	Here's what you'll learn	Extra support material
15.1 Wellness Vision and TTM Decisional Balance	<ul style="list-style-type: none">▪ Designing wellness visions<ul style="list-style-type: none">▪ Key motivators▪ Strengths▪ Main challenges▪ Client examples▪ Practice:<ul style="list-style-type: none">▪ Identifying Target Behaviours▪ Target Behaviours Brainstorm▪ Target Behaviours Impact▪ Prioritising target behaviours▪ TTM Decisional Balance Worksheet▪ Tracking coaching	<ul style="list-style-type: none">▪ PDF

16. Toxicology and Detoxification Coaching

Unit	Here's what you'll learn	Extra support material
16.1 Toxicology and Detoxification Coaching	<ul style="list-style-type: none">▪ Hunting for potential target behaviours as we learn▪ What qualifies as a toxin?▪ Toxicity as a sliding scale▪ Types of toxins▪ Are natural chemicals always safe?▪ Evolution in a toxic world▪ Persistent manmade chemicals...▪ Exogenous and endogenous toxins▪ How the body handles toxins▪ Toxins in the foods we eat▪ MI and TTM:<ul style="list-style-type: none">▪ Target Behaviours You Listed?▪ Ranking Your Target Behaviours▪ Using the TTM Decisional Balance Worksheet	<ul style="list-style-type: none">▪ PDF▪ My Target Behaviours▪ Additional Resources

17. Hardest Target Behaviour – Moving a Client to Action

Unit	Here's what you'll learn	Extra support material
17.1 Hardest Target Behaviour – Moving a Client to Action	<ul style="list-style-type: none">▪ MI and TTM practice:<ul style="list-style-type: none">▪ Target Behaviours You Listed?▪ Ranking Your Target Behaviours▪ Hardest Target Behaviour▪ Using the TTM Decisional Balance Worksheet▪ Spotlight Coaching	<ul style="list-style-type: none">▪ PDF▪ TTM Decisional Balance Worksheet▪

18. Child and Family Nutrition Coaching

Unit	Here's what you'll learn	Extra support material
18.1 Child and Family Nutrition Coaching	<ul style="list-style-type: none">▪ Who is the coaching client?▪ Maximising a child's potential▪ Nurturing our future generations▪ Physical, emotional and cognitive development in children▪ Schools, sports clubs and the 'extended home'▪ Cooperation with paediatric doctors and family doctors▪ Impact of nutrition on child IQ and school performance▪ What's self-control?▪ The Marshmallow Experiment▪ Health risks: Obesity, diabetes, learning issues, ADHD	<ul style="list-style-type: none">▪ PDF▪ Parental Modelling Questionnaires™

18. Child and Family Nutrition Coaching

Unit	Here's what you'll learn	Extra support material
18.1 Child and Family Nutrition Coaching	<ul style="list-style-type: none">▪ Parental modelling: From the kitchen table to the fridge<ul style="list-style-type: none">▪ Parental Modelling Questionnaires™▪ Healthy Eating Modelling Assessment™▪ Food Environment Assessment™▪ Inspiring Good Habits Assessment™	<ul style="list-style-type: none">▪ PDF▪ Parental Modelling Questionnaires™

19. Fertility Coaching

Unit	Here's what you'll learn	Extra support material
19.1 Fertility Coaching	<ul style="list-style-type: none">▪ From ovulation to pregnancy, and everything in between▪ Key nutrients at each stage▪ 6 Fertility Nutrition Principles▪ Your client's conception journey▪ Different clients, different situations▪ Where's the client in this journey?▪ Fertility Journey Questionnaire™▪ Fertility talk and etiquette▪ Words matter: Handling difficult client conversations▪ Behavioural aspects of baby-making▪ Supporting IVF and assisted reproduction clients▪ Female and male fertility▪ Preparing for medical tests▪ Coaching opportunities	<ul style="list-style-type: none">▪ PDF▪ Fertility Journey Questionnaire™▪ Additional Resources

