



Institute for Integrative Nutrition®
Integrative Nutrition, LLC
D/b/a Institute for Integrative Nutrition® (IIN™)

Academic Catalog
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www.integrativenutrition.com

Contents

Mission	4
Institute for Integrative Nutrition Officials and Faculty	4
School Director	4
Faculty For Health Coach Training Program (HCTP) and Integrative Nutrition Health Coach II	4
Faculty For Advanced Programs	5
Faculty For Specialty Courses	7
Calendar	7
Office Hours and Closings	7
Start Dates	7
Academic Calendar	7
Health Coach Training Program	7
Integrative Nutrition Health Coach II	7
Advanced Courses	8
Specialty Courses	8
Entrance and Enrollment	8
Admission Requirements for Health Coach Training Program	8
Admission Requirements for the Integrative Nutrition Health Coach II Program	9
Admissions Requirements for Advanced Courses	9
Admissions Requirements for Specialty Courses	9
Course Technology	9
Non-Discrimination Policy	9
General Questions / Enrollment	9
Graduation Requirements	10
Leaves of Absence and Make-Up Work	11
Attendance	12
Standards of Academic Progress	12
Satisfactory Academic Progress	12
Student Conduct and Dismissal	12
Re-admittance	12
Grading Policy	12
Assessment and Proctoring Procedures	13
Detailed Schedule of Fees	13
Health Coach Training Program	13
Integrative Nutrition Health Coach II	14
Business Practices for Health Coaches	14
Coaching Intensive Practicum	15
Gut Health Course	15
Hormone Health Course	16

Launch Your Dream Book	16
Emotional Eating Psychology Course	17
Alternative Health Remedies	18
Detox Your Life	18
Whole Person Health	18
Financial Assistance Statement	19
Program Information	20
Health Coach Training Program (HCTP)	20
Integrative Nutrition Health Coach II	27
Advanced Programs	35
Business Practices for Health Coaches	35
Coaching Intensive Practicum	40
Gut Health Course	43
Hormone Health Course	46
Launch You Dream Book	50
Specialty Courses	57
Alternative Health Remedies	57
Detox Your Life	58
Whole Person Health	60
Student Support	62
Credit for Previous Education and Training	62
Job Placement and Certification	62
License or Certification	62
Regulation	62
Cancellation and Refund Policy	63
Health Coach Training Program & Integrative Nutrition Health Coach II (HCTP Alumni Program)	63
All Advanced Courses	64
All Specialty Courses	64
Complaint Procedure	64
Anti-Hazing Policy	65

Mission

Our mission is to play a crucial role in improving health and happiness, and through that process, create a ripple effect that transforms the world.

Institute for Integrative Nutrition Officials and Faculty

School Director

Nora McCaffrey

M.S.Ed., Indiana University, 2016

B.A., Ithaca College, 2006

Diploma, Institute for Integrative Nutrition, 2011

Faculty For Health Coach Training Program (HCTP) and Integrative Nutrition Health Coach II

As a student in the HCTP or Integrative Nutrition Health Coach II, you may work with one or more of the following faculty members.

Ana Gabriela Adames

M.D. in Clinical Nutrition and Nutritional Support - Universidad Simon Bolivar, Caracas, Venezuela

M.D. in Medicine / Medical Doctor - Universidad Central De Venezuela, Caracas, Venezuela

National Board Certified Health & Wellness Coach - NBC-HWC - ID A-3438448

Florida Registered Medical Assistants, Miami, Florida.

Diploma, IIN Integrative Nutrition Institute, 2018

Dillan DiGiovanni

B.S., Education, The College of New Jersey, Ewing, 2000

MEd., Interdisciplinary, Lesley University, Cambridge, 2015

Diploma, Institute for Integrative Nutrition, 2005

Dianne Wenz

B.F.A., Illustration, Parsons School of Design, New York City, 1993

Diploma, Institute for Integrative Nutrition, 2009

Dena Smith Ellis

M.B.A., Anglia Ruskin University, Cambridge, UK, 2022

Nationally Board-Certified Health & Wellness Coach, 2021

Diploma, Institute for Integrative Nutrition, HCTP 2007

Lindsay Goldberg

B.A., Psychology, State University of New York, Albany, 2007

M.S., Education, The College of Saint Rose, 2011

Diploma, Institute for Integrative Nutrition

Nora McCaffrey

M.S.Ed., Indiana University, 2016
B.A., Ithaca College, 2006
Diploma, Institute for Integrative Nutrition, 2011

Alyssa Cabral

AAS, ASL Deaf Studies, SCCC, NY, 2012
Diploma, Institute for Integrative Nutrition, 2018

Sheri Vettel

BS Foods and Nutrition, Meredith College, 2008
Master of Public Health, UNC Greensboro, 2013
Diploma, Institute for Integrative Nutrition, 2021

Zack Bodenweber

BS Sociology & BA English, SUNY Geneseo, 2013
Master of Social Work, University at Albany, SUNY, 2016
Diploma, Institute for Integrative Nutrition, 2018

Faculty For Advanced Programs

As a student in the one of the Advanced programs, you may work with one or more of the following faculty members:

Business Practices for Health Coaches**Lindsay Goldberg**

B.A., Psychology, State University of New York, Albany, 2007
M.S., Education, The College of Saint Rose, 2011
Diploma, Institute for Integrative Nutrition

Emotional Eating Course**Lindsay Goldberg**

B.A., Psychology, State University of New York, Albany, 2007
M.S., Education, The College of Saint Rose, 2011
Diploma, Institute for Integrative Nutrition

Gut Health Course**Lindsay Goldberg**

B.A., Psychology, State University of New York, Albany, 2007
M.S., Education, The College of Saint Rose, 2011
Diploma, Institute for Integrative Nutrition

Hormone Health Course**Lindsay Goldberg**

B.A., Psychology, State University of New York, Albany, 2007
M.S., Education, The College of Saint Rose, 2011
Diploma, Institute for Integrative Nutrition

Coaching Intensive Practicum

Lindsay Goldberg

B.A., Psychology, State University of New York, Albany, 2007
M.S., Education, The College of Saint Rose, 2011
Diploma, Institute for Integrative Nutrition

Megan Kalocinski

D.C.N. (candidate) Clinical Nutrition - Maryland University of Integrative Health, anticipated August 2024
M.S. Functional and Clinical Nutrition, Maryland University of Integrative Health, 2018
BA, Education & Human Development, Boston College, 2002
Diploma, Institute for Integrative Nutrition

Elizabeth Mander

M.S. Health Coaching, International Health Coach University, 2018
B.S. Sociology, Austin Peay State University, 2008
Diploma, Institute for Integrative Nutrition

Michelle MacLean

B.A., Political Science, Dalhousie University, 1990
BPR, Cooperative Education Option with Distinction, Mount Saint Vincent University, 1996
Diploma, Institute for Integrative Nutrition, 2012

Christine Boutross

B.A., St. Joseph's College, 1970
MS: Fordham University Curriculum & Teaching; 1972
MS & Professional Diploma Pace University: Educational Administration & Supervision; 1983
Diploma, Institute for Integrative Nutrition, 2007

Merritt Tracy

B.S. in Business Administration with a major in Management Information Systems, University of North Carolina at Charlotte
Diploma, Institute for Integrative Nutrition, 2012

Alice Cale

Associates of Arts Degree Onondaga Community College, Syracuse NY, 1998
Certificate of Completion of Health Coach Training Columbia Teachers College 2008
New York State Career School Teacher Permit 2013 – 2014
Diploma, Institute for Integrative Nutrition 2008

Launch Your Dream Book

Lindsay Goldberg

B.A., Psychology, State University of New York, Albany, 2007
M.S., Education, The College of Saint Rose, 2011
Diploma, Institute for Integrative Nutrition

Faculty For Specialty Courses

As a student in the one of the Specialty Courses, you may work with one or more of the following faculty members:

Alternative Health Remedies, Detox Your Life, and Whole Person Health

Nora McCaffrey

B.A., Ithaca College, 2006

Diploma, Institute for Integrative Nutrition, 2011

Calendar

Office Hours and Closings

The Institute for Integrative Nutrition's offices are open from 9 AM to 5:30 PM (Eastern Time) on all normal business days. Our administrative offices will be closed on the following US Holidays:

New Year's Day
Martin Luther King Day
President's Day
Memorial Day
Independence Day
Labor Day
Thanksgiving Day
Day after Thanksgiving
Christmas Day
The period between Christmas Day and New Year's Day

Start Dates

At the Institute for Integrative Nutrition, enrollment is open and continuous. During the enrollment process, applicants select their preferred start date (cohort) from the available options for their program of enrollment. The start and end dates are indicated on the Enrollment Agreement.

IIN supports continuous and self-directed learning for any student, at any time, anywhere in the world. Its educational resources are available online twenty-four hours a day, seven days a week, all year long. Each cohort is named for the start date of its first term.

Academic Calendar

Health Coach Training Program

The schedule for the Health Coach Training Program can be found at: [HCTP Course Calendar](#)

Integrative Nutrition Health Coach II

The Integrative Nutrition Health Coach II begins March 2023. For future start dates, please contact support@integrativenutrition.com

Advanced Courses

The schedule for all Advanced Courses can be found at: iNadvancedcourses.com.

Specialty Courses

The schedule for all Specialty Courses can be found at:

<https://specialtycourses.integrativenutrition.com/>

Entrance and Enrollment

Prospective students begin an online application at any time. On the online application, the prospective student is asked several questions about their interest in the program, along with other questions. Prospective students for the Health Coach Training Program and Integrative Nutrition Health Coach II must upload documentation that they have, at a minimum, graduated high school or the equivalent. Additionally, applicants for the Integrative Nutrition Health Coach II must provide verification that they completed the Health Coach Training Program prior to 2022. Prospective students who are not able to provide this documentation must call IIN and complete the admissions process by phone.

Specific admissions requirements are provided in the following section for each type of curriculum offering.

If the application is complete and the applicant meets the entrance requirements, the prospective student moves on to enrollment.

Prospective students who are using the online application have the option to call Integrative Nutrition and finish the admissions process by phone at any point in the process.

Enrollment

Accepted applicants are provided information about payment options and select their preferred option and method of payment.

The enrollment agreement is provided electronically. The prospective student signs the agreement digitally and it is signed digitally by the school director or an agent on behalf of the school.

The payment for the course is due at the time of enrollment, per the payment option selected.

Finally, prior to the start of class, the student reads and signs the IIN Student Agreement which outlines how he or she can use the proprietary information provided in the course, as well as the IIN name and images.

Admission Requirements for Health Coach Training Program

- High school diploma, GED, or equivalent*;
- Completion of phone interview and/or an online assessment to determine:
 - A demonstrated passion for and understanding of health and wellness;
 - An ability to clearly articulate desired outcomes from participation in the program; and
 - An awareness of and interest in the Institute for Integrative Nutrition's mission.

Admission Requirements for the Integrative Nutrition Health Coach II Program

- High school diploma, GED, or equivalent*;
- Completion of the Health Coach Training Program (prior to 2022);
- Awareness of and interest in the Institute for Integrative Nutrition’s mission.

Admissions Requirements for Advanced Courses

- Demonstrated passion for and understanding of health and wellness;
- Awareness of and interest in the Institute for Integrative Nutrition’s mission.

Admissions Requirements for Specialty Courses

- Demonstrated passion for and understanding of health and wellness;
- Awareness of and interest in the Institute for Integrative Nutrition’s mission.

* Applicants of compulsory school age who are currently enrolled in High School will be considered for enrollment with a parent or guardian’s permission and confirmation that enrolling in a program at IIN would not be detrimental to their regular school work.

Course Technology

IIN’s courses will be made available online. Students are solely responsible for ensuring that they have the appropriate hardware, software, Internet access, and/or other equipment necessary to participate in the Course(s). IIN may provide you with limited technical support to access the Course(s), but in no event will such support include providing desktop computer troubleshooting (i.e., computer freezes, browser problems), assistance with third-party websites, or support with non-IIN products.

Non-Discrimination Policy

The Institute for Integrative Nutrition is committed to the principle of equal opportunity in education and employment. IIN does not discriminate against individuals on the basis of race, color, sex, sexual orientation, gender identity, religion, disability, age, genetic information, veteran status, ancestry, or national or ethnic origin in the administration of its educational policies, admissions policies, employment policies, and other IIN-administered programs and activities, but may favor US citizens for employment in compliance with US laws.

This policy, which extends to all programs and activities of the school district, arises out of the following statutes: Title VI of the Civil Rights Act of 1964, 42 U. S. C. 2000 *et seq.* and its implementing regulation, 43 C. F. R., Part 100; Individuals with Disabilities Education Act (“IDEA”), 20 U.S.C., 1400 *et seq.*; Section 504 of the Rehabilitation Act of 1973, 20 U. S. C. 794 and its implementing regulation, 34 C. F. R., Part 104; Title IX of the Education Amendments of 1972, as amended, 20 U. S. C. 1681 *et seq.*, and its implementing regulation, 34 C. F. R. Part 106; and, the Americans with Disabilities Act of 1990.

General Questions / Enrollment

Domestic: (877) 730-5444

E-mail: admissions@integrativenutrition.com

Graduation Requirements

Please see the specific graduation requirements provided below for each program/course.

Health Coach Training Program:

The Health Coach Training Program has four exams, graded on a scale of 0-100%. Students must pass at least two (2) of the four (4) exams with a minimum score of 70%.

Health Histories are graded on a pass/fail basis. Health Histories that are submitted with all information completed and questions answered receive a grade of "pass." Incomplete Health Histories, or those submitted with unintelligible answers (e.g., nonsense words, gibberish, etc.), receive a grade of "fail."

