

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:
Fact & Fallacy \$350
5. Introduction to Menu & Meal Planning \$350
6. Food Groups & Dietary Diversity: Assessing &
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 &
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