

# ADVANCED CERTIFICATE of NUTRITION & HEALTH COACHING

@cadencehealth

## FOUR FOUNDATION UNITS

1.  
Psychology Behaviour  
Change & Wellbeing  
Management

\$399

2.  
Certificate of Human  
Nutrition

\$450

3.  
Physical, Emotional &  
Mental Health

\$399+

4.  
Wellbeing Management  
& Coaching Practices  
(practical coaching unit)

\$525

## + THREE ELECTIVES OF YOUR CHOICE

Select any 3 from 1 to 16

- |   |       |
|---|-------|
| 1. Design & Deliver Healthy Lifestyle Programs                              | \$350 |
| 2. Nutrition Psychology   | \$295 |
| 3. Kitchen Medicine: Natural Health   | \$350 |
| 4. Super Nutrition, Superfoods, Functional Foods:<br>Fact & Fallacy         | \$350 |
| 5. Introduction to Menu & Meal Planning                                     | \$350 |
| 6. Food Groups & Dietary Diversity: Assessing &<br>Measuring a Healthy Diet | \$280 |
| 7. Early Nutrition: Birth to Adolescence                                    | \$350 |
| 8. Nutrition for Conception, Pregnancy & Lactation                          | \$299 |
| 9. Sports Nutrition   | \$299 |
| 10. Weight Loss Nutrition   | \$370 |
| 11. Mental Health First Aid e-Learning &<br>Accreditation                   | \$399 |
| 12. Ayurvedic Nutrition & Lifestyle   | \$350 |
| 13. Trust Your Gut: The Gut & Microbiome                                    | \$350 |

### *In the pipeline*

14. Non-Diet Based Approach in Healthy Coaching
15. Coaching Confidence

### **16. Create-an-elective**

Bundle 3 from below to create 1 elective

Small group, live recorded business webinars

- a. Making the Best Start in Business: Passion to  
Success \$150
- b. Digital Marketing on Facebook & Instagram \$150
- c. Top 6 tips to ensure your website converts to sales  
\$150
- d. Find & Market to Your Ideal Client \$150
- e. From Idea to Market Place: Creating your  
Business Vision & Mantra \$165
- f. Develop your Entrepreneurial Spirit \$165

One-on-one coaching support session \$165

- g. Business Readiness & Overcoming Plateaus