Coaching Circles are graded on a pass/fail basis. Students who attend and participate in the Coaching Circle receive a grade of "pass." Students who register for a Coaching Circle session, but who do not attend and/or attend but do not participate, receive a grade of "fail."

Additionally, to receive a certificate of completion, a student's account must be paid in full.

Integrative Nutrition Health Coach II:

(HCTP Alumni Program)

The Integrative Nutrition Health Coach II has four exams, graded on a scale of 0-100%. Students must pass at least two (2) of the four (4) exams with a minimum score of 70%.

Practice Coaching Sessions are graded on a pass/fail basis. Practice Coaching Sessions that are submitted with all information completed and questions answered receive a grade of "pass." Incomplete Practice Coaching Sessions, or those submitted with unintelligible answers (e.g., nonsense words, gibberish, etc.), receive a grade of "fail." Students must submit a minimum of six Practice Coaching Sessions.

Coaching Circles are graded on a pass/fail basis. Students who attend and participate in the Coaching Circle receive a grade of "pass." Students who register for a Coaching Circle session, but who do not attend and/or attend but do not participate, receive a grade of "fail." Students must participate in at least four Coaching Circle sessions.

Additionally, to receive a certificate of completion, a student's account must be paid in full.

Business Practices for Health Coaches:

Completion of the Business Practices for Health Coaches program required students to complete all assignments and tests with a cumulative GPA of 70% minimum. Additionally, to receive a certificate of completion, a student's account must be paid in full.

Coaching Intensive Practicum:

Completion of the Coaching Intensive Practicum program requires a student to earn complete all assignments and tests earning a minimum of 80 points out of a possible 100 points. Additionally, to receive a certificate of completion, a student's account must be paid in full.

Gut Health Course:

Completion of the Institute for Integrative Nutrition Gut Health Course requires a student to complete all activities and earn a minimum of 70% on each of the two tests in the course. Additionally, to receive a certificate of completion, a student's account must be paid in full.

Hormone Health Course:

Completion of the Institute for Integrative Nutrition Hormone Health Course requires a student to complete all activities and earn a minimum of 70% on each of the two tests in the course. Additionally, to receive a certificate of completion, a student's account must be paid in full.

Launch Your Dream Book:

Completion of Launch Your Dream Book requires a student to earn complete all modules. Additionally, to receive a certificate of completion, a student's account must be paid in full.

Emotional Eating Psychology Course:

Completion of the Institute for Integrative Nutrition Emotional Eating Psychology Course requires a student to complete all activities and earn a minimum of 70% on the two tests in the course. Additionally, to receive a certificate of completion, a student's account must be paid in full.

Alternative Health Remedies:

To graduate from Alternative Health Remedies, students must complete 80% of the course within each module (minimum) and be in good financial standing. Additionally, to receive a digital badge, students must complete all course assessments.

Detox Your Life:

To graduate from Detox Your Life, students must complete 80% of the course within each module (minimum) and be in good financial standing. Additionally, to receive a digital badge, students must complete all course assessments.

Whole Person Health:

To graduate from Whole Person Health, students must be in good financial standing; and complete:

- All topic pages in Modules 1–6
- At least one assignment in each module in Modules 1–5
- Assessments in Modules 1 and 6
- Surveys in Modules 1 and 6

Additionally, to receive a digital badge, students must complete all course assessments.

Leaves of Absence and Make-Up Work

The Institute for Integrative Nutrition is a global educational enterprise. While it is committed to supporting all students, the pace of its program does not allow for leaves of absence. Under rare circumstances, a student unable to continue with his or her cohort can request to “fall back” to a cohort with a later start date. Extreme flexibility is given to work completion and little need exists for a make-up work policy.

Attendance

Students can access online program content twenty-four hours a day, seven days a week. There are no set class days or times. As such, students are not considered tardy or absent.

Standards of Academic Progress

Satisfactory Academic Progress

Students at the Institute for Integrative Nutrition are provided with the resources to be successful and the flexibility to study when and where it is convenient for them. They are expected to make continuous progress toward successfully completing their course or program. Progress includes completing online activities, submitting assignments, and/or completing exams, as applicable. Students who are not completing these activities are not making satisfactory academic progress. Additional time is not provided to students who do not successfully complete course activities within the timeframe indicated on the enrollment agreement.

Students who need assistance are encouraged to contact Student Support.

Student Conduct and Dismissal

Dismissal from IIN may occur if a student violates one or more provisions in the Student Enrollment Agreement or fails to maintain Satisfactory Academic Progress. In addition, if a student's tuition payment is overdue for more than 30 days for any reason, the student is subject to withdrawal from the program. Any tuition paid upon withdrawal from the program will be subject to the refund policy.

Re-admittance

If a student withdraws from a training program for any reason, he or she is welcome to re-enroll at a later date. The individual must go through the admissions process and sign a new enrollment agreement. Credit may be given for portions of the program previously completed, but the awarding of any credit is up to the discretion of the School Director.

Students dropped for failure to meet attendance and or Satisfactory Academic Progress requirements may be able to re-enroll in a later training session. These individuals must submit a request for re-enrollment to the School Director. If the Director feels the individual is a good candidate, he or she can restart the admissions process.

Grading Policy

Courses and programs at the Institute for Integrative Nutrition may be graded or ungraded.

In graded courses, satisfactory completion is based on scores as well as completion of course activities, as applicable.

Graded activities are based on a percentage scale:

0% - 100%

70% or higher is considered passing

Or on a point-based scale:
 0 – 100 points
 80 points or higher is considered passing

Satisfactory completion of ungraded courses is based on the completion of course activities.

Please refer to the Graduation Requirements section for information on specific course or program requirements.

Assessment and Proctoring Procedures

The Institute for Integrative Nutrition does not require external proctoring of its examinations. Rather, IIN employs an assessment strategy allowing for open book / open note examinations. A student will log into the Learning Center with a secure login and password in order to complete examinations.

Detailed Schedule of Fees

Health Coach Training Program

The Health Coach Training Program is 432 clock hours. For the purposes of tuition collection and refunds, it will be considered one (1) term.

The registration fee, tuition, and books and materials charges will be due upon enrollment.

Health Coach Training Program	
This program is normally completed in 24 - 48 weeks (includes scheduled breaks).	
Registration (<i>non-refundable</i>)	\$ 99
Tuition	\$5,975
Books and Materials (<i>non-refundable once received</i>)	\$ 921
Total Cost	\$6,995

Tuition and fee charges are subject to change at the school’s discretion. Any tuition or fee increases will become effective for the school term following student notification of the increase. All dollar amounts referenced herein are in U.S. dollars.

Other Fees (if applicable)

Transfer Fee \$300.00

Students moving from one class to another class incur a transfer fee of \$300. If a student, following withdrawal, enrolls in a later class than the one from which he or she withdrew, and then subsequently decides to withdraw from the later class, the refund policy will relate to the date and class in which the student was enrolled for the longest period of time.

Integrative Nutrition Health Coach II
HCTP Alumni Program

The Integrative Nutrition Health Coach II program for HCTP alumni is 432 clock hours. For the purposes of tuition collection and refunds, it is one (1) term of 24 weeks.

The registration fee, tuition, and books and materials charges will be due upon enrollment.

Integrative Nutrition Health Coach II	
This program is normally completed in 24 weeks (includes scheduled breaks).	
Registration (<i>non-refundable</i>)	\$ 99
Tuition	\$ 5,975
Books and Materials (<i>non-refundable once received</i>)	\$ 921
Total Cost	\$5,995

Tuition and fee charges are subject to change at the school’s discretion. Any tuition or fee increases will become effective for the school term following student notification of the increase. All dollar amounts referenced herein are in U.S. dollars.

Other Fees (if applicable)

Transfer Fee \$300.00

Students moving from one class to another class incur a transfer fee of \$300. If a student, following withdrawal, enrolls in a later class than the one from which he or she withdrew, and then subsequently decides to withdraw from the later class, the refund policy will relate to the date and class in which the student was enrolled for the longest period of time.

Business Practices for Health Coaches

The Business Practices for Health Coaches program is 100 clock hours and has a total cost of \$995. The student will be obligated to the entire cost of the program upon enrollment.

Business Practices for Health Coaches	
Program length: 100 clock hours	
This program is normally completed in 48 weeks (includes scheduled breaks).	
Registration	\$ 99
Tuition	\$896
Total Cost	\$995

The total cost of the Course, as set forth in the table above, must be paid in full at the time of enrollment unless an alternative payment plan is offered by IIN and accepted by the student.

Tuition and fee charges are subject to change at the school’s discretion. Any tuition or fee increases will become effective for the school term following student notification of the increase. All dollar amounts referenced herein are in U.S. dollars.

Other Fees (if applicable)

Transfer Fee \$ 99

Students moving from one class to another class incur a transfer fee of \$99. If the Student, following withdrawal, enrolls in a later class than the one from which he or she withdrew, and then subsequently decides to withdraw from the later class, the refund policy will relate to the date and class in which the student was enrolled for the longest period of time.

Coaching Intensive Practicum

The Coaching Intensive Practicum course is 95 clock hours and has a total cost of \$995. The student will be obligated to the entire cost of the program upon enrollment.

Coaching Intensive Practicum Program length: 95 clock hours This program is normally completed in 12 weeks (includes scheduled breaks).	
Registration	\$99
Tuition	\$896
Total Cost	\$995

The total cost of the Course, as set forth in the table above, must be paid in full at the time of enrollment unless an alternative payment plan is offered by IIN and accepted by the student.

Tuition and fee charges are subject to change at the school’s discretion. Any tuition or fee increases will become effective for the school term following student notification of the increase. All dollar amounts referenced herein are in U.S. dollars.

Transfers are not available for the Coaching Intensive Practicum.

Gut Health Course

The Gut Health Course is 67 clock hours and has a total cost of \$995. The student will be obligated to the entire cost of the program upon enrollment.

Gut Health Course Program length: 67 clock hours This program is normally completed in 20 weeks (includes scheduled breaks).	
Registration	\$ 99
Tuition	\$896
Total Cost	\$995

The total cost of the Course, as set forth in the table above, must be paid in full at the time of enrollment unless an alternative payment plan is offered by IIN and accepted by the student.

Tuition and fee charges are subject to change at the school’s discretion. Any tuition or fee increases will become effective for the school term following student notification of the increase. All dollar amounts referenced herein are in U.S. dollars.

Other Fees (if applicable)

Transfer Fee \$ 99

Students moving from one class to another class incur a transfer fee of \$99. If the Student, following withdrawal, enrolls in a later class than the one from which he or she withdrew, and then subsequently decides to withdraw from the later class, the refund policy will relate to the date and class in which the student was enrolled for the longest period of time.

Hormone Health Course

The Hormone Health Course is 95 clock hours and has a total cost of \$995. The student will be obligated to the entire cost of the program upon enrollment.

Hormone Health Course	
Program length: 95 clock hours	
This program is normally completed in 32 weeks (includes scheduled breaks).	
Registration	\$ 99
Tuition	\$896
Total Cost	\$995

The total cost of the Course, as set forth in the table above, must be paid in full at the time of enrollment unless an alternative payment plan is offered by IIN and accepted by the student.

Tuition and fee charges are subject to change at the school’s discretion. Any tuition or fee increases will become effective for the school term following student notification of the increase. All dollar amounts referenced herein are in U.S. dollars.

Other Fees (if applicable)

Transfer Fee \$ 99

Students moving from one class to another class incur a transfer fee of \$99. If the Student, following withdrawal, enrolls in a later class than the one from which he or she withdrew, and then subsequently decides to withdraw from the later class, the refund policy will relate to the date and class in which the student was enrolled for the longest period of time.

Launch Your Dream Book

The Launch Your Dream Book course is 98 clock hours and has a total cost of \$995. The student will be obligated to the entire cost of the program upon enrollment.

Students moving from one class to another class incur a transfer fee of \$99. If the Student, following withdrawal, enrolls in a later class than the one from which he or she withdrew, and then subsequently decides to withdraw from the later class, the refund policy will relate to the date and class in which the student was enrolled for the longest period of time.

Alternative Health Remedies

The Alternative Health Remedies course is 3 clock hours and has a total cost of \$249. The student will be obligated to the entire cost of the program upon enrollment.

Alternative Health Remedies Program length: 3 clock hours Students receive unlimited access to this course for six (6) weeks.	
Tuition	\$249
Total Cost	\$249

The total cost of the course must be paid in full at the time of enrollment. Tuition and fee charges are subject to change at IIN’s discretion. Any tuition or fee increases will become effective for the school term following student notification of the increase.

Detox Your Life

The Detox Your Life course is 5 clock hours and has a total cost of \$249. The student will be obligated to the entire cost of the program upon enrollment.

Detox Your Life Program length: 5 clock hours Students receive unlimited access to this course for six (6) weeks.	
Tuition	\$249
Total Cost	\$249

The total cost of the course must be paid in full at the time of enrollment. Tuition and fee charges are subject to change at IIN’s discretion. Any tuition or fee increases will become effective for the school term following student notification of the increase.

Whole Person Health

The Whole Person Health course is 7 clock hours and has a total cost of \$349. The student will be obligated to the entire cost of the program upon enrollment.

Whole Person Health Program length: 7 clock hours Students receive unlimited access to this course for six (6) weeks.	
Tuition	\$349
Total Cost	\$349

The total cost of the course must be paid in full at the time of enrollment. Tuition and fee charges are subject to change at IIN's discretion. Any tuition or fee increases will become effective for the school term following student notification of the increase.

