



The Health Coach Training Program™

Curriculum Guide

(833) 971-4301 United States
+1 (513) 270-6012 International
admissions@integrativenutrition.com

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 Institute for
Integrative
Nutrition.

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Letter from Nora McCaffrey, MEd

CEO, Institute for Integrative Nutrition



The Institute for Integrative Nutrition (IIN) Health Coach Training Program has been curated over three decades to provide our students with the most comprehensive and immersive education in the field of health coaching.

An education from IIN is unlike any other — not only will you learn how to reach your health goals and help others do the same, but you'll put into practice two very important concepts unique to IIN: bio-individuality and primary food.

These concepts empower you to learn what's right for you — from the foods you eat to the relationships you foster — and will enhance your understanding of how to confidently coach clients to transform their health from the inside out. This will lay the foundation for learning, understanding, and applying the IINtegrative Coaching Method™, our unique framework that sets Integrative Nutrition Health Coaches apart from other coaches.

You'll learn from the world's leading experts in functional and integrative nutrition, personal development, spirituality, coaching, and business. With an Integrative Nutrition Health Coach Certificate, you'll be able to pursue a variety of career paths as well as further your education and build on an existing career.

Whatever your goals, we're here to help you achieve them so you can unlock your potential to nourish, heal, and thrive. From the Education team and the rest of the IIN family, we can't wait to support you on this exciting journey.

To your future!

A handwritten signature in black ink, appearing to read 'N.M.', with a long, sweeping flourish extending to the right.

ALUMNI SPOTLIGHT

“I truly believe you can create the reality that you live in. My journey as a Health Coach has given me endless blessings and has allowed me to live an amazing life. I share IIN with everyone I know because I believe this program can transform many lives, not only mine.”

Mariá José Flaqué
Costa Rica, Central America





The Growing Health, Wellness, and Coaching Industries Around the Globe

As more people understand the benefits of addressing their health holistically, more Health Coaches will be needed to help them realize their wellness goals. Through a holistic approach, Health Coaches guide people to integrate the physical, mental, emotional, and spiritual aspects of their health in order to create optimal well-being.

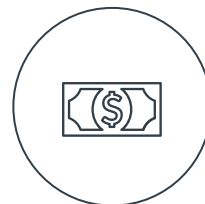
The global field of health coaching has grown to be worth more than \$7 billion, and it's still growing! Health coaching has been proven effective in improving health outcomes — which makes coaches valuable practitioners not only for the traditional healthcare space but also for many other health sectors, such as corporate wellness, fitness, travel, and more!

As a Health Coach, you'll have limitless opportunities to apply your knowledge and skills to transform your well-being and live a life full of passion and purpose.

The Growing Health, Wellness, and Coaching Industries Around the Globe



The global wellness industry is estimated to be worth nearly \$9 trillion in 2029, with projected annual growth at 7.3%.¹



The global coaching industry is estimated to be worth over \$7.3 — and it's still growing.²



The American Medical Association (AMA) supports health coaching and encourages physicians to utilize Health Coaches in their practices. The AMA approved the creation of Category III CPT codes, which will further validate health coaching as a method for improving health outcomes and reducing healthcare costs and is sure to ripple out across the globe.³



Workplace wellness program offerings are continuing to rise.

About 80% of all U.S. employers with over 1,000 employees are estimated to offer such programs.⁴



According to the Bureau of Labor Statistics, it's estimated that employment in healthcare occupations will grow much faster than the average for all occupations from 2023 to 2033.⁵

¹ Global Wellness Institute

² International Coaching Federation

³ American Medical Association

⁴ RAND Corporation

⁵ U.S. Department of Labor

ALUMNI SPOTLIGHT

“ IIN truly was the missing piece in my healing journey. It’s allowed me to turn my personal experience into a tool to help other people. That, to me, is the greatest gift possible. I’m a big believer in your mess being your message, and by coaching women going through what I have gone through, I am empowering not only myself but also them to take control of our lives and ownership over our happiness.”

Stef Jung
Sydney, Australia





The Health Coach Training Program: What You Need to Know

PROGRAM AND MODULE STRUCTURE

The Health Coach Training Program is designed to meet you right where you're at. There are two tracks to choose from: the 12-month track (1 module released per week) or the accelerated 6-month track (2 modules released per week). And you can choose to learn in English or Spanish.

No matter which track you choose, you'll explore 40 modules full of a wide range of topics related to multidimensional health — physical, mental, emotional, and spiritual well-being — as well as a wide range of topics in coaching and business. The curriculum was created by IIN's team of instructional designers and educators in a very intentional way, with a variety of topics integrated into each module to truly create a learning experience like no other. You'll learn about nutrition science, healthy food relationships, functional nutrition, and essential aspects of well-being that we at IIN refer to as Primary Food — the areas of life that nourish us beyond the plate. These are just as, if not more, important than what we call Secondary Food, the actual food you eat.

All of this will be covered alongside our signature IINtegrative Coaching Methodology, which deep dives into essential coaching skills and philosophies, cutting-edge coaching topics like somatic coaching, and a comprehensive business curriculum. The business content will support you in setting up your coaching practice should you choose while also leaving you feeling prepared to seek employment as a Health Coach.