19. Fertility Coaching

Unit	Here's what you'll learn	Extra support material
19.1 Fertility Coaching	<ul style="list-style-type: none">▪ Cooperation with fertility clinics, gynaecologists and family doctors▪ Coaching task	<ul style="list-style-type: none">▪ PDF▪ Fertility Journey Questionnaire™▪ Additional Resources

20. Physical Activity Coaching

Unit	Here's what you'll learn	Extra support material
<p>20.1 Physical Activity Coaching (Part 1)</p>	<ul style="list-style-type: none"> ▪ How active is your client? ▪ Physical Activity Level Assessment ▪ Why are some more active than others? ▪ The wonders of moving 	<ul style="list-style-type: none"> ▪ PDFs ▪ How active are you?
<p>20.2 Physical Activity Coaching (Part 2)</p>	<ul style="list-style-type: none"> ▪ The ideal dose for a longer life? ▪ Your brain and health on exercise ▪ Reward... or torture? ▪ Determinants of physical activity ▪ Is exhaustion only physical? ▪ Psychological factors ▪ Levels of challenge: gym goer or athlete VS sedentary client ▪ Right amount of challenge for a client? ▪ Challenge Talk ▪ Listing exciting challenges ▪ MI Exciting Challenges Brainstorm ▪ Brainstorming facilitation skills 	<ul style="list-style-type: none"> ▪ MI Exciting Challenges Brainstorm ▪ MI Tool for Developing Discrepancy ▪ MI Rulers: How willing, able, ready? ▪ Additional Resources

20. Physical Activity Coaching

Unit	Here's what you'll learn	Extra support material
<p>20.1 Physical Activity Coaching (Part 1)</p>	<ul style="list-style-type: none"> ▪ Benefits of brainstorming? ▪ MI Tool for Developing Discrepancy ▪ From contemplation to action: From “I can’t” to “I’m ready to go!” 	<ul style="list-style-type: none"> ▪ PDFs ▪ How active are you?
<p>20.2 Physical Activity Coaching (Part 2)</p>	<ul style="list-style-type: none"> ▪ MI Rulers: How willing, able, ready? ▪ Self-study: Sports Nutrition Strategies ▪ Self-assessments and TTM stages of change ▪ Right level of challenge for a client? ▪ Hard for you, easy for me... ▪ Challenge Talk ▪ MI Exciting Challenges Brainstorm ▪ Breakout Rooms: <ul style="list-style-type: none"> ▪ Polishing your brainstorming facilitation skills ▪ Developing Discrepancy ▪ Challenge Focus 	<ul style="list-style-type: none"> ▪ MI Exciting Challenges Brainstorm ▪ MI Tool for Developing Discrepancy ▪ MI Rulers: How willing, able, ready? ▪ Additional Resources

20. Physical Activity Coaching

Unit	Here's what you'll learn	Extra support material
<p>20.1 Physical Activity Coaching (Part 1)</p> <p>20.2 Physical Activity Coaching (Part 2)</p>	<ul style="list-style-type: none">▪ MI Tool for Developing Discrepancy▪ Breakout Rooms<ul style="list-style-type: none">▪ Polishing your MI “challenge for thought” skills▪ Willingness, ability, readiness<ul style="list-style-type: none">▪ Using MI Rulers: How willing, able, ready?	<ul style="list-style-type: none">▪ PDFs▪ How active are you?▪ MI Exciting Challenges Brainstorm▪ MI Tool for Developing Discrepancy▪ MI Rulers: How willing, able, ready?▪ Additional Resources