Financial Assistance Statement

Specialty Course Grant

Value of Grant: \$119.60

The Specialty Course Grant is available to **all** applicants who demonstrate a commitment to ongoing integrated health education by enrolling in multiple specialty courses at the same time. The purpose of the grant is to make obtaining continuing education and professional development more accessible for students, thereby increasing the standard of knowledge in the integrated health industry. This grant is awarded in the form of a tuition credit applied to the student's account upon enrollment.

Specialty courses include Alternative Health Remedies, Detox Your Life, and Whole Person Health.

Coaching Intensive Practicum Tuition Grant

Value of Grant: \$1,150

Two (2) Awards to students taking the Coaching Intensive Practicum per Academic Term

To be eligible for the Coaching Intensive Practicum Tuition Grant applicants must:

- fill out and submit a completed application form within the specified application period;
- have not previously enrolled in the Coaching Intensive Practicum; and
- be in good financial standing with IIN if currently or previously enrolled in any other courses with the school.

The application form shall contain three questions that applicants must provide written answers to (500 words max. per question):

1. What is your mission as a Health Coach and why? How will being awarded this grant enable you to carry that mission forward and create a ripple effect of health and happiness in the world?
2. Coaching is a process of facilitating growth. Recall a time you overcame adversity and, as a result, experienced personal growth in your own life. How did this experience prepare you to show up with compassion and empathy for clients?
3. Explain why you are the ideal candidate to be awarded this grant.

In evaluating responses to select the candidate who shall be awarded the tuition credit, we are looking for a demonstration of (1) dedication to professional achievement that is in alignment with IIN's core mission and values, (2) evidence of experiential growth that has shaped one's ability to foster compassion and empathy for clients, and (3) evidence of financial need and/or merit that sets the candidate apart from others.

Scholarships & Other Aid

At this time, the Institute for Integrative Nutrition does not offer scholarships. Additionally, IIN does not participate in the Title IV program and does not offer federal student aid.

Program Information

Health Coach Training Program (HCTP)

Length: 432 Clock Hours

The Health Coach Training Program teaches the foundations of holistic health and wellness and how to apply them in a coaching setting through a 40-module, online course. The curriculum includes coaching skills and techniques, basics of nutritional science and health, and content on business development. Students are encouraged to complete ungraded quizzes to check their learning, engage with other students through discussion questions, and expand their knowledge by completing assignments following each module. Comprehensive, graded exams are given every ten modules. Students' understanding of the material is also assessed through content-based conference calls led by coaching instructors and the submission of Practice Coaching Sessions, where students provide summaries of their initial coaching sessions with prospective clients.

Objectives:

Upon completion of this program, students will be able to:

- Integrate a unique approach to health and happiness through experimentation with course theories and concepts
- Comprehend IIN's unique nutrition theories, in addition to traditional and modern nutrition concepts, and the evolving state of global health
- Implement Integrative Nutrition's core theories of primary and secondary food as well as bio-individuality to explore a personalized approach to wellness
- Demonstrate the tools, techniques, theories, and guidelines that make up IIN's Integrated Coaching Methodology
- Develop a coaching process while guiding others to explore their individual wellness goals
- Contribute to the global health movement through a conscious, ongoing commitment to health and happiness

Module Descriptions:

Orientation (9 Clock Hours): Members of the Institute for Integrative Nutrition (IIN) team and founder Joshua Rosenthal welcome students and explain how IIN's holistic education makes it, unlike any other school. Students are introduced to the learner journey, program objectives support, and the unique features of this online learning program. They are guided through a visualization exercise to prepare their mindset for success. Then, they will learn what it means to their career to become an IIN Health Coach and the impact health coaches are having on the world. Finally, students will explore how to access course documents and resources within the program and IIN community, along with how to join and use online discussions.

Module 1 (10 Clock Hours): The first module sets students on the path to discovering what health *really* is. They'll be introduced to some of IIN's core principles and philosophies and see how they apply to your life and the world at large. They'll hear from Dr. Andrew Weil about the value of promoting health and

preventing illness. Pilar Gerasimo will explain how sometimes being healthy takes you outside of societal norms.

Module 2 (9 Clock Hours): In Module 2, students will look at health in action. Wellness is not just a fixed result or destination. It's a living process, a journey in which you are an active participant. The choices you make in every aspect of your life, how you take care of yourself both on and off the plate, all contribute to your wellbeing. In this module, you'll hear from Dr. Lissa Rankin as she explains the powerful role your mind plays in healing. Registered Dietitian Maya Feller will discuss how food is medicine for your mind, body, and soul.

Module 3 (9 Clock Hours): This module explores the building blocks of a healthy life. There are certain healthy basics that you can come back to over and over that are the basis for being in a good state of health. Understanding these fundamental concepts and exploring how you can apply them in the ways that work for you can help you create a solid foundation for your health and life. Dr. Deanna Minich shares how colorful food can be medicine. Gabby Bernstein will show you how to manifest your dream career.

Module 4 (9 Clock Hours): Students will explore how building awareness of natural rhythms, both within you and around you, can improve health and happiness. When you can observe your own patterns and behaviors and see how your body lives within natural cycles, both internal and external, you can begin to develop a better understanding of your needs and goals and become that much closer to living in harmony with yourself and the world around you. You'll learn the secret to sleep from Dr. Rubin Naiman. Pilar Gerasimo will review ultradian rhythms. Andrea Beaman will discuss the health benefits of seasonal eating.

Module 5 (11 Clock Hours): Students will explore the intrinsic bidirectional link between the body and the mind. The body and mind are continuously communicating with each other, and both affect the other equally. By cultivating the strong connection between your body and mind, by practicing skills such as presence, you open yourself to your own truths, which can help you transform your health and your life. You'll learn about mind-body medicine from Dr. Joan Borysenko. You'll explore the perception of stress with Dr. Libby Weaver. You'll see how you can shape your mindset through movement and meditation with Parker Hurley. You'll look at the power of presence with Vanessa Bennett.

Module 6 (9 Clock Hours): Module 6 focuses on the importance of listening. You're always receiving messages, information about your health, your relationships, every aspect of your life. It's important to listen actively, without judgment, to all the information you're being sent as when you can truly hear what you're being told, you can better support your needs, physically, mentally, emotionally, and spiritually. You'll hear from Dr. David Katz about lifestyle medicine and trends in chronic disease. Dr. Ellen Vora will share how mental health really starts in the physical realm and will touch on the importance of supporting emotional health. Dr. Harville Hendrix discusses the power of connection.

Module 7 (9 Clock Hours): In Module 7, students will learn how listening to the messages you're receiving from your body and exploring what might be behind them can nourish your health and your life. Every aspect of your life can benefit from curiosity. Asking the right questions, listening to the answers, honoring those answers, and exploring further can help you uncover the why behind the what, which can in turn help you thrive. You'll review inflammation and immune system balance with Dr. Dipnarine Maharaj. You'll learn about functional nutrition for immunity from Dr. Tiffany Lester. You'll

hear from Dr. Ellen Vora about self-awareness and compassion. Charles Vogl will discuss the importance of community and belonging.

Module 8 (9 Clock Hours): Module 8 explores weight and finances and how the emphasis we put on either or both of those factors can truly influence the decisions you make about health and happiness. It can be easy to look at the numbers on the scale and the figures in the bank and use them as a gauge of how you feel about yourself, either good or bad. But when you understand that these numbers are simply data points rather than reflections on your value as a person, you can change the role they play in your life. You'll look at energy balance with Dr. David Ludwig. You'll learn about the biology of food addiction with Dr. Mark Hyman. You'll review the basics of budgeting with Manisha Thakor. You'll explore the importance of reflective inquiry in coaching with Marcia Reynolds.

Module 9 (9 Clock Hours): Module 9 dives more deeply into weight and finances, taking those numbers and bringing light to what they really mean for you. There can be many deep-rooted beliefs behind how you view finances and/or weight. Any rules that you have knowingly or unknowingly created around these topics could be helpful *or* harmful. By exploring your relationship with these numbers and seeing why you've set certain structures around them, you can discover if they truly support your life and, if they don't, shift them to provide what you really need. You'll explore the relationship between net worth and self-worth with Kate Northrup. You'll learn about joy-based spending with Manisha Thakor.

Module 10 (10 Clock Hours): Module 10 marks students' first integration week. This week allows time for students to integrate what they've taken in through the past nine modules. It's for students to look back at what's resonated with them so far, anchor into the present to see how they can incorporate what they've learned into their life now and identify potential action steps to help them succeed moving forward. Personal transformation and business plans are available in this module. Using one or both, students will begin creating a workable personal or professional roadmap that they can act on to achieve their goals by the end of the course. They'll revisit and build on these plans in future Integration Weeks.

Module 11 (9 Clock Hours): Module 11 explores how getting to the root of things can help you make the changes that you truly need with your health, your career, and your life. What we see at the surface, what we *think* we know, doesn't always accurately reflect what's really going on inside. When you dig deeply and become aware of your story, your purpose, your needs, answers will reveal themselves. You can release old patterns or narratives that may be holding you back. But you must learn to uncover and treat the cause, not the symptoms. You'll learn about functional medicine with Dr. Susan Blum. You'll look at emotional processing with Dr. Cynthia James. You'll explore the importance of transformation with Michael Ellsberg. And you'll learn how to find your seed of purpose with Danielle LaPorte.

Module 12 (10 Clock Hours): In Module 12, students will learn to trust your gut. Understanding the connections between the brain and the gut and learning how to listen to your gut – both your physical gut and your intuitive gut instinct - can improve many aspects of your health and life. Taking control of your health and making changes in your life can seem daunting, but you have the power to do so – you just need to trust your gut. You'll learn about the gut microbiome with Dr. Joseph Petrosino. You'll look at the fear fallacy and meditate on courageous action with Mastin Kipp. You'll explore how holistic health can improve life with Dr. Mehmet Oz. You'll review the power of storytelling with Dr. Shaunna Menard. You'll learn how to turn your mess into your mission with Danielle DuBoise.

Module 13 (10 Clock Hours): Module 13 explores the importance of relationships – those you have with others, with yourself, with your body, your gut – for your health and happiness. Relationships of any

kind, when given the support and attention they need, can be healing. Feeding your gut, connecting with and becoming an ally to yourself and others, strengthening all the various relationships you have, can help you heal and transform your life. You'll learn about predictive autoimmunity and the gut and the role of health coaches in autoimmune care with Dr. Tom O'Bryan. You'll look at probiotics, prebiotics, and synbiotics with Dr. Sarah LeBeer. You'll explore relationships and vulnerability with Mark Groves. You'll learn about creating brave spaces with Dr. Crystal Jones. You'll look at the importance of the coaching relationship with Michael DeSanti.

Module 14 (9 Clock Hours): In Module 14, students will look at how taking a therapeutic approach to health, prioritizing your physical, emotional, mental, and spiritual needs, can help you improve your overall well being. Every aspect of health is integrated. If you focus on or tend to neglect one aspect, the repercussions will be felt well beyond that single aspect - every other dimension, and your overall health, will be affected. To truly address what's happening in your body, mind, and life, you need to tend to your physical, mental, emotional, and spiritual needs equally. You'll investigate chronic mysterious illnesses like candida, IBS, and SIBO with Erin Holt. You'll consider the power of a therapeutic approach for autoimmune disease with Dr. Terry Wahls. You'll look at the importance of pursuing purpose with David Nichtern. You'll explore client-led visioning with Wendi Cherry.

Module 15 (10 Clock Hours): In Module 15, students will learn how bringing more joy into your life each day can have profound effects on every aspect of your health and your life. The potential for joy can be found anywhere, including within you, or in nothing at all. Joy has the power to affect every aspect of health, body, brain, and soul. As you expand your understanding of your own truths and recognize the power you already have over your life, you can begin to act in ways that help you live a more fulfilling, happier, healthier life. You'll learn about disease prevention through optimal nutrition with Max Lugavere. You'll explore how food can affect mood with Dr. Drew Ramsey. You'll look at positive psychology with Robert Mack. You'll learn how to bring positive energy to your business with David Nichtern.

Module 16 (9 Clock Hours): In Module 16, students will explore the things that truly fuel them, mind, body, and soul. Understanding how different sources of energy charge your life – the mitochondria, known as the “powerhouses of the cell,” and motivation, which can influence how you think, feel, and act – and how you can support them can help keep you on track toward your health and wellness goals. When you know the why, whether that refers to a physical health challenge such as adrenal dysfunction, discovering the clients you were born to serve as a coach, or finding the best way to speak to and motivate those clients, you'll be able to move forward and make the changes you need to support every facet of life. You'll look at adrenal dysfunction, the cortisol awakening response, and how to support your mitochondria with Dr. Carri Jones. You'll explore motivational interviewing with Ken Kinter. You'll learn about defining your niche with Dr. Shaunna Menard.

Module 17 (9 Clock Hours): In Module 17, students will learn how the beliefs they hold influence the way they exist in their life and in the world. Conventional thinking suggests that the beliefs that you hold in your mind can affect your body, but not necessarily the other way around. However, your body can affect your mind just as much as your mind influences your body. This simple adjustment in understanding can have a powerful impact on the narrative of your life. You have the ability to rewrite your beliefs. Looking at your health, your profession, your life, with a fresh perspective, turning insight into action, can help you find the transformation you seek. You'll review functional nutrition for hormone balance with Dr. Tiffany Lester. You'll learn how to create lasting change by rewriting your beliefs with Marissa Peer. You'll learn to create space for creative expression with Julia Cameron. You'll

see how to turn insight into commitment with Marcia Reynolds. You'll look at the importance of goal setting and action planning with Michael DeSanti.