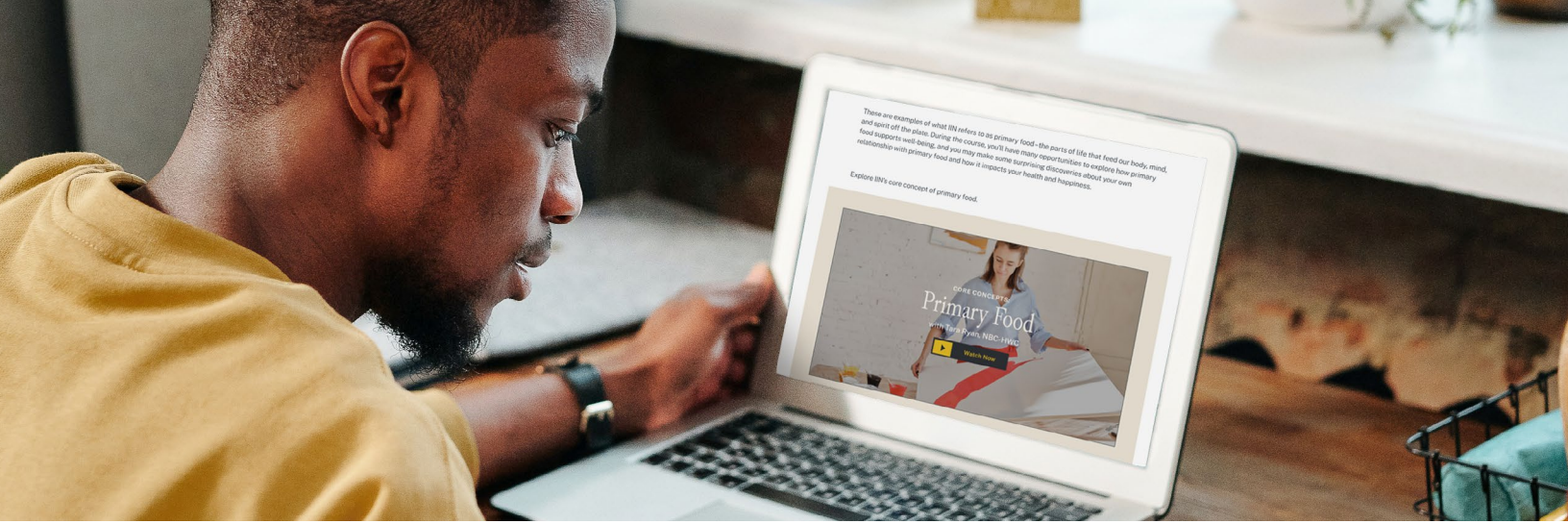
The content you learn will culminate in an IINtegration Lab. This lab makes up the final four modules of the program and is a personalized space for you to integrate what you've learned, choose to complete a Transformation or Business Plan, and carry out a project of your choosing (more information on page 34).



EXPLORE, EXPERIMENT, AND APPLY WHAT YOU'VE LEARNED

Health is not “one size fits all.” We’ll encourage you to experiment with what you learn during the Health Coach Training Program, applying it to your own life and seeing what works (and what doesn’t), from eating patterns to lifestyle practices!

Access even more information in your Health and Career Libraries, which are full of ready made forms and resources to kickstart your coaching practice and complementary content to further expand on your holistic health knowledge. Explore more than 100 dietary theories so you can find the way of eating that works for you, and discover coaching techniques to forge your unique path as a bio-individual and a Certified Integrative Nutrition Health Coach.



360-DEGREE LEARNING EXPERIENCE

Everyone learns differently, which is why we've made the Health Coach Training Program the most immersive health coaching education available.

This virtual program is hosted in the online IIN Learning Center, enabling you to access the program on any device, from anywhere in the world. The curriculum features audio and video lectures, handouts, assignments, discussions, quizzes, and resource libraries in addition to intimate group coaching sessions in your time zone with professional Integrative Nutrition Health Coaches. You'll have opportunities to connect with classmates and IIN staff in the IIN Learning Center as well as your Facebook group and monthly IINsight Hours.

Apply what you've learned in real-time with interactive tools, activate all your senses for a deeper learning experience with Somatic Moments, and dive deeper into the science behind wellness concepts with Science Spotlights. The Health Coach Training Program curriculum offers a well-rounded education that empowers you to learn in the ways that work for you.

ALUMNI SPOTLIGHT

“ IIN provided the experiential learning to make me a much better Health Coach than I ever thought I could be. Less than a year after graduating, my healthcare practice received awards from both my state and my local town.”

Laura Rokosz
New Jersey, United States





COACH-IIN-TRAINING CERTIFICATE

Halfway through the program, you'll receive your Coach-IIN-Training Certificate, which will enable you to start seeing clients. Kick-start your career and build your confidence as a coach while still having the support of your peers and IIN coaches and staff. Plus, you can start earning income as a coach before you graduate!

OPPORTUNITIES TO INTERACT WITH CLASSMATES AND COACHES

In addition to having access to a private Facebook group to connect with classmates and IIN staff, you'll be invited to virtual events (free as well as ticketed) — perfect opportunities for learning, networking, and getting inspired to pursue your passion.

