

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

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|---|-------|
| 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

*Three electives is the minimum but
you're to welcome to do more.*