Module 18 (10 Clock Hours): Module 18 explores how your environment, your body's natural states, and the decisions you make affect your multidimensional wellbeing. Your body has the natural ability to eliminate waste and toxins that can cause harm. You have an innate understanding of the environmental circumstances that are ideal for you. By approaching your needs with curiosity, setting up systems that support your goals, and eliminating those that don't, you can create the healthy and happy life you were meant to live. You'll look at elimination and detoxification with Dr. Libby Weaver. You'll learn how the human body is meant to live in this world with Daniel Vitalis. You'll explore ways to help clients follow through with Wendi Cherry. You'll create habits that stick with Melissa Wood Tepperberg.

Module 19 (9 Clock Hours): In Module 19, students will look at healing themselves from the inside. Your nervous system plays an important role in your life in so many ways. Thoughts, senses, emotions, coordination – every aspect of your health relies on a functioning nervous system. Finding ways to support it and regulate it, physically, mentally, emotionally, and spiritually, can transform your entire life. You'll learn about polyvagal theory with Dr. Stephen Porges. You'll explore movement for healing with Leslie and Jeff Jones of Afro Flow Yoga and mindful movement with Melissa Wood Tepperberg. You'll look at the psycho-spiritual dimensions of emotional health with Dr. Ellen Vora. You'll learn how taking an intuitive, heart-centered approach can help you close the deal with Jane Ashley.

Module 20 (10 Clock Hours): Module 20 marks students' second integration week. This week, they will take some time to lock in on and make more space for their goals. They'll continue formalizing their personal transformation and/or business plan and moving forward with their goals. This week, they will receive their Coach-in-Training Certificate, which allows them to start seeing clients.

Module 21 (9 Clock Hours): In Module 21, students will learn how to personalize their nutrition through a bio-individual way that harnesses their intuition and mind-body awareness. They will explore the power of personalized nutrition with Dr. Axe, discover bio-individuality in the field of nutrition with Joshua Rosenthal. Next, they will learn to develop their intuition with Deganit Nuur and build body awareness with Cynthia James. They'll learn about multi-dimensional coaching, coaching through primary food, and hear about becoming a transformational coach with Michael DeSanti. Lastly, they'll learn how to create a business structure from the ground up.

Module 22 (10 Clock Hours): In Module 22, students will dive deeper into understanding self-awareness and relational impact. They'll learn about mind-body attunement and hear about the impact of what we eat from Geneen Roth. They'll hear from Jennifer Iserloh about unhealthy obsession and food bias with Maya Feller. They will learn about Internal Family Systems from Lissa Rankin and how to coach nutrition from Wendi Cherry. They will learn how to start organizing their business and hear how to choose the right clients from Joshua Rosenthal.

Module 23 (10 Clock Hours): Module 23 is about empowerment both on and off our plates. Students learn that diet and core concepts are both bio-individual and multi-dimensional followed by learning about macrobiotics with Joshua Rosenthal. They learn about the Blue Zones from Dan Buettner and plant-based eating. They watch a vegan cooking demo by Kevin Curry and how one can liberate their body with Chrissy King. They learn about somatic coaching from Amanda Blake and how to create an abundance mindset with Denise Duffield.

Module 24 (10 Clock Hours): In Module 24, students will explore traditional foods with Nina Planck and Joshua Rosenthal as well as the core principles of a healthy diet. They will learn about the ketogenic diet with Will Cole and explore self-abandonment with Vanessa Bennett. They will learn what it means to coach on a care team with Wendi Cherri, Kerry Bajaj, and Jennifer Mielke. The module ends hearing how to partner with practitioners with Shaunna Menard to help your business expand and collaborate

Module 25 (10 Clock Hours): Module 25 begins teaching students about bio-hacking with Ben Greenfield and learning about the benefits of intermittent fasting with Will Cole. Then, students learn about energy medicine and how to process forgiveness with Cynthia James. They learn how to overcome perfectionism with Dillian DiGiovanni and how to heal the coach with Joshua Rosenthal. The module ends with students learning how to build and develop a brand with Brittany Hennessy and how being authentic can lead to success.

Module 26 (10 Clock Hours): In Module 26, students will learn about Ayurvedic living with Sahara Rose with an introduction and background. They will learn about how traditional Chinese medicine can help others heal with Dr. Joshua Axe and how to balance Feng Shui with Grace Niu. They will learn how to set boundaries with Kara Martin Synder and Michael DeSanti. Lastly, they will understand an overview of having an online presence and how to begin developing a website.

Module 27 (9 Clock Hours): In Module 27, students will learn about the energetics of food in relation to the chakras with Deanna Minich. They will understand the 9 elements of sexuality with Amy Jo Goddard and the art of healing with Paul Epstein. They will develop self-care skills with Marilena Minucci and learn how they can start building an email list.

Module 28 (10 Clock Hours): In Module 28, Andrea Beaman will teach about herbal medicine and Dr. Will Cole will teach about supplemental support. Mark Groves will help students understand the personality shadows and how they affect our relationships. Dillian DiGiovanni will help students understand how to be culturally competent in their practice followed by Jenay Rose teaching us how to create warm sales leads. Lastly, Kevin Curry will go over how to sell products/services on social media.

Module 29 (9 Clock Hours): In Module 29, students will learn how genes are impacted by what we eat and nutrigenomic testing with Yael Joffe. They will understand different types of lab testing with Erin Holt and learn how to support clients who finish your coaching program with Nancy Weiser. They will watch a live coaching demo that will put previously learned skills in action and end the module learning how to close a sale with Jenay Rose and how to use practice coaching sessions as a sales tool.

Module 30 (10 Clock Hours): Module 30 marks students' 3rd integration week. This week, students will continue formalizing their personal transformation and/or business plan and moving forward with their goals. They will also be prompted to check in with their intentions and continue reflecting on their learning journey.

Module 31 (9 Clock Hours): In module 31, students will learn about emotional processing with Cynthia James and food consciousness with Geneen Roth. They will discover the principles of masculine and feminine energies and learn about the bio-individuality of coaching with Joshua Rosenthal. They will understand the importance of being open to opportunities in business and how to make an impact with Gabrielle Bernstein.

Module 32 (10 Clock Hours): In Module 32, students will become further aware of cultural competency with Dr. Tiffany Lester. They will understand financial literacy with Manisha Thakor and how to build on add-ons to their coaching program. They will also learn how to create a solid beginner marketing strategy and create content that converts into sales with Jenay Rose.

Module 33 (9 Clock Hours): Module 33 begins with understanding food access with Maya Feller and moves onto introducing students to application weeks. Then students learn about how to set up a 6-month group program and group coaching skills with Michael DeSanti. They are introduced to how to build a basic sales funnel and how to create a sales strategy with Jenay Rose.

Module 34 (10 Clock Hours): In Module 34, Vani Hari teaches us how to ignite our inner activist and Jeffrey Smith teaches students about GMOs. Daphna Miller teaches students about Farmacology followed by strategies for running a smooth coaching practice. Lastly, students will learn how they can secure employment opportunities as a health coach and the benefits of becoming board certified.

Module 35 (9 Clock Hours): In Module 35, students learn about the collective microbiome with Dr. Zach Bush and experience a deeper lecture on spirituality with. They hear from Joshua Rosenthal on how to live in alignment and learn about the science of spirituality with nutrition with Deanna Minich. Wendi Cherry lectures on what makes an effective coaching tool and Melissa Ambrosini guides students through different avenues of business offers.

Module 36 (10 Clock Hours): In Module 36, students connect to their purpose with Ben Greenfield and explore Ayurvedic dharma further with Sahara Rose. Deepak Chopra discusses mind-body consciousness and Joshua Rosenthal explores how to continue living in alignment. TBD encourages students to continue their self-growth through learning and the module ends with Joshua Rosenthal letting health coaches know that they bring a unique gift and perspective to the world.

Module 37 (10 Clock Hours): Module 37 begins with guest lecturer Howard Lyman discussing the importance of living within environmental limits. Students will learn the truth behind factory farming and receive a guide to finding humanely raised and sustainable products. They'll learn tips on navigating the economy and keeping finances on track while improving spending and saving habits. Additionally, students will perform a quick checkup on their financial health and learn the benefits and how-tos of writing and promoting an ebook.

Module 38 (10 Clock Hours): Module 38 begins with guest lecturer Vani Hari encouraging students to find their voice and take action. This is followed by an explanation of how the government influences the American diet, the role that the government has in nutrition, and how to get involved with food policy. Guest lecturer Nancy Weiser, MBA, will share secrets she uses to transition and inspire clients into a second 6-Month Program. Students will learn how to write effective emails for promoting their health coaching program using a simple, effective template.

Module 39 (10 Clock Hours): Module 39 begins with guest lecturers Kerry Bajaj and Jennifer Mielke sharing the ins and outs of working alongside doctors. Guest lecturer Melissa Wolf, MD, gives her top ten tips for confidently approaching and collaborating with physicians. Guest lecturer Shaunna Menard, MD, discusses how to appeal to physicians and initiate professional partnerships. Guest lecturer Manisha Thakor, MBA, CFA, is back again to explain the basic principles of personal investing for the future and retirement. Students will explore education, one area of the Circle of Life, and discover the benefits of being part of a mastermind group and get tips for starting their own mastermind group.

Module 40 (10 Clock Hours): Module 40 begins with guest lecturer Deepak Chopra, MD, sharing the biology of where we came from and six essential habits to cultivate and maintain well-being. Students will explore the importance of taking risks in the present moment and living in alignment with the future they desire to create. Joshua then discusses how to let go in order to move forward, which is followed by an inspirational excerpt about embracing change and the space between. He also shares a powerful story related to confidence and challenges students to be their authentic self as they move forward in their career. He then leads an exercise to help students visualize and create strength for the future. Students will be guided through a final primary food check-in. The program wraps up with Joshua encouraging students to take what they've learned and turn the corner.

Integration Lab Weeks (Clock hours included in Modules 36-40): In these weeks, students will complete tasks related to coaching, building a portfolio, and reflecting on their progress throughout. At the end of the application weeks, students will have completed their Transformation and/or Business Plan that they can use in real-life applications.

Coaching Circles (11 Clock Hours): Throughout the Health Coach Training Program, students will participate in six 90-minute Coaching Circle sessions. Students will be able to choose and sign up for sessions that fit their schedule. During the Coaching Circles, students participate in a group coaching environment under the guidance of a Health Coach. Students will be able to practice their coaching skills and receive feedback and advice from their Coaching Circle coach as well as other students.

Practice Coaching Sessions (12 Clock Hours): During the Health Coach Training Program, students will practice using the skills they are learning by completing six Practice Coaching Sessions. To complete Practice Coaching Sessions, students will identify a friend, family member, or even a fellow student to serve as a client. The “client” will complete the Practice Coaching Session form, and the student will conduct a practice coaching session using coaching tips, leading questions, and online resources. Finally, students will enter information and notes into the IIN Learning Center and have the opportunity to discuss their progress in Coaching Circles, the Facebook group, and the discussion forums.

Integrative Nutrition Health Coach II

HCTP Alumni Program

Length: 432 Clock Hours

The Integrative Nutrition Health Coach II program teaches previously trained health coaches up to date principles of holistic health and wellness and how to apply them in a coaching setting through a 40-module, online course. The curriculum includes cutting edge coaching skills and techniques, basics of nutritional science and health, and content on business development. Students are encouraged to complete various knowledge checkpoints throughout their learning, engage with other students through discussion questions, and expand their knowledge by completing assignments following each module. Comprehensive, graded exams are given every ten modules. Students’ understanding of the material is also assessed through content-based conference calls led by coaching instructors and the submission of Practice Coaching Sessions, where students provide summaries of their initial coaching sessions with prospective clients.

Upon completion of this program, students will be able to:

1. Integrate a unique approach to health and happiness through experimentation with course theories and concepts
2. Comprehend IIN's unique nutrition theories, in addition to traditional and modern nutrition concepts, and the evolving state of global health
3. Implement Integrative Nutrition's refreshed core theories of primary and secondary food as well as bio-individuality to explore a personalized approach to wellness
4. Demonstrate the tools, techniques, theories, and guidelines that make up IIN's Integrated Coaching Methodology
5. Refine their coaching process based on IIN's Integrative Coaching Methodology
6. Contribute to the global health movement through a conscious, ongoing commitment to health and happiness

Module Descriptions:

Orientation (9 Clock Hours): Members of the Institute for Integrative Nutrition (IIN) team and founder Joshua Rosenthal welcome students and explain how IIN's holistic education makes it, unlike any other school. Students are introduced to the learner journey, program objectives support and the unique features of this online learning program. They are guided through a visualization exercise to prep their mindset for success. Then, they will learn what it means to their career to become an IIN Health Coach and the impact health coaches are having on the world. Finally, students will explore how to access course documents and resources within the program and IIN community, along with how to join and use online discussion.

Module 1 (10 Clock Hours): The first module sets students on the path to discovering what health *really* is. They'll be introduced to some of IIN's core principles and philosophies and see how they apply to your life and in the world at large. They'll hear from Dr. Andrew Weil about the value of promoting health and preventing illness. Pilar Gerasimo will explain how sometimes being healthy takes you outside of societal norms.

Module 2 (9 Clock Hours): In Module 2, students will look at health in action. Wellness is not just a fixed result or destination. It's a living process, a journey in which you are an active participant. The choices you make in every aspect of your life, how you take care of yourself both on and off the plate, all contribute to your wellbeing. In this module, you'll hear from Dr. Lissa Rankin as she explains the powerful role your mind plays in healing. Registered Dietitian Maya Feller will discuss how food is medicine for your mind, body, and soul.

Module 3 (9 Clock Hours): This module explores the building blocks of a healthy life. There are certain healthy basics that you can come back to over and over that are the basis for being in a good state of health. Understanding these fundamental concepts and exploring how you can apply them in the ways that work for you can help you create a solid foundation for your health and life. Dr. Deanna Minich shares how colorful food can be medicine. Gabby Bernstein will show you how to manifest your dream career.