Your education will include access to IINsight Hours — monthly, virtual content-rich sessions designed to foster connection and community and explore relevant, cutting-edge topics in coaching, nutrition, business, and health.

You'll also sign up for Coaching Circles led by a professional Integrative Nutrition Health Coach. With a small group of your classmates, you'll explore coaching techniques, get feedback and motivation, and spark confidence to go out into the world and make a difference. You'll get to sign up for these sessions in your time zone and meet classmates from all over the world (or who are right in your local area!).

Graduation Requirements

To become a Certified Integrative Nutrition Health Coach and receive your certificate,, you must fulfill the following graduation requirements:

PASS TWO OF FOUR TESTS.

You'll have two attempts to pass each test with a score of 70% or higher. The tests remain open for three weeks giving you flexibility based on your schedule and because, well, life happens!

ATTEND FOUR COACHING CIRCLES.

When you choose your Coaching Circle schedule, you'll have the option to pick your preferred day, time (your specific time zone), and language (English or Spanish). These sessions are hosted virtually on the IIN Learning Center platform. You'll be joined by a small group of classmates in these coaching sessions, which will help you solidify your understanding of the coaching process.

COMPLETE AT LEAST SIX PRACTICE COACHING SESSIONS.

These sessions can be done with friends and family – or existing clientele, if you're already a wellness practitioner. You'll submit Coaching Session submission forms in the IIN Learning Center to fulfill this requirement.

REMAIN UP TO DATE ON TUITION PAYMENTS.

If applicable, you must remain in good financial standing to receive your certificate at the end of the program.

ALUMNI SPOTLIGHT

“Everything I do today stems from a connection with IIN. The program taught me how to nourish not only my body but my soul, too.”

Isabel Cristancho
North Carolina, United States
(by way of Colombia)





Who You'll Learn From: IIN Visiting Faculty

With more than 95 world-class educators who are the leading physicians, researchers, and wellness experts at the forefront of the health revolution, you'll receive a holistic health education that cannot be matched.

Meet the Health Coach Training Program Visiting Faculty



Mark Hyman, MD

Physician, Founder and Medical Director of The UltraWellness Center, and Bestselling Author



Gabby Bernstein

Motivational Speaker, Life Coach, and Bestselling Author



Deepak Chopra, MD

Founder of The Chopra Foundation, and Pioneer of Integrative Medicine and Personal Transformation



Melissa Wood-Tepperberg

Founder of Melissa Wood Health and Creator of the MWH Method



Josh Axe, DC, DNM, CNS

Leading Expert in Natural Medicine, Cofounder of Ancient Nutrition, and Bestselling Author



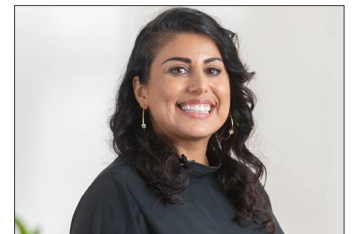
Michelle Maldonado

Mindful Leadership and Human Potential Expert



Will Cole, IFMCP, DNM, DC

Leading Functional Medicine Expert and Senior Clinic Director of Cole Natural Health Centers



Deganit Nuur

Acupuncturist and Spiritual Healer



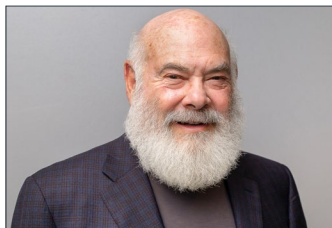
Crystal Jones, DC, RYT

Energy and Sound Healer, Presence Coach, and Nutritionist



Zach Bush, MD

Board-Certified Physician and Microbiome Expert



Andrew Weil, MD

Leader and Pioneer in Integrative Medicine and Bestselling Author



Jenay Rose

Business Expert and Founder of the Boss Method



Robert Mack

Positive Psychology Expert and
Celebrity Happiness Coach



Danielle DuBoise

Cofounder of Sakara Life



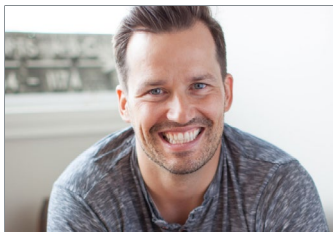
Frank Lipman, MD

Integrative and Functional
Medicine Expert and
Founder of The Eleven
Eleven Wellness Center



Chrissy King

Writer, Speaker, and
Fitness and Strength Coach



Mark Groves

Human Connection Specialist



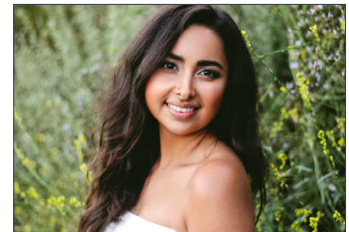
Cynthia James, MA

Transformational Coach,
Inspirational Leader, and
Award-Winning Author



Terry Wahls, MD

Functional Medicine Physician
and Autoimmune Disease
Researcher and Educator



Sahara Rose

Host of the *Highest Self* Podcast
and Bestselling Author



Julia Cameron

Artist, Playwright, Filmmaker,
and Bestselling Author



Deanna Minich, PhD

Health Educator, Researcher,
and Author

ALUMNI SPOTLIGHT

“I graduated from IIN and left my job as a senior marketer at Coca-Cola in London. Yes, I used to work for Coke, which always raises a few eyebrows. It’s been a huge career change and one that I’m really passionate about. I’m now a full-time Health Coach, a speaker, and an advisor to life-enhancing brands.”