21. Food Allergies and Intolerances Coaching

Unit	Here's what you'll learn	Extra support material
<p>21.1 Food Allergies and Intolerances Coaching (Part 1)</p>	<ul style="list-style-type: none"> ▪ Working with coaching clients in this space ▪ Food allergies 101 ▪ How food intolerances and sensitivities differ from food allergies 	<ul style="list-style-type: none"> ▪ PDFs ▪ Allergist Visit Guide™ ▪ Food and Drink Journal™
<p>21.2 Food Allergies and Intolerances Coaching (Part 2)</p>	<ul style="list-style-type: none"> ▪ Symptoms of a food allergy? ▪ Understanding food reactions ▪ A life-threatening reaction? ▪ Common allergens in food ▪ Symptoms of a food intolerance? ▪ Bogus food sensitivity tests ▪ Reducing the risk of wrong self-diagnosing ▪ Professional Fundamentals ▪ Lactose intolerance ▪ Types of food reactions ▪ Exclusion and reintroduction diets ▪ Non-celiac gluten sensitivity and FODMAPs 	<ul style="list-style-type: none"> ▪ Restaurant Allergy Warning Card (within the Eating Out Workbook™ workbook) ▪ Allergy Action Plan™ ▪ Additional Resources

21. Food Allergies and Intolerances Coaching

Unit	Here's what you'll learn	Extra support material
<p>21.1 Food Allergies and Intolerances Coaching (Part 1)</p>	<ul style="list-style-type: none"> ▪ Health coaching sessions <ul style="list-style-type: none"> ▪ No advice, unless... ▪ Scope of practice ▪ Resources you CAN share with clients ▪ Referring clients 	<ul style="list-style-type: none"> ▪ PDFs ▪ Allergist Visit Guide™
<p>21.2 Food Allergies and Intolerances Coaching (Part 2)</p>	<ul style="list-style-type: none"> ▪ Managing food allergies, intolerances and sensitivities <ul style="list-style-type: none"> ▪ Relief from symptoms ▪ Preparing the appointment ▪ Allergist Visit Guide™ ▪ Food and Symptom Journal™ ▪ Understanding food labels ▪ Restaurant Allergy Warning Card ▪ Allergy Action Plan™ ▪ Mindset-change coaching ▪ Enduring a free-from lifestyle ▪ Client empowerment 	<ul style="list-style-type: none"> ▪ Food and Drink Journal™ ▪ Restaurant Allergy Warning Card (within the Eating Out Workbook™ workbook) ▪ Allergy Action Plan™ ▪ Additional Resources

22. Mitigating the Risk of Wrong Advice

Unit	Here's what you'll learn	Extra support material
22.1 Mitigating the Risk of Wrong Advice	<ul style="list-style-type: none">▪ Research skills 101<ul style="list-style-type: none">▪ The (mis)infodemic era▪ Coaching client scenarios...▪ Pyramid of Scientific Evidence▪ Steps of a literature review▪ Hourglass research model▪ Research techniques map▪ Limiting the amount of education in a coaching session▪ What counts as “education” in a coaching session?▪ When medical supervision is needed▪ Medical dietary approaches▪ Popular diets▪ Low-fat and low-carb▪ Low-calorie and plant-based	<ul style="list-style-type: none">▪ PDF▪ Client Health Check Questionnaire▪ Medical Referral Form▪ Additional Resources

22. Mitigating the Risk of Wrong Advice

Unit	Here's what you'll learn	Extra support material
22.1 Mitigating the Risk of Wrong Advice	<ul style="list-style-type: none">▪ Other dietary approaches▪ Religious dietary approaches▪ Nutritional personalisation▪ Client Onboarding Materials<ul style="list-style-type: none">▪ Client Health Check Questionnaire™▪ Medical Referral Form™	<ul style="list-style-type: none">▪ PDF▪ Client Health Check Questionnaire▪ Medical Referral Form

23. Conclusion – What’s next for you

Unit	Here’s what you’ll learn	Extra support material
23.1 Conclusion – What’s next for you	<ul style="list-style-type: none">▪ Look how far you’ve come...▪ What are your big wins?▪ Keep practising your coaching skills▪ A recap of what you’ve learned▪ Revisit, re-watch, remember...▪ Unleashing the masterful coach in you▪ What are your client success stories?▪ What’s your coaching vision now?▪ Your (now completed) SUCCESS MAP™▪ Let’s coach the world!	<ul style="list-style-type: none">▪ PDF

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