Module 4 (9 Clock Hours): Students will explore how building awareness of natural rhythms, both within you and around you, can improve health and happiness. When you can observe your own patterns and behaviors and see how your body lives within natural cycles, both internal and external, you can begin to develop a better understanding of your needs and goals and become that much closer to living in harmony with yourself and the world around you. You'll learn the secret to sleep from Dr. Rubin Naiman.

Pilar Gerasimo will review ultradian rhythms. Andrea Beaman will discuss the health benefits of seasonal eating.

Module 5 (11 Clock Hours): Students will explore the intrinsic bidirectional link between the body and the mind. The body and mind are continuously communicating with each other, and both affect the other equally. By cultivating the strong connection between your body and mind, by practicing skills such as presence, you open yourself to your own truths, which can help you transform your health and your life. You'll learn about mind-body medicine from Dr. Joan Borysenko. You'll explore the perception of stress with Dr. Libby Weaver. You'll see how you can shape your mindset through movement and meditation with Parker Hurley. You'll look at the power of presence with Vanessa Bennett.

Module 6 (9 Clock Hours): Module 6 focuses on the importance of listening. You're always receiving messages, information about your health, your relationships, every aspect of your life. It's important to listen actively, without judgment, to all the information you're being sent as when you can truly hear what you're being told, you can better support your needs, physically, mentally, emotionally, and spiritually. You'll hear from Dr. David Katz about lifestyle medicine and trends in chronic disease. Dr. Ellen Vora will share how mental health really starts in the physical realm and will touch on the importance of supporting emotional health. Dr. Harville Hendrix discusses the power of connection.

Module 7 (9 Clock Hours): In Module 7, students will learn how listening to the messages you're receiving from your body and exploring what might be behind them can nourish your health and your life. Every aspect of your life can benefit from curiosity. Asking the right questions, listening to the answers, honoring those answers, and exploring further can help you uncover the why behind the what, which can in turn help you thrive. You'll review inflammation and immune system balance with Dr. Dipnarine Maharaj. You'll learn about functional nutrition for immunity from Dr. Tiffany Lester. You'll hear from Dr. Ellen Vora about self-awareness and compassion. Charles Vogl will discuss the importance of community and belonging.

Module 8 (9 Clock Hours): Module 8 explores weight and finances and how the emphasis we put on either or both of those factors can truly influence the decisions you make about health and happiness. It can be easy to look at the numbers on the scale and the figures in the bank and use them as a gauge of how you feel about yourself, either good or bad. But when you understand that these numbers are simply data points rather than reflections on your value as a person, you can change the role they play in your life. You'll look at energy balance with Dr. David Ludwig. You'll learn about the biology of food addiction with Dr. Mark Hyman. You'll review the basics of budgeting with Manisha Thakor. You'll explore the importance of reflective inquiry in coaching with Marcia Reynolds.

Module 9 (9 Clock Hours): Module 9 dives more deeply into weight and finances, taking those numbers and bringing light to what they really mean for you. There can be many deep-rooted beliefs behind how you view finances and/or weight. Any rules that you have knowingly or unknowingly created around these topics could be helpful *or* harmful. By exploring your relationship with these numbers and seeing why you've set certain structures around them, you can discover if they truly support your life and, if they don't, shift them to provide what you really need. You'll explore the relationship between net worth and self-worth with Kate Northrup. You'll learn about joy-based spending with Manisha Thakor.

Module 10 (10 Clock Hours): Module 10 marks students' first integration week. This week allows time for students to integrate what they've taken in through the past nine modules. It's for students to look back at what's resonated with them so far, anchor into the present to see how they can incorporate what

they've learned into their life now and identify potential action steps to help them succeed moving forward. Personal transformation and business plans are available in this module. Using one or both, students will begin creating a workable personal or professional roadmap that they can act on to achieve their goals by the end of the course. They'll revisit and build on these plans in future Integration Weeks.

Module 11 (9 Clock Hours): Module 11 explores how getting to the root of things can help you make the changes that you truly need with your health, your career, and your life. What we see at the surface, what we *think* we know, doesn't always accurately reflect what's really going on inside. When you dig deeply and become aware of your story, your purpose, your needs, answers will reveal themselves. You can release old patterns or narratives that may be holding you back. But you must learn to uncover and treat the cause, not the symptoms. You'll learn about functional medicine with Dr. Susan Blum. You'll look at emotional processing with Dr. Cynthia James. You'll explore the importance of transformation with Michael Ellsberg. And you'll learn how to find your seed of purpose with Danielle LaPorte.

Module 12 (10 Clock Hours): In Module 12, students will learn to trust your gut. Understanding the connections between the brain and the gut and learning how to listen to your gut – both your physical gut and your intuitive gut instinct - can improve many aspects of your health and life. Taking control of your health and making changes in your life can seem daunting, but you have the power to do so – you just need to trust your gut. You'll learn about the gut microbiome with Dr. Joseph Petrosino. You'll look at the fear fallacy and meditate on courageous action with Mastin Kipp. You'll explore how holistic health can improve life with Dr. Mehmet Oz. You'll review the power of storytelling with Dr. Shaunna Menard. You'll learn how to turn your mess into your mission with Danielle DuBoise.

Module 13 (10 Clock Hours): Module 13 explores the importance of relationships – those you have with others, with yourself, with your body, your gut – for your health and happiness. Relationships of any kind, when given the support and attention they need, can be healing. Feeding your gut, connecting with and becoming an ally to yourself and others, strengthening all the various relationships you have, can help you heal and transform your life. You'll learn about predictive autoimmunity and the gut and the role of health coaches in autoimmune care with Dr. Tom O'Bryan. You'll look at probiotics, prebiotics, and synbiotics with Dr. Sarah LeBeer. You'll explore relationships and vulnerability with Mark Groves. You'll learn about creating brave spaces with Dr. Crystal Jones. You'll look at the importance of the coaching relationship with Michael DeSanti.

Module 14 (9 Clock Hours): In Module 14, students will look at how taking a therapeutic approach to health, prioritizing your physical, emotional, mental, and spiritual needs, can help you improve your overall well being. Every aspect of health is integrated. If you focus on or tend to neglect one aspect, the repercussions will be felt well beyond that single aspect - every other dimension, and your overall health, will be affected. To truly address what's happening in your body, mind, and life, you need to tend to your physical, mental, emotional, and spiritual needs equally. You'll investigate chronic mysterious illnesses like candida, IBS, and SIBO with Erin Holt. You'll consider the power of a therapeutic approach for autoimmune disease with Dr. Terry Wahls. You'll look at the importance of pursuing purpose with David Nichtern. You'll explore client-led visioning with Wendi Cherry.

Module 15 (10 Clock Hours): In Module 15, students will learn how bringing more joy into your life each day can have profound effects on every aspect of your health and your life. The potential for joy can be found anywhere, including within you, or in nothing at all. Joy has the power to affect every aspect of health, body, brain, and soul. As you expand your understanding of your own truths and recognize the power you already have over your life, you can begin to act in ways that help you live a more fulfilling,

happier, healthier life. You'll learn about disease prevention through optimal nutrition with Max Lugavere. You'll explore how food can affect mood with Dr. Drew Ramsey. You'll look at positive psychology with Robert Mack. You'll learn how to bring positive energy to your business with David Nichtern.

Module 16 (9 Clock Hours): In Module 16, students will explore the things that truly fuel them, mind, body, and soul. Understanding how different sources of energy charge your life – the mitochondria, known as the “powerhouses of the cell,” and motivation, which can influence how you think, feel, and act – and how you can support them can help keep you on track toward your health and wellness goals. When you know the why, whether that refers to a physical health challenge such as adrenal dysfunction, discovering the clients you were born to serve as a coach, or finding the best way to speak to and motivate those clients, you'll be able to move forward and make the changes you need to support every facet of life. You'll look at adrenal dysfunction, the cortisol awakening response, and how to support your mitochondria with Dr. Carri Jones. You'll explore motivational interviewing with Ken Kinter. You'll learn about defining your niche with Dr. Shaunna Menard.

Module 17 (9 Clock Hours): In Module 17, students will learn how the beliefs they hold influence the way they exist in their life and in the world. Conventional thinking suggests that the beliefs that you hold in your mind can affect your body, but not necessarily the other way around. However, your body can affect your mind just as much as your mind influences your body. This simple adjustment in understanding can have a powerful impact on the narrative of your life. You have the ability to rewrite your beliefs. Looking at your health, your profession, your life, with a fresh perspective, turning insight into action, can help you find the transformation you seek. You'll review functional nutrition for hormone balance with Dr. Tiffany Lester. You'll learn how to create lasting change by rewriting your beliefs with Marissa Peer. You'll learn to create space for creative expression with Julia Cameron. You'll see how to turn insight into commitment with Marcia Reynolds. You'll look at the importance of goal setting and action planning with Michael DeSanti.

Module 18 (10 Clock Hours): Module 18 explores how your environment, your body's natural states, and the decisions you make affect your multidimensional wellbeing. Your body has the natural ability to eliminate waste and toxins that can cause harm. You have an innate understanding of the environmental circumstances that are ideal for you. By approaching your needs with curiosity, setting up systems that support your goals, and eliminating those that don't, you can create the healthy and happy life you were meant to live. You'll look at elimination and detoxification with Dr. Libby Weaver. You'll learn how the human body is meant to live in this world with Daniel Vitalis. You'll explore ways to help clients follow through with Wendi Cherry. You'll create habits that stick with Melissa Wood Tepperberg.

Module 19 (9 Clock Hours): In Module 19, students will look at healing themselves from the inside. Your nervous system plays an important role in your life in so many ways. Thoughts, senses, emotions, coordination – every aspect of your health relies on a functioning nervous system. Finding ways to support it and regulate it, physically, mentally, emotionally, and spiritually, can transform your entire life. You'll learn about polyvagal theory with Dr. Stephen Porges. You'll explore movement for healing with Leslie and Jeff Jones of Afro Flow Yoga and mindful movement with Melissa Wood Tepperberg. You'll look at the psycho-spiritual dimensions of emotional health with Dr. Ellen Vora. You'll learn how taking an intuitive, heart-centered approach can help you close the deal with Jane Ashley.

Module 20 (10 Clock Hours): Module 20 marks students' second integration week. This week, they will take some time to lock in on and make more space for their goals. They'll continue formalizing their

personal transformation and/or business plan and moving forward with their goals. This week, they will receive their Coach-in-Training Certificate, which allows them to start seeing clients.

Module 21 (9 Clock Hours): In Module 21, students will learn how to personalize their nutrition through a bio-individual way that harnesses their intuition and mind-body awareness. They will explore the power of personalized nutrition with Dr. Axe, discover bio-individuality in the field of nutrition with Joshua Rosenthal. Next, they will learn to develop their intuition with Deganit Nuur and build body awareness with Cynthia James. They'll learn about multi-dimensional coaching, coaching through primary food, and hear about becoming a transformational coach with Michael DeSanti. Lastly, they'll learn how to create a business structure from the ground up.

Module 22 (10 Clock Hours): In Module 22, students will dive deeper into understanding self-awareness and relational impact. They'll learn about mind-body attunement and hear about the impact of what we eat from Geneen Roth. They'll hear from Jennifer Iserloh about unhealthy obsession and food bias with Maya Feller. They will learn about Internal Family Systems from Lissa Rankin and how to coach nutrition from Wendi Cherry. They will learn how to start organizing their business and hear how to choose the right clients from Joshua Rosenthal.

Module 23 (10 Clock Hours): Module 23 is about empowerment both on and off our plates. Students learn that diet and core concepts are both bio-individual and multi-dimensional followed by learning about macrobiotics with Joshua Rosenthal. They learn about the Blue Zones from Dan Buettner and plant-based eating. They watch a vegan cooking demo by Kevin Curry and how one can liberate their body with Chrissy King. They learn about somatic coaching from Amanda Blake and how to create an abundance mindset with Denise Duffield.

Module 24 (10 Clock Hours): In Module 24, students will explore traditional foods with Nina Planck and Joshua Rosenthal as well as the core principles of a healthy diet. They will learn about the ketogenic diet with Will Cole and explore self-abandonment with Vanessa Bennett. They will learn what it means to coach on a care team with Wendi Cherrri, Kerry Bajaj, and Jennifer Mielke. The module ends hearing how to partner with practitioners with Shaunna Menard to help your business expand and collaborate

Module 25 (10 Clock Hours): Module 25 begins teaching students about bio-hacking with Ben Greenfield and learning about the benefits of intermittent fasting with Will Cole. Then, students learn about energy medicine and how to process forgiveness with Cynthia James. They learn how to overcome perfectionism with Dillan DiGiovanni and how to heal the coach with Joshua Rosenthal. The module ends with students learning how to build and develop a brand with Brittany Hennessy and how being authentic can lead to success.

Module 26 (10 Clock Hours): In Module 26, students will learn about Ayurvedic living with Sahara Rose with an introduction and background. They will learn about how traditional Chinese medicine can help others heal with Dr. Joshua Axe and how to balance Feng Shui with Grace Niu. They will learn how to set boundaries with Kara Martin Synder and Michael DeSanti. Lastly, they will understand an overview of having an online presence and how to begin developing a website.

Module 27 (9 Clock Hours): In Module 27, students will learn about the energetics of food in relation to the chakras with Deanna Minich. They will understand the 9 elements of sexuality with Amy Jo Goddard and the art of healing with Paul Epstein. They will develop self-care skills with Marilena Minucci and learn how they can start building an email list.