Rebecca Hirst
Leigh, England





Learn from These Experts

NUTRITION, PHYSICAL HEALTH, MENTAL AND EMOTIONAL HEALTH,
PRIMARY FOOD, AND SPIRITUALITY

A'magine

Amy Pershing, LMSW,
ACSW

Andrea Beaman

Andrew Weil, MD

Ben Greenfield

Carrie Jones, FABNE, MPH

Charles Vogl

Chrissy King

Cynthia James, MA

Dan Buettner

Daniel Amen, MD

Daniel Vitalis

Daphne Miller, MD

David Katz, MD, MPH

David Ludwig, MD, PhD

Deanna Minich, PhD

Deepak Chopra, MD

Deganit Nuur

Dipnarine Maharaj, MD

Drew Ramsey, MD

Elizabeth DiAlto

Ellen Vora, MD

Erin Holt, IFNCP

Geneen Roth

Grace Niu

Harville Hendrix, PhD

Jeffrey Smith

Jennifer Esposito

Jennifer Iserloh

Joan Borysenko, PhD

Joseph Petrosino, PhD

Josh Axe, DC, DNM, CNS

Joshua Rosenthal, MScEd

Julia Cameron

Kate Northrup

Ken Kinter, MA, LPC

Kevin Curry

Lesley James, MD

Leslie S. and Jeff W. Jones
Libby Weaver, PhD
Lissa Rankin, MD
Liz Lipski, PhD, CCN, CNS,
LDN
Manisha Thakor, MBA, CFA
Mariel Buqué, PhD
Marissa Peer
Mark Groves
Mark Hyman, MD
Mastin Kipp
Max Lugavere
Maya Feller, MS, RD, CDN

Melissa Wood Tepperberg
Michelle and Ali from
Soul Camp
Nina Planck
Oren Harris
Pamela Yee, MD
Parker Hurley
Pilar Gerasimo
Robin Berzin, MD
Rubin Naiman, PhD
Sahara Rose
Sarah Lebeer, PhD
Stefanos Sifandos
Stephen Porges, PhD

Sue Neufeld
Susan Blum, MD, MPH
Taryn Toomey
Terry Wahls, MD
Tiffany Lester, MD
Tom O'Bryan, DC, CCN,
DACBN
Vanessa Bennett, LMFT,
RYT
Vani Hari
Will Cole, IFMCP, DNM, DC
Yael Joffe, PhD, RD, FACN
Zach Bush, MD



BUSINESS AND COACHING

Amanda Blake, PhD

Bernie Siegel, MD

Brittany Hennessy

Christine Hassler

Cora Poage, MA

Crystal Jones, DC, RYT

Darrell Rogers

David Nichtern

Dillan DiGiovanni

Gabby Bernstein

Heidi Priebe

Jane Ashley, MA

Jenay Rose

Jim Curtis

Joshua Rosenthal, MScEd

Ken Kinter, MA, LPC

Kevin Curry

Marcia Reynolds, PsyD,
MCC

Mariá José Flaqué

Marilena Minucci, MS

Mark Hyman, MD

Melissa Ambrosini

Melissa Wood Tepperberg

Michael DeSanti

Michael Ellsberg

Michelle Maldonado

Nancy Weiser, MBA

Oren Harris

Paul Epstein, ND

Robert Mack

Shaunna Menard, MD

Vanessa Bennett, LMFT,
RYT

Wendi Cherry

ALUMNI SPOTLIGHT

“Not only has IIN helped me with my own self-healing process, but I am launching my practice with a focus on corporate wellness programs and health retreats! IIN has given me the confidence to embrace my authentic self and live a fuller life!”

Natalia Lara
Shenzhen, China





What You'll Learn: Curriculum Topics

The curriculum covers a wide range of diverse topics and perspectives for a holistic educational experience. These curriculum topics will be presented in a way that supports both the personal transformation and professional development tracks.

Ultimately, you'll gain the knowledge and tools you need to coach yourself to better health in all aspects of your life and learn to teach others to do the same.

IIN Core Concepts

BIO-IINDIVIDUALITY

Bio-individuality is the idea that everyone has different needs and is unique in what supports their individual health and happiness. This applies to all aspects of your life and everything we teach here at IIN – not only in nutrition and lifestyle but also in the areas of coaching, career, and business.

To embrace bio-individuality is to acknowledge that others have unique stories and life experiences. The concept behind bio-individuality in health coaching is simple, yet the implications are profound: You'll learn to tap into your own innate wisdom and create health and lifestyle practices that honor your unique needs.

