

ADVANCED CERTIFICATE of NUTRITION & HEALTH COACHING

@cadencehealth

FOUR FOUNDATION UNITS



+ 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. Ayurvedic Nutrition & Lifestyle | \$350 |
| 12. Trust Your Gut: The Gut & Microbiome | \$350 |
| 13. Coaching Your Clients With Confidence | \$450 |

In the pipeline

- 14. Non-Diet Based Approach in Health Coaching
- 15. Womens Health & Hormones - *Late 2019*

16. Create-an-elective

Bundle 3 from below to create 1 elective

The latest recorded business coaching videos

- a. Making the Best Start in Business: Passion to Success \$65
- b. Digital Marketing on Facebook & Instagram \$65
- c. Find & Market to Your Ideal Client \$65
- d. Top 6 tips to ensure your website converts to sales \$65

Small group, live recorded business webinars

- e. From Idea to Market Place: Creating your Business Vision & Mantra \$165
- f. Develop your Entrepreneurial Spirit \$165

Mental Health First Aid (Australia) Training
- valid for Australian residents only

- g. An online training course by Mental Health First Aid Australia \$150

One-on-one coaching support session

- h. Business Readiness & Overcoming Plateaus \$165
- i. Pick the brains of our business expert \$200

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