Module 28 (10 Clock Hours): In Module 28, Andrea Beaman will teach about herbal medicine and Dr. Will Cole will teach about supplemental support. Mark Groves will help students understand the personality shadows and how they affect our relationships. Dillian DiGiovanni will help students understand how to be culturally competent in their practice followed by Jenay Rose teaching us how to create warm sales leads. Lastly, Kevin Curry will go over how to sell products/services on social media.

Module 29 (9 Clock Hours): In Module 29, students will learn how genes are impacted by what we eat and nutrigenomic testing with Yael Joffe. They will understand different types of lab testing with Erin Holt and learn how to support clients who finish your coaching program with Nancy Weiser. They will watch a live coaching demo that will put previously learned skills in action and end the module learning how to close a sale with Jenay Rose and how to use practice coaching sessions as a sales tool.

Module 30 (10 Clock Hours): Module 30 marks students' 3rd integration week. This week, students will continue formalizing their personal transformation and/or business plan and moving forward with their goals. They will also be prompted to check in with their intentions and continue reflecting on their learning journey.

Module 31 (9 Clock Hours): In module 31, students will learn about emotional processing with Cynthia James and food consciousness with Geneen Roth. They will discover the principles of masculine and feminine energies and learn about the bio-individuality of coaching with Joshua Rosenthal. They will understand the importance of being open to opportunity in business and how to make an impact with Gabrielle Bernstein.

Module 32 (10 Clock Hours): In Module 32, students will become further aware of cultural competency with Dr. Tiffany Lester. They will understand financial literacy with Manisha Thakor and how to build on add-ons to their coaching program. They will also learn how to create a solid beginner marketing strategy and create content that converts into sales with Jenay Rose.

Module 33 (9 Clock Hours): Module 33 begins with understanding food access with Maya Feller and moves onto introducing students to application weeks. Then students learn about how to set up a 6-month group program and group coaching skills with Michael DeSanti. They are introduced to how to build a basic sales funnel and how to create a sales strategy with Jenay Rose.

Module 34 (10 Clock Hours): In Module 34, Vani Hari teaches us how to ignite our inner activist and Jeffrey Smith teaches students about GMOs. Daphna Miller teaches students about Farmacology followed by strategies for running a smooth coaching practice. Lastly, students will learn how they can secure employment opportunities as a health coach and the benefits of becoming board certified.

Module 35 (9 Clock Hours): In Module 35, students learn about the collective microbiome with Dr. Zach Bush and experience a deeper lecture on spirituality with. They hear from Joshua Rosenthal on how to live in alignment and learn about the science of spirituality with nutrition with Deanna Minich. Wendi Cherry lectures on what makes an effective coaching tool and Melissa Ambrosini guides students through different avenues of business offers.

Module 36 (10 Clock Hours): In Module 36, students connect to their purpose with Ben Greenfield and explore Ayurvedic dharma further with Sahara Rose. Deepak Chopra discusses mind-body consciousness and Joshua Rosenthal explores how to continue living in alignment. TBD encourages students to

continue their self-growth through learning and the module ends with Joshua Rosenthal letting health coaches know that they bring a unique gift and perspective to the world.

Module 37 (10 Clock Hours): Module 37 begins with guest lecturer Howard Lyman discussing the importance of living within environmental limits. Students will learn the truth behind factory farming and receive a guide to finding humanely raised and sustainable products. They'll learn tips on navigating the economy and keeping finances on track while improving spending and saving habits. Additionally, students will perform a quick checkup on their financial health and learn the benefits and how-tos of writing and promoting an ebook.

Module 38 (10 Clock Hours): Module 38 begins with guest lecturer Vani Hari encouraging students to find their voice and take action. This is followed by an explanation of how the government influences the American diet, the role that the government has in nutrition, and how to get involved with food policy. Guest lecturer Nancy Weiser, MBA, will share secrets she uses to transition and inspire clients into a second 6-Month Program. Students will learn how to write effective emails for promoting their health coaching program using a simple, effective template.

Module 39 (10 Clock Hours): Module 39 begins with guest lecturers Kerry Bajaj and Jennifer Mielke sharing the ins and outs of working alongside doctors. Guest lecturer Melissa Wolf, MD, gives her top ten tips for confidently approaching and collaborating with physicians. Guest lecturer Shaunna Menard, MD, discusses how to appeal to physicians and initiate professional partnerships. Guest lecturer Manisha Thakor, MBA, CFA, is back again to explain the basic principles of personal investing for the future and retirement. Students will explore education, one area of the Circle of Life, and discover the benefits of being part of a mastermind group and get tips for starting their own mastermind group.

Module 40 (10 Clock Hours): Module 40 begins with guest lecturer Deepak Chopra, MD, sharing the biology of where we came from and six essential habits to cultivate and maintain well-being. Students will explore the importance of taking risks in the present moment and living in alignment with the future they desire to create. Joshua then discusses how to let go in order to move forward, which is followed by an inspirational excerpt about embracing change and the space between. He also shares a powerful story related to confidence and challenges students to be their authentic self as they move forward in their career. He then leads an exercise to help students visualize and create strength for the future. Students will be guided through a final primary food check-in. The program wraps up with Joshua encouraging students to take what they've learned and turn the corner.

Integration Lab Weeks (Clock hours included in Modules 36-40): In these weeks, students will complete tasks related to coaching, building a portfolio, and reflecting on their progress throughout. At the end of the application weeks, students will have completed their Transformation and/or Business Plan that they can use in real-life applications.

Coaching Circles (11 Clock Hours): Throughout the Integrative Nutrition Health Coach II program, students will participate in six 90-minute Coaching Circle sessions. Students will be able to choose and sign up for sessions that fit their schedule. During the Coaching Circles, students participate in a group coaching environment under the guidance of a Health Coach. Students will be able to advance their current coaching skills, practice strategies for overcoming challenges, and hone their practice. Additionally, students will receive feedback and advice from their Coaching Circle coach as well as other students.

Practice Coaching Sessions (12 Clock Hours): During the Integrative Nutrition Health Coach II program, students will practice using the skills they are learning by completing six Practice Coaching Sessions. To complete Practice Coaching Sessions, students will identify a friend, family member, or even a fellow student to serve as a client. The “client” will complete the Practice Coaching Session form, and the student will conduct a practice coaching session using coaching tips, leading questions, and online resources. Finally, students will enter information and notes into the IIN Learning Center and have the opportunity to discuss their progress in Coaching Circles, the Facebook group, and the discussion forums.

Advanced Programs

Business Practices for Health Coaches

Length: 100 Clock Hours

The Business Practices for Health Coaches program is a year-long mentoring program designed to help students continue to successfully build and expand their health coaching practice. This program will cover all of the basics, from identifying a target market to creating an elevator speech. This basic knowledge becomes the foundation as students dive deeper into advanced business concepts, such as creating a sales funnel and generating leads.

Students will learn these valuable business skills through personalized mentoring, straightforward curriculum, homework assignments, and assessments.

The program is comprised of 38 modules along with 6 introductory modules, covering everything from business strategies, to copywriting, to using social media. At the end of each module, there will be an assignment and a group discussion.

Additionally, there will be a self-quiz at the end of every 5 modules (8 total), as well as a graded test at the end of every 10 modules (4 total). Students must earn a 70% or better cumulative GPA to earn a Certificate of Completion.

Objectives

Upon completion of the Business Practices for Health Coaches program, students will be able to create realistic goals and objectives and use resources to grow their business and help more individuals achieve health and happiness.

Specifically, each graduate of IIN’s Business Practices for Health Coaches program will be able to:

- Create and use a sales strategy
- Set a basic budget
- Identify their target market
- Write engaging copy to promote their business
- Increase and manage leads
- Demonstrate public speaking and PR skills
- Use online and social media marketing to expand their business
- Develop strategies for growth, including partnerships, outsourcing and more

Outline and Descriptions

Introductory Modules (3 clock hours)

- Welcome to the Program
- Running a Business is Like Running a Marathon
- Successful Accountability Partners
- How to Set & Manage Priorities
- How to Limit Distractions
- Tools to Limit Distractions and Increase Productivity
- Jumpstart Checklist
- Using Serendipity as a Business Strategy

Module 1: What's Your Why (2 clock hours)

What got you into health coaching? What lights a fire in you and inspires you to take action despite fear? This module will help you to clarify your primary motivators for starting a business. This will help to root you in intention when the going gets tough (which it inevitably will).

Module 2: Envision Your Success (2 clock hours)

This module will help you to define what success looks like for you. In this module, you will set client goals and financial goals for your business, which you will reference throughout the program.

Module 3: Entrepreneurial Mindset (3 clock hours)

Ever wondered what makes an entrepreneur tick? What do they think about? What motivates them? This module will help you to develop the mindset of an entrepreneur so you can begin to take the steps to become self-employed, full-time.

Module 4: Procrastination and Perfection (2 clock hours)

Do you procrastinate work until the last minute? Do you get stuck on projects because you're waiting for it to be perfect? This module will help you get out of the self-sabotaging cycles of procrastination and perfection so you can get work done and bring in more clients.

Module 5: Shift Your Identity (2 clock hours)

Master success coach Rob Scott who will talk about the concept of identity shifting, showing you how to examine your limits, challenge them, and change them. It will also guide you through the process of choosing new, empowering beliefs to replace your old limiting ones.

Module 6: Legal Issues (3 clock hours)

This module will teach you the basics of what you need in your business to protect yourself from a legal standpoint. It also includes templates you can use in your own business for legal coverage.

Module 7: Bio-individuality in Business (2 clock hours)

This module will help you to discover what works for YOU in your unique business. We are all different. In this module, you will assess your strengths and weaknesses to create a business model and plan that works for you as an individual.

Module 8: Strategies for Success (3 clock hours)

Each person is unique when it comes to what is going to be the best for them and their business. Business mentor Marie Forleo will speak to you in this module about creating happiness and success that is specifically tailored to your needs.

Module 9: Taking Action (2 clock hours)

This module will help inspire you to take action so you can get the results you're looking for. We will cover the mindsets that keep us from putting ourselves out there, as well as how to leverage the opportunities that currently exist in our network.

Module 10: Networking (3 clock hours)

This module will help you to become a master networker, to feel comfortable speaking about the work you do, and become the go-to person at any networking event (whether you're an extrovert or not).

Module 11: Follow-up (3 clock hours)

Ever wonder how many times or how often you should follow up with a potential client? This module will help you to master techniques to follow up with prospects, leads, and potential clients in a way that feels natural and unobtrusive.

Module 12: Close the Deal (3 clock hours)

This module will help you learn how to close the deal in a way that feels authentic to you. We will teach you how to do sales in a way that is not aggressive or pushy, so you can feel really good about helping your clients choose themselves and their health.

Module 13: Sales Strategies (3 clock hours)

Most people have some sort of limiting beliefs when it comes to money, sales, and selling. In this module, life coach Christine Hassler will talk about how to remove those beliefs and replace them with solid strategies for increasing sales and enrollment, as well as how to change objections from potential clients into opportunities to coach.

Module 14: Private and Group Coaching (2 clock hours)

This module will help you to create private and group coaching programs that work for your unique style of coaching, as well as support your clients to create the change they're looking for.

Module 15: Public Speaking (3 clock hours)

Scared of public speaking? This module will help you to get started as a public speaker, how to craft your signature speech, and how to increase your confidence in front of a crowd.

Module 16: Workshops (2 clock hours)

This module will help you to create and market workshops that you can host online and offline to build leads and attract new clients.

Module 17: Copywriting (3 clock hours)

Do you ever read your favorite blog and think, "They nailed that article!" That's the effect good copywriting has on its readers. Well, you can be a great copywriter, too. This module will teach you the basics of writing good copy, so you can speak more directly to your audience and increase sales.

Module 18: Website Makeovers (3 clock hours)

Is your website working for you, or is it more just an online business card? This module will help you to understand the essentials you need for a website that converts viewers into subscribers and prospects into buyers.

Module 19: Sales Funnels: Part 1 (3 clock hours)

This module will help you to understand how to generate more leads online so you can build your email list and increase your sales. We will teach you how to use an opt-in offer (or free gift) to build your list and how to get more people to download your opt-in.

Module 20: Sales Funnels: Part 2 (3 clock hours)

This module will help you to take the leads you've generated through your free gift and convert them into paying clients by setting up automated emails that build and nurture the relationship with these new subscribers.

Module 21: Online Marketing (3 clock hours)

Does online marketing make your head spin? Are you unsure of where to start when marketing yourself on the internet? This module will help you to understand how you can generate leads online using simplified SEO (search engine optimization), social media, and blogging.

Module 22: Social Media (3 clock hours)

This module will help you learn how to navigate the world of social media, how to use it to effectively bring in more leads, and how to avoid the time sucks that decrease productivity. We will cover the basics of using Facebook, Twitter, YouTube, and LinkedIn.

Module 23: Money Mindset (2 clock hours)

This module will help you to discover more about your money story and how to overcome any limiting beliefs you have around money that are keeping you from having the successful business you desire.

Module 24: Know Your Numbers (2 clock hours)

This module will help you to understand the financial aspect of running your business. You will learn about the numbers every entrepreneur needs to be aware of. We know it numbers can be scary, but we'll teach you how to make friends with your finances!

Module 25: Master Your Money (2 clock hours)

Have you ever heard of feng shui? In this module, financial freedom expert Kate Northrup will help you clear out your clutter and turn your space into a money-making magnet so that you can boost your prosperity and increase your financial freedom.

Module 26: Raise Your Rates (2 clock hours)

This module will teach you how to comfortably and confidently raise your rates so that you can earn more money from coaching while leveraging your time and working with less clients.