MULTIDIMENSIONAL HEALTH

Health is holistic and extends into all aspects of the individual – from your physical body to your mental health and felt emotions to your deepest spiritual needs. These aspects of health – physical, mental, emotional, and spiritual – are interconnected and influence one another in many ways.

PRIMARY FOOD

The food on your plate is important, but how about all the other areas of life that feed you, such as your relationships, career, spiritual practice, environment, physical activity, and more?

This is what we refer to as primary food, and when these areas are balanced, the food on your plate becomes secondary. Nourishing yourself through the 12 primary food areas will become an important aspect of how you transform your own health, in addition to supporting others in feeling fulfilled.



THE IINTEGRATIVE COACHING METHOD™

This is our differentiating approach to health coaching, a life-changing foundation for personal and professional growth. Our methodology is at the forefront of coaching – you’ll learn best-practice coaching skills as well as dive into cutting-edge techniques that will set you apart as an Integrative Nutrition Health Coach.

You will learn not only how to coach but how to embody the qualities of an incredible Health Coach, such as presence, awareness, and consciousness. You’ll harness your bio-individuality and learn to apply coaching to every area of your life, which will ripple out to benefit others on their own health journeys.

Whether you become a professional Health Coach, pursue another wellness career, or dedicate your time to personal transformation, this method can be applied universally to spark meaningful change.

The IINtegrative Coaching Method will help you:

- Understand, embody, and practice the art and science of coaching.
- Harness the skills and techniques to inspire personal growth.
- Tap into your purpose and express your bio-individual point of view.
- Transform your health and the health of your clients physically, mentally, emotionally, and spiritually.
- Establish a coaching framework that can be applied holistically for deeper health and happiness.



What You'll Learn: Our Cutting-Edge Curriculum

The curriculum is broken down into seven categories: physical health, nutrition, mental and emotional health, primary food, spirituality, coaching, and business.

Physical Health, Nutrition, Mental and Emotional Health, Primary Food, and Spirituality

- Adrenal Health
- Aging Well
- Ancestral and Advanced Bio-Hacking Methods
- Approaches to Health
- Attachment Styles
- Autophagy
- Ayurvedic Living
- Being Your Own Health Advocate
- Bio-Individuality of Exercise
- Bio-Individuality of Supplements
- Biology of Food Addiction
- Blue Zones
- Body Image and Disordered Eating
- Body Liberation
- Brain Food
- Career Congruence
- Chakras
- Chrononutrition
- Community and Belonging
- Connecting to Purpose
- Connecting with Your Emotions
- Constitution and Condition
- Cortisol Awakening Response
- Courageous Action
- Cultivating Compassion Through Self-Awareness
- Cultural Competency
- Cultured and Fermented Foods
- Deconstructing Cravings
- Digestive Wellness
- Eating the Rainbow
- Eating Well on a Budget
- Elimination and Detoxification
- Emotional Integration and Processing
- Empowered Sexuality
- Energy Medicine
- Environmental Toxins
- Fear Fallacy
- Feng Shui
- Financial Wellness
- Food Access
- Food Bias
- Food Consciousness
- Food for Mood
- Four Elements
- Functional Lab Testing
- Functional Medicine
- Functional Nutrition for Immunity
- Functional Psychiatry
- Generational Trauma
- Genes and Environment
- Global Microbiome
- Gluten-Free Living
- GMOs
- Gut Microbiome
- Healing the Gut
- Herbal Remedies
- Holistic Weight Loss
- Home Cooking
- Hormonal Rhythms
- Humanely Raised and Sustainable Foods
- Impact of Physical Health on Mental Health
- Inflammation and Immune System Balance
- Insulin Resistance
- Intergenerational Trauma
- Intermittent Fasting

- Internal Family Systems
- Intestinal Hyperpermeability
- Intuition
- Invisible Illness
- Joy
- Ketogenic Living
- Lifestyle Medicine and Trends in Chronic Disease
- Macrobiotics
- Masculine and Feminine Energy
- Meditation
- Mind-Body Medicine
- Mindful Movement
- Natural Healing Remedies
- Navigating Relationships
- Net Worth and Self-Worth
- Neuroplasticity
- Nourishing Body, Mind, and Soul
- Nutrient Density Basics
- Nutrigenomics
- Nutrition for Detoxification
- Nutrition Foundations
- Nutritional Psychiatry
- Plant-Based Eating
- Polyvagal Theory
- Power of Personalized Nutrition
- Prebiotics and Probiotics
- Predictive Autoimmunity
- Primary Food
- Program Best Practices
- Psychoneuroimmunology
- Psychospiritual Well-Being
- Psychospirituality
- Reframing Limiting Beliefs
- Regional and Faith-Based Diets
- Rewriting Your Beliefs
- Science of Spirituality
- Seasonal Eating
- Secondary Food
- Secrets and Forgiveness
- Self-Abandonment
- Self-Love
- Shadow Work
- Sleep Yourself Well
- Social Life
- Sound Healing
- Stress and Your Body
- Stress Management Techniques
- Support Your Mitochondria
- Synchronicity
- Therapeutic Diets
- Traditional Chinese Medicine
- Traditional Foods
- Treating the Cause, Not the Symptom
- Ultradian Rhythms
- Whole-Body Perspective on Mental Health
- Yogic Breathing Exercises
- Your Food Relationship