Module 27: Target Market (3 clock hours)

Ever wonder what to say when you go to a networking event? This module will help you understand target markets, ideal client avatars, and how to craft an elevator pitch that will make referring to you easy.

Module 28: Personality Profiling (2 clock hours)

Individual personalities play a major role when it comes to finding ways to bring prospective clients on board and understanding how you can best serve your existing clients. In this module, DISC expert Eric Barron teaches the basics of DISC personality profiling and explains how it can help you strategize your

coaching and sales.

Module 29: Marketing 101 (3 clock hours)

This module will help you to conduct market research and get into the head of your client. This will allow you to create better programs and craft better copy that will compel your ideal clients to work with you.

Module 30: Book Yourself Solid (2 clock hours)

In this module, bestselling author and business expert Michael Port will teach you the basics of the simple sales conversation and help you in understanding why people will want to buy what you're selling. In addition, he'll outline his "Red-Velvet Rope Policy" that will help you to ensure you're only working with your ideal clients.

Module 31: Build Your Business Model (3 clock hours)

This module will introduce you to the many different business models including Depending on what kind of business you want to pursue, there are a number of models to consider, including private coaching, group coaching, workshops, and public speaking. We will walk you through the pros and cons of each, so you can decide which elements you want to incorporate into your practice.

Module 32: Referral Marketing (2 clock hours)

This module will help you to grow your business through word-of-mouth marketing and referrals. You will learn how to approach other companies and practitioners about joint venture partnerships and how to ask others to refer to you.

Module 33: Online Programs (2 clock hours)

This module will help you to develop, launch, and market an online program that will serve as a gateway to your higher-level offerings, such as private or group coaching.

Module 34: Integrate Health Coaching with Additional Services (3 clock hours)

Do you practice another modality besides health coaching? This module will help you to merge health coaching with another modality, such as yoga, personal training, or culinary arts.

Module 35: Publicity (3 clock hours)

Want to be famous? Okay, maybe not Hollywood famous, but you deserve to be known for the incredible work you do! This module will help you learn the basics of getting good publicity, as well as offer you tools to be your own publicist.

Module 36: Laying the Foundation for Success (2 clock hours)

This module will help you to create a marketing plan that works for your unique business, based on the goals you create for yourself. We will walk you through figuring out your conversion rate (or how many sales you make per number of people you talk to) and how you can use this information to create your marketing plan.

Module 37: Outsource Your Business (2 clock hours)

This module will help you understand how to outsource parts of your business so that you can focus more on coaching and less on running your business. You will learn how to do this in a way that works with your budget and allows you more freedom to do what you love.

Module 38: Next Steps (3 clock hours)

This module will help you to figure out what your next steps are post-program. Remember that you have access to the private Facebook group for six months after graduation, so you can continue to ask questions, interact with your classmates, and receive support from course moderators.

Coaching Intensive Practicum

Length: 95 clock hours

The Coaching Intensive Practicum is an interactive 12-week online course designed for Health and Wellness Coaches to improve and expand their coaching skills in a supportive and dynamic environment. This course is an approved training program of the National Board for Health and Wellness Coaching (NBHWC) and an accredited Continuing Coach Education (CCE) program with the International Coaching Federation (ICF).

The intent of the Coaching Intensive Practicum is to help students advance their fundamental coaching skills through the exploration and application of evidence-based best practices for running a coaching program and supporting and communicating with clients as a Health Coach. This is accomplished through a blend of synchronous and asynchronous learning activities that provide opportunities for practical skills training, applied critical thinking, and practical skills assessments and feedback. In addition to the asynchronous learning materials and exercises provided in the modules, this course has 22 “live learning” sessions and three “buddy coaching” sessions led by board-certified faculty coaches. These synchronous learning opportunities allow for real-time discussion, coaching practice, observation, group feedback, and mentorship in a supportive learning environment with expert coaches and peers.

The curriculum of this course aligns with the NBHWC’s core skills and tasks for Health and Wellness Coaches. Successfully completing this program satisfies the educational requirement to apply to sit for the NBHWC’s exam to become a National Board-Certified Health and Wellness Coach (NBC-HWC).

Objectives:

Upon completion of the Coaching Intensive Practicum program, students will be able to:

- Demonstrate coaching practice in simulated coaching exercises with classmates consistent with the National Board for Health and Wellness Coaching (NBHWC) and International Coaching Federation (ICF).
- Comprehend and articulate Health Coach scope of practice and code of ethics.
- Explain the coaching process as outlined by the NBHWC by listing key objectives and desired outcomes for each phase.
- Establish a coaching agreement and collaboratively discuss the components with clients.
- Demonstrate effective communication techniques to expand and focus the conversation.
- Co-create the coaching relationship to establish trust and rapport and demonstrate coach acumen to include empathy, active listening, nonjudgment, and exploring and seeking clarity.
- Describe and demonstrate learning strategies that empower the client to take self-directed action, increase confidence, and encourage self-efficacy.
- Demonstrate following the client’s agenda in eliciting goals and desired outcomes, tracking progress and accountability, and evaluating and closing the coaching session.
- Identify a client’s readiness to change and apply the appropriate behavior change strategies for each stage of the Transtheoretical Model of Change.

- Summarize and differentiate the challenges of behavior change for lifestyle and health improvement and harness a client’s intrinsic motivation to enact behavioral change by using the processes and techniques of motivational interviewing.

Module Outline & Descriptions:

Pre-Course Module: Orientation

The Orientation module provides an overview of the course structure and objectives, introduces the basic concepts, and helps students get set up for success. Students are walked through the course graduation requirements so they know exactly what to expect and can plan accordingly. Students also learn about the NBHWC’s board certification exam and what they will need in order to prepare their application.

Pre-Course Module: Foundations

The Foundations module lays the groundwork for understanding the specific role and definition of Health Coaches, according to the NBHWC. The fundamental question focused on is, “What is coaching?” Students explore established definitions of what health and wellness coaching is and compare this to related professions to clarify what coaching is not. Students also learn to conceptualize the value of their profession and the basic boundaries of the health coach’s scope of practice.

Module 1: Coaching Foundations, Preparation, and Program Structure

In Module 1, students learn about the three phases of a coaching program and the key processes and goals for each. How to co-create a coaching relationship and why this is important is highlighted. Students learn how to properly prepare for and show up to a coaching session and how to be fully present for their clients. Students also learn how to establish a coaching agreement, the major components of it, and how to discuss it with clients in the initial session. Lessons analyze and deconstruct sample coaching agreements, and students are prompted to create their own. Additionally, students participate in a deeper conversation of the scope of practice, considering what exactly Health Coaches can and cannot do and what their role is in the healthcare field is.

Module 2: Create a Client-Centered Coaching Relationship

In this section of the course, students explore how to establish a client-centered relationship and how this creates the foundation for positive client outcomes. Elements of a client-centered coaching relationship and practice building trust and rapport are taught, in addition to the power of listening and how to develop active listening skills and coaching presence. Lastly, this module covers how to apply these foundational skills to hold space for clients to process their emotions.

Module 3: Effective Communication Techniques

This module focuses on the exploration of the coaching process and the skills and competencies that help foster positive client outcomes. Students learn about and practice using techniques and tools that will foster effective communication in a coaching relationship. A review of basic communication skills taught in prior initial Health Coaching certification programs will be conducted (including reflecting, mirroring, and summarizing). Students explore and apply more advanced communication techniques to expand the conversation and encourage clients to go deeper. Techniques that coaches can use to focus the conversation and help clients move forward are demonstrated and students explore how to use powerful questions and best practices for exploring and seeking clarity. Additionally, students are invited to reflect on when and how it is most appropriate and helpful to apply the various skills learned in this module.

Module 4: Enhance Awareness and Foster New Perspectives

This module explores the concept of self-awareness and addresses how conscious knowledge of one's own character, feelings, motives, values, and desires can impact progress. Students learn one of the major keys to coaching success: shifting perspective, and how this ties into transcending beliefs and considering wider or alternative perspectives. The process of employing skills to enact change is a major focus of this module. Students learn how to identify and overcome limiting beliefs that can hold clients back from making change and how to lead them through this process.

Module 5: Motivation and Techniques for Inspiring Change

This module focuses on how clients must be internally motivated and ready to take action in order for meaningful and lasting change to occur. Students learn how to explore motivation and willingness to change with clients before moving into the goal-setting process. Students also take an in-depth look at how motivation and emotion are resources for goal-oriented behavior and review the necessary conditions to support these two critical elements. This module also presents an introduction to Motivational Interviewing, a well-established communication process for inspiring client-identified change. Students learn how to apply the basic principles of this process and practice using it in coaching sessions. Lastly, students practice looking for “change talk” and “sustain talk” from clients and how to use this to help clients move forward.

Module 6: Work through Ambivalence and Resistance

A continued exploration of Motivational Interviewing and how to apply this methodology to clients who are stuck or resistant is the focus in this module. Students explore why clients get stuck and learn how to most effectively work with those who experience resistance or ambivalence around making a change. Students are prompted to think critically about how to navigate these scenarios as a coach and practice using Motivational Interviewing tools to help clients through roadblocks. Lastly, students learn how to support clients with acceptance and emotional healing to overcome challenges and past hurts and promote positive growth moving forward.

Module 7: Set Goals, Track Progress, and Monitor Accountability

In this module, students learn about coaching as a process of empowering clients to dig deep and use their inner resources to create change. There is in-depth instruction about and practice using the Transtheoretical model (also known as the Stages of Change model) as a powerful tool for assessing a client's readiness to change. A review of best practices for goal-setting techniques and practice helping clients set “S.M.A.R.T.” goals is also highlighted. Students explore how to facilitate learning and results for their clients in a way that takes individual needs and styles into account and places the responsibility on the client to take action. Additionally, students learn how to help clients move forward and design their actions by discussing best practices for goal setting and planning. Finally, this module also addresses how clients can track their own progress by effectively monitoring their action steps and overall growth.

Module 8: Positive Psychology Resources and Support

In this module, students learn how a positive and client-empowered approach can boost confidence and self-efficacy, having a profound impact on client progress and coaching outcomes. Students explore how the power of positivity – leveraging a client's strengths and values and creating empowering and growth-facilitating experiences – can encourage progress, especially during the middle phase of coaching. Students learn and practice how to most effectively tap into a client's strengths and available resources to help them propel toward their goal. Additionally, instruction focuses on how to consider how clients can harness their intrinsic motivation and emotions to increase self-efficacy and work

through challenges and fears. Lastly, students are invited to participate in a discussion of the major theoretical components of positive psychology, including the PERMA model – a tool focusing on how positive approaches can have a profound impact on client outcomes.

Module 9: Group Coaching Skills and Facilitation

In this module, students learn and practice how to apply the skills and competencies taught in this course to working with clients in a group setting. Students compare group and individual coaching in terms of both skills used and structure. Students are prompted to consider the pros of group coaching for coaches and clients and which types of clients may benefit the most from a group setting. Students also explore the phases of the coaching process applied to a group setting, how to effectively form and facilitate a coaching group, and tips for structuring coaching sessions and group activities. Lastly, students learn how to navigate different personalities and learning styles during group coaching sessions to allow for the most effective interaction between clients.

Module 10: Professional Development for Health Coaches

In this module, students learn about professional development and the legal aspects of health coaching. Students are asked to review and discuss the NBHWC Code of Ethics and consider the professional responsibility of coaches to conduct themselves in an ethical manner. Students are also invited to analyze and reflect on a variety of scenarios that present potential ethical dilemmas and discuss how coaches would move forward with the client. Additionally, this module revisits the exploration of the Health Coach scope of practice and students consider how it is different from, but related to ethics. Students also learn about cultural sensitivity and competency, and are given the opportunity to constructively critique various coaching scenarios. Lastly, students will learn about professional considerations for coaches employed in healthcare settings, including HIPAA compliance, proper record keeping and file storage, and related legal considerations.

Gut Health Course

Length: 67 clock hours

The Gut Health Course consists of 16 weekly modules, through which students learn how gut and digestive health can impact overall health and wellbeing. In this course, students learn about the structure and function of the human digestive system and gut microbiome, and the various ways that these systems can be disrupted and impaired. Students also learn about the various ways to improve and maintain good gut health through diet and lifestyle. An emphasis is placed on looking at the interconnectedness of all parts of the body, and how an imbalance in the gut can affect other systems and the body as a whole. This course is offered to health professionals who can apply this information to their work with clients.

Objectives:

- Upon completion of Gut Health Course, students will be able to:
- Explain the causes and symptoms of the various gut health disturbances
- Gain a working knowledge of the gut microbiome and the role that gut bacteria play in both digestion and whole-body health
- Apply their knowledge to help and empower clients to achieve greater health and wellness by supporting gut health through diet and lifestyle

- Distinguish and articulate their boundaries of scope of practice as a Health Coach when working with clients who have gut health concerns or conditions
- Demonstrate how to appropriately work alongside various healthcare professionals to provide a complementary service for individuals with gut imbalances or conditions
- Synthesize their coaching skills and knowledge of gut health to create individualized approaches to guide their clients as they work to achieve optimal health
- Identify diet and lifestyle modifications that may naturally support the health of the digestive system, gut microbiome, and systems in the body

Module Outline & Descriptions:

There are 16 modules, plus a Pre-Course Bonus Module, in the Gut Health Course.

Pre-Course Bonus Module (3 clock hours)

The Pre-Course Module is a bonus module that welcomes students to the course, introduces the basic concepts, and helps them get set up for success. In this module, students learn about the structure and expectations of the course, take an introductory look at gut health and the basics of the microbiome, review the scope of practice of a Health Coach, and learn how they can take actionable steps to grow their practice and support individuals with gut health.