Coaching

- Active Listening and Nonverbal Communication
- Client Retention
- Client-Led Visioning
- Coaching as a Lifestyle
- Coaching Demonstrations
- Coaching Journey
- Coaching on a Care Team
- Coaching Program Add-Ons
- Coaching Relationship
- Coaching Through Nutrition
- Coaching Through Primary Food
- Collaborating with Health and Wellness Professionals
- Creating a Coaching Program
- Creating Brave Space
- Cultural Competency
- Customizing Your Practice
- Embodied Transformation
- Enhancing Personal Accountability
- Enrolling Clients
- Follow-Up Sessions
- Future of Health Coaching
- Goal Setting and Action Planning
- Group Coaching
- Health History Consultations
- High-Mileage Questions
- How Change Happens
- Motivational Interviewing
- Multidimensional Coaching
- Overcoming Perfectionism
- Positive Psychology
- Presence and Self-Awareness
- Professional Boundaries
- Reflective Inquiry
- Reflective Statements
- Role of a Health Coach
- Self-Care for Coaches
- Somatic Coaching
- Transtheoretical Model
- Using Coaching Tools
- Virtual Coaching

Business

- Blogging and Podcasting
- Building Your Brand
- Business Set-Up Starter Guide
- Choosing the Right Clients
- Creating Content That Converts
- Creating Your Vision
- Defining Your Niche
- Employment Opportunities for Health Coaches
- Establishing an Online Presence
- Leveraging Social Media
- Leveraging Your Value and Setting Your Rates
- Navigating Sales Objections
- Partnering with Other Professionals
- Storytelling
- Time Management
- Understanding Business Structures
- Understanding Sales Funnels

ALUMNI SPOTLIGHT

“I got into health coaching because I was once very sick, overweight, and on a lot of medication. I had such an amazing transformation with my own Health Coach that I decided to become one, too. I’ve been in health coaching for [almost 10] years now, and I have a thriving practice.”

Cindy Santa Ana
Virginia, United States





Features of The Health Coach Training Program Curriculum

LEARNING PATHWAYS AND CURRICULUM FEATURES

We know that everyone coming to the Health Coach Training Program has different motivations and goals, which is why you'll have the opportunity to choose your own learning pathway and curate a personalized educational experience with IIN.

Personal Transformation Pathway

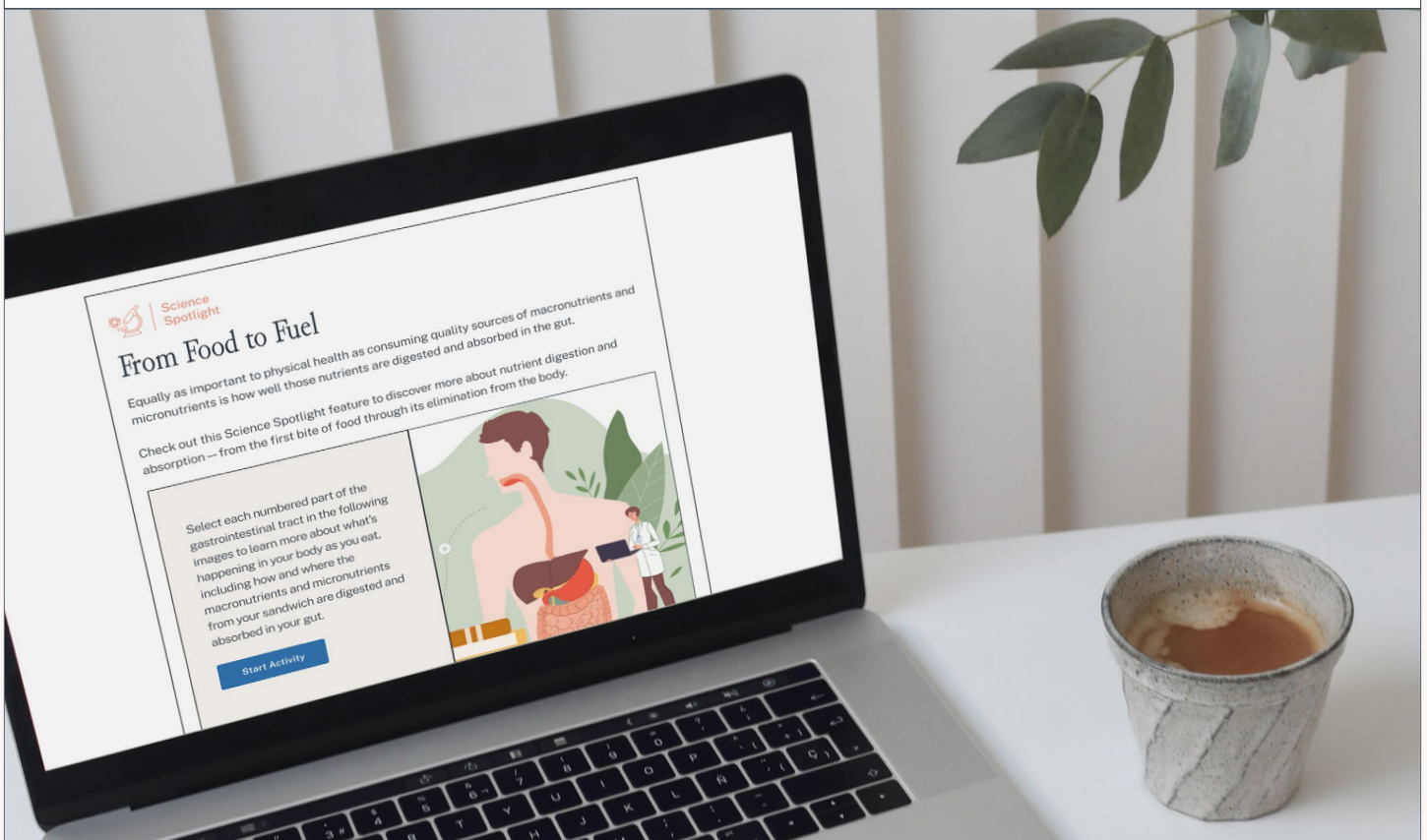
On this path, you'll focus on how to apply what you're learning to yourself and your unique health and wellness needs. As you progress through the program, you'll build upon your knowledge to deeply understand how to address your individual health and create a Transformation Plan that will serve as your blueprint for future iterations of your transformation. As IIN founder Joshua Rosenthal, MScEd, has said, "Health is a vehicle, not a destination."

Professional Development Pathway

On this path, you'll focus on how to apply what you're learning to your success as a Health Coach or wellness entrepreneur or grow your existing career. As you progress through the program, you'll build upon your knowledge to deeply understand an Integrative Nutrition Health Coach's scope of practice, the many fields of wellness you can go into with your certificate, and how to utilize business and marketing skills to advance your career. You will create your Business Plan, which will serve as a blueprint for your business.

Science Spotlights

There's a multitude of health concepts and processes that are intricate and complex, and many students desire to know the ins and outs for their own interest or for their work. Science Spotlights will provide further explanation for you to grasp these more complex concepts and processes, from the mechanics of digestion and the workings of the gut microbiome to the science of spirituality.



Somatic Moments

Connecting your body and mind is an important part of creating holistic wellness. At regular intervals during the program, you'll take Somatic Moments: opportunities for mindfulness that go a long way in improving your focus and understanding of the program material.



Interactive Tools

We're making online learning fun, immersive, and more accessible for every type of learner. If you prefer to have a more hands-on experience, our interactive tools will bring your education to life and facilitate a better understanding of wellness topics.



ALUMNI SPOTLIGHT

“I’ve been inspired by IIN from the moment I started the [program]. I launched my health coaching practice a few months before graduating, and I now have clients in New York, Spain, England, and Texas! I [have also partnered] with a chiropractic doctor and give talks to keep increasing my practice.”

Virginia Rodriguez Perlado
Texas, United States





Launch or Expand a Thriving Career in Health and Wellness

No other health coaching school offers the same resources and support to get your career off the ground, whether you create a private health coaching practice, team up with another wellness practitioner, become a wellness entrepreneur, or expand your existing career in a variety of health sectors. Utilize our done-for-you resources as they are or customize them to meet your needs.

Create Your Own Business Toolkit with Customizable Assets

- ✓ Personalized website
- ✓ Professional guidance on referral support, liability insurance, employment pathways, and more
- ✓ Financial resources to track revenue and run your business by the numbers
- ✓ Detailed guidance for leading coaching sessions, facilitating group coaching, and teaching workshops and classes
- ✓ Out-of-the-box coaching forms, like Program Agreements, Session Notes, and Testimonial Requests
- ✓ Marketing materials, like pre-drafted email newsletters, social media guides, and outreach templates
- ✓ Done-for-you client handouts on various health and wellness topics
- ✓ Coaching resources for group, virtual, and corporate coaching

ALUMNI SPOTLIGHT

“Enrolling in IIN was one of the most exciting moments of my life; my dream of studying nutrition and coaching was becoming a reality. During my time in the six-month accelerated track, I started coaching women privately online and used my expertise to share educational content on my Instagram and YouTube.”

Tshepang Pooe
Johannesburg, South Africa





The Integrative Nutrition Difference



A HOLISTIC APPROACH

IIN teaches integrative nutrition, which means looking at not just the food we eat but also the lifestyle factors that create optimal health, such as relationships, career, physical activity, and spirituality.

The world needs Health Coaches to spread this message now more than ever, as we learn more about the importance of taking a holistic approach to creating whole-body wellness. As visiting faculty member Mark Hyman, MD, says, “At the Cleveland Clinic, every patient sees a Health Coach.... We believe that in order to address the burden of chronic disease, we have to have a team, and Health Coaches are a critical part of that team.”

IIN created the field of health coaching. As the leader in holistic health and health coaching education, we have evolved over the last 30 years to innovate and provide the most comprehensive training available.

IMPROVING YOUR OWN HEALTH

Learn powerful new ways to heal yourself by yourself. You'll learn how to listen to your body and tune in to your intuition to understand what foods and lifestyle practices allow you to nourish, heal, and thrive. Explore not only the core curriculum content but also the Health and Career Libraries, full of complementary resources to empower you on your transformational journey. Get access to more than 100 dietary theories and learn how to apply bio-individuality to every aspect of your life. Discover the value of true nourishment and use these tools when working with family, friends, coworkers, and clients.

ULTIMATE FLEXIBILITY IN HOW, WHEN, AND WHERE YOU LEARN

This program is designed to fit seamlessly into your life. Our flexible program options allow you to work while you learn, and there are no prerequisites for enrolling in the Health Coach Training Program. You'll access everything you need to complete the program in your preferred language, English or Spanish, in the state-of-the-art IIN Learning Center from your computer, phone, or tablet so you can study anywhere, anytime. You'll be able to personalize your learning experience further by scheduling your Coaching Circle sessions in your time zone and meeting with other classmates that have similar schedules as you. Plus, you have lifetime access to all your content!



FINDING YOUR NICHE IN WELLNESS AND BUILDING A CAREER DOING WHAT YOU LOVE

Do what you love; love what you do. Earning a Health Coach education will allow you to do work that aligns with your soul's mission and purpose. By exploring the many areas of wellness and where you can apply your IIN education, you'll find the niche area of wellness you're passionate about and pursue work that holds meaning for you.

EARNING WHILE YOU LEARN

Start an exciting new career as an Integrative Nutrition Health Coach. Begin seeing clients halfway through the program, with your Coach-IIN-Training Certificate, and earn an income while you learn, enabling you to have hands-on support as you embark on this new venture.

Not only will you be doing work that makes an impact on the world to live a life you love, but many of our graduates can earn back their tuition by the time they graduate. Plus, you can join IIN's affiliate program and become an IINsider to share your love for the Health Coach Training Program and get paid for your referrals!

ALUMNI SPOTLIGHT

“This journey opened my mind to the huge impact our food choices have on our well-being and the well-being of our planet. I coupled my love for food with my compassionate nature and trained to become an Integrative Nutrition Health Coach and a raw vegan chef with a focus on zero-food-waste cooking.”

Maya Badran
Dubai, United Arab Emirates



CONTINUED LEARNING WITH IIN'S EDUCATIONAL PARTNERS

Put your IIN education toward a bachelor's, master's, or even a doctorate degree with our partnered institutions in the United States and around the world as well as earn continuing education units (CEUs) to propel your existing career forward. Our global partners offer IIN graduates various opportunities to pursue professional development as a Health Coach.



**APPROVED
TRAINING
PROGRAM**



IIN also offers courses on writing and publishing your own book, hormonal health, gut health, and more! You'll be able to specialize in a niche area of health to bring even more value to your wellness career. Some of these courses are also eligible for CEUs, including continuing education credits with the National Board for Health and Wellness Coaching (NBHWC), National Academy of Sports Medicine (NASM), and Athletics and Fitness Association of America (AFAA).

ALUMNI SPOTLIGHT

“The training program I invested in gave me my foundation, the [IIN] alumni gave me faith, and my coaching practice gives me the opportunity to be the human, mom, and healer I was born to be.”

Ashley Micaud
Ontario, Canada





A COMMITMENT TO INTEGRITY AND CREDIBILITY

IIN is licensed as a vocational school by the Ohio State Board of Career Colleges and Schools. This licensure entails constant oversight from these educational governing bodies as well as periodic review and renewal of our rigorous academic Health Coach Training Program curriculum.

Independent third-party membership organizations have undertaken vigorous evaluations of our programs and granted a wide range of approvals around the world. Specifically, IIN offers courses that have earned approvals from the National Board for Health and Wellness Coaches (NBHWC), International Coaching Federation (ICF), Health Coach Alliance (HCA), United Kingdom & International Health Coaching Association (UKIHCA), and Health Coaches Australia and New Zealand Association (HCANZA).

These strategic partnerships underscore our commitment to our students and graduates to provide a credible education that is globally accepted and respected and that will set Integrative Nutrition Health Coaches apart.

ALUMNI SPOTLIGHT

“I love the community at IIN, first and foremost. I am so proud to be an alum because I learned so much, and I am honored to be among such incredible graduates and other entrepreneurs, Health Coaches, and spiritual teachers who I look up to. It gave me the confidence to pursue my blog and wellness brand full-time, and for that, I am forever grateful.”

Jordan Younger
California, United States





JOIN A MOVEMENT YOU BELIEVE IN

The Institute for Integrative Nutrition is a mission-driven organization that's leading the wellness field and sparking a health revolution. Join the largest global presence of coaches and teachers - a network of more than 180,000 changemakers in 185 countries - who are passionate about improving the health of the world. Learn how to tap into your innate wisdom and discover what your body needs to be nourished, to heal, and to thrive. You'll be empowered to be the catalyst for change to create a healthier, happier world.



Transformation Starts with You...

Our Admissions team can answer any questions you have about enrolling in The Health Coach Training Program. They can also speak to you about flexible financing options so your education is affordable and works for you.

Start living a life you love today:

United States: (833) 971-4301

International: +1 (513) 270-6012

admissions@integrativenutrition.com