Module 1: Introduction to the Microbiome (4 clock hours)

This section provides an introduction to the gut microbiome and the microbes that call the gut their home. Students discover the intimate connection gut microbes have to both proper digestion and good health. Students are taught about germ theory and how the eradication of germs and a societal obsession with cleanliness may actually be leading to a rise in chronic disease. This section also covers how the human gut microbiome develops in utero, during childbirth, and in infancy. Module 1 also teaches the best practices for feeding gut microbes, keeping them diversified, and minimizing harm.

Module 2: Introduction to Digestion (3.5 clock hours)

This section of the course provides an overview of the anatomy and physiology of the digestive system. Students are taught about the three phases of digestion and what happens during each stage, as well as the two types of digestion and the roles they play in each phase. This module explains how nutrients are absorbed during digestion and the hormones that are involved in the digestive process. Additionally, information is provided to prompt students to think about how, as a Health Coach, they can effectively inquire about a client's digestion and their relationship to eating.

Module 3: Bowel Movement Basics (4 clock hours)

This section of the course explains what constitutes a healthy bowel movement and what signs may be cause for concern or lifestyle improvements. Students learn about the different types of stool, the signs of possible issues, and how this topic of conversation can comfortably be approached with clients. Module 3 also discusses the ways an individual can naturally improve the quality of their bowel movements through simple and natural lifestyle changes.

Module 4: Eating for Gut Health (3.5 clock hours)

In this section of the course, students learn about the health benefits of spices and herbs that can have a positive effect on the gut, and the different ways they can use them in their cooking. Students also learn about what polyphenols are, how they are beneficial to health, and the food sources they are most abundantly found in.

Module 5: Stress and Gut Health (4 clock hours)

This section of the course focuses on what stress is and how chronic stress affects proper digestion and the health of the gut microbiome. Students learn how to support clients with stress management and reduction, with an emphasis on creating a peaceful mealtime ritual.

Module 6: The Gut-Brain Connection (4 clock hours)

In this section of the course, students learn about what the vagus nerve is and how it relates to gut health and the gut-brain axis, aka “the second brain.” Students are taught about what can happen when vagal tone is poor and are introduced to a common condition related to dysfunction of the gut-brain axis called irritable bowel syndrome (IBS). Students are taught how to apply this information so they can help coach their clients to improve the health of the vagus nerve and help them manage their IBS symptoms from within their scope of practice as a Health Coach.

Module 7: Immunity and the Gut (4 clock hours)

Module 7 provides in-depth information about the immune system and the ways that it is intimately connected with the gut. Students also learn what happens when immunity in the gut is compromised and how this can lead to the development of autoimmune and autoinflammatory conditions, including Celiac disease, type 1 diabetes, and inflammatory bowel disease.

Module 8: Food Intolerances and Leaky Gut (4 clock hours)

In this module, students learn the difference between food allergies and food intolerances. Students also learn about the causes and symptoms of leaky gut, as well as ways to strengthen the gut lining and improve gut health to help repair damage associated with this common condition.

Module 9: Blood Sugar, Metabolism, and Obesity (4 clock hours)

This module explores the connections between blood sugar, metabolism, and obesity. Students learn how excess body fat and high blood sugar can negatively impact the gut. Students also learn about the gut’s role in obesity, and ways that they can support clients who wish to achieve more balanced blood sugar.

Module 10: Fungal Overgrowth (3 clock hours)

In this module students learn about what Candida is and the most common reasons that an overgrowth can occur. Students are taught about the various ways that Candida overgrowth can show up in the body and the dietary and lifestyle modifications that can promote balance.

Module 11: SIBO, Heartburn, and Acid Reflux (4 clock hours)

In this section of the course, students learn about small intestinal bacterial overgrowth (SIBO) and the three major types of esophageal discomfort: heartburn, acid reflux, and gastroesophageal reflux disease (GERD) Students are taught about what the condition is, the various reasons it can develop, the differences amongst them. Additionally, students are taught how to support clients using simple nutrition and lifestyle modifications as a Health Coach while they also seek medical treatment from their healthcare provider to help find relief from their discomfort and prevent relapse.

Module 12: The Connection Between Gut and Hormones (4 clock hours)

In this section, students learn about the connections between the thyroid and the gut. Students are taught why thyroid disorders can have such a large and lasting effect on the digestive system. This module also explores what the estrobolome is and the role it plays in processing excess estrogen from

the gut. Students learn how to apply basic steps clients can take that may promote better thyroid health and processing free estrogen in the body through improvements in diet and lifestyle.

Module 13: Toxin Exposure and Detoxification (4.5 clock hours)

In Module 13, students learn how toxins from food, the environment, and personal products find their way into our bodies and enter the gut. This module provides students with a solid understanding of how environmental toxins can disrupt gut health and how to identify the top sources of toxins in both consumables and household products. Students will also learn safe ways to support the body's natural detoxification process and how to support their clients who wish to detoxify within their scope of practice as a Health Coach.

Module 14: Probiotic & Supplementation Support (4.5 clock hours)

Module 14 provides an overview of the different types of dietary supplements, including probiotics, and the common reasons clients may want to take them. Students are taught what to look for when trying to identify a high quality supplement. They are also provided with general information about common supplements that may be helpful for certain individuals who seek to improve their gut health. This module also dives into the benefits of prebiotics, fiber, and fermented foods as nourishment for the gut.

Module 15: Eastern and Alternative Approaches (4.5 clock hours)

In this module, students learn about the basic philosophies and principles of Ayurvedic medicine - an ancient practice that developed in India - as well as become familiar with the three doshas and five elements and how they relate to dosha imbalance. They'll also explore Traditional Chinese Medicine concepts like qi, yin, and yang and how they can relate to gut health and digestion. Students will learn about ways to incorporate these ideas into their work and how they can support clients who see practitioners who practice Ayurveda and Traditional Chinese Medicine.

Module 16: Collaborating With Healthcare Professionals (4.5 clock hours)

This module focuses on helping students apply the concepts they learn in this course through their work as a Health Coach. Using case studies and examples, students are prompted to think about and explore how they can work in conjunction with various medical practitioners and how they might approach working with clients who have gut health concerns. Students will also become familiar with basic lab tests for gut health that their clients may undergo with their healthcare

Hormone Health Course

Length: 95 clock hours

The Hormone Health Course is comprised of 24 online modules that explore how hormonal health and balance can impact overall health and well-being in both men and women. Students learn about the major hormones that make up the endocrine system, how and why they can get off balance, and the most common disorders of hormone imbalance. Additionally, students will understand how to apply the knowledge gained through this course within their scope of practice as an Integrative Nutrition Health Coach to support their clients' hormonal health and balance through diet and lifestyle improvements.

Objectives:

Upon completion of Hormone Health Course, students will be able to:

- Explain the causes and symptoms of the various hormonal imbalances
- Apply their knowledge to help and empower clients to achieve greater health and wellness by supporting hormonal balance through diet and lifestyle
- Distinguish and articulate their boundaries of scope of practice as a Health Coach when working with clients who have hormone imbalances
- Demonstrate how to appropriately work alongside various healthcare professionals to provide a complementary service for individuals with hormonal imbalances or conditions
- Synthesize their coaching skills and knowledge of hormone health to create individualized approaches to guide their clients as they work to achieve optimal health
- Identify diet and lifestyle modifications that may naturally support the health of various hormones and systems in the body

Module Outline & Descriptions:

There are 24 modules, plus a pre-course orientation module, in the Hormone Health Course.

Pre-Course Module (4 clock hours)

The Pre-Course Module is a bonus module that describes what students should expect from this course and the ways in which they can maximize their success right away. This section also covers tips for how to effectively coach clients towards improving their hormone health, working alongside healthcare professionals to help remedy hormone issues, defining a niche as a health coach, and creating change.

Module 1: Introduction to the Endocrine System (3.5 clock hours)

This section of the course teaches an overview of the nine major endocrine glands and their specific roles in the body. Students learn how the endocrine system regulates vital body processes such as metabolism, growth, sleep, and reproduction.

Module 2: Understanding Basic Hormone Imbalances (3.5 clock hours)

This module discusses the most common hormone imbalances, the symptoms of each, and how to get them back on track. Students also learn about the five most common female hormone imbalances and the most common genetic mutations.

Module 3: Conditions Associated with Hormonal Imbalance (4 clock hours)

In this section of the course students will gain an understanding of the most common conditions associated with hormone imbalance and learn how to recognize their symptoms. This section also discusses hormonal conditions related to the female reproductive system.

Module 4: Maximizing Nutrition to Balance Hormones (6 clock hours)

This module focuses on maximizing nutrition through the three macronutrients – fat, carbohydrates, and protein. Students will learn and practice how to tailor their approaches to meet individual needs when it comes to diet.

Module 5: Special Diets for Balancing Hormones (6 clock hours)

This module teaches students about diets with different proportions of fat, protein, and carbohydrates and which diets may be helpful for individuals with certain needs. Students learn how different macronutrient ratios in the diet may promote or disrupt hormone balance. This section also describes several popular diets that may help optimize hormone health for certain individuals.

Module 6: The Mighty Micronutrients (5.5 clock hours)

This section of the course teaches students about the major micronutrients, including vitamins, minerals, and trace elements. Students learn from which food sources these micronutrients come from, why they are needed, and what can happen in the body when a deficiency occurs. This module also discusses the supplementation of micronutrients.

Module 7: Balancing Blood Sugar for Optimal Hormone Health (6 clock hours)

In this module, students examine the connection between blood sugar, insulin resistance, and hormone imbalances. Students also learn about the symptoms and conditions related to high blood sugar, as well as the specific diets, nutrients, and supplements that may help prevent, manage, or reverse these conditions.

Module 8: All About the Adrenals – Part 1 (4 clock hours)

This module teaches about the role of adrenal glands and their hormones, how this system can get out of balance, and the consequences this can have on hormonal balance and overall health. This module introduces HPA axis dysfunction – commonly known as “adrenal fatigue” and describes the effects of this condition.

Module 9: All About the Adrenals – Part 2 (3.5 clock hours)

This section of the course expands on the subject of the adrenals, specifically focusing on HPA axis dysfunction. Students are taught how stress can disrupt the adrenal system, what the consequences are of prolonged HPA axis dysfunction, and the lifestyle changes that can help with re-balancing.

Module 10: All About the Adrenals – Part 3 (3.5 clock hours)

Module 10 provides a more in-depth discussion of the effects of stress on both the body and the brain. Students learn the harmful effects of chronic stress. Also, in this module, students are taught a step-by-step protocol that can be adapted for use with clients for stress reduction and adrenal support.

Module 11: The Connection Between Gut Health & Hormones – Part 1 (2.5 clock hours)

This module teaches students about the physiology and environment of the gut. Students also learn about the four most common conditions that can arise from gut imbalances and the symptoms most commonly experienced.

Module 12: The Connection Between Gut Health & Hormones – Part 2 (6 clock hours)

In this module, students examine the connection between gut health and hormone health, looking closely at how the gut is connected to the nervous system and specific hormones. This module also provides a step-by-step protocol that can be adapted for use with clients to improve their gut health.

Module 13: A Crash Course in Men's Hormonal Health with Dr. Susie Gronski (3.5 clock hours)

Visiting teacher, Dr. Susie Gronski, shares her expertise on the topic of male hormones and male pelvic pain. Students learn about the function and role of androgens, with an emphasis on testosterone. Students are taught which hormones are necessary for healthy male sexual function, the negative effects of stress on male hormones, and natural ways to boost testosterone levels.

Module 14: Thyroid Health – Part 1 (3.5 clock hours)

This section of the course introduces the thyroid. Content includes the structure of the thyroid, its roles within the body, and the various ways it can malfunction. Students will explore the causes of these

malfunctions and how they can affect important bodily processes, such as menstruation and reproduction.

Module 15: Thyroid Health – Part 2 (3.5 clock hours)

This module examines the connection between thyroid imbalance and sex hormones. Students learn about why women are so much more likely to develop thyroid diseases. Also, in this section of the course, students learn about the effects that environmental toxins can have on the thyroid and are guided through a step-by-step protocol for supporting thyroid health.

Module 16: Menstruation (3.5 clock hours)

Module 16 provides an in-depth overview of the four phases of the menstrual cycle. Students learn what a healthy menstrual cycle should look like, and how to recognize abnormalities that may signify an issue or imbalance. Students learn how to apply this information to work with their female clients to live in alignment with their cycle and achieve good reproductive health.

Module 17: Healthy Fertility & Pregnancy with Christa Orecchio (4 clock hours)

In this module, visiting teacher, Christa Orecchio, teaches students about natural ways to support fertility and conception - from preconception nutrition to strengthening the growing baby in the womb. She'll also talk about common health-related challenges couples experience when they experience trouble conceiving. Students learn about lab tests that can be run to detect potential fertility issues and the steps they can take toward increasing their chances of natural, healthy conception.

Module 18: Ovarian Function and Pelvic Pain Conditions – Part 1 (3 clock hours)

This module takes an in-depth look at the female reproductive system, female sex hormones, and the roles they play in the different stages of the menstrual cycle. Also, in this section of the course, students learn about the ways that the ovaries can malfunction and the most common female pelvic pain conditions.

Module 19: Ovarian Function and Pelvic Pain Conditions – Part 2 (2 clock hours)

In this section of the course, students are taught about the various causes of low libido, the hormones involved, and how to support and empower their clients to generate solutions for getting their sex drive back on track. This module also discusses female pelvic pain and how to provide support for those who are experiencing this kind of frustrating discomfort.

Module 20: Menopause (3 clock hours)

This module of the course teaches students how to educate, support, and empower their female clients during the transitional years of perimenopause and menopause. Students learn natural ways that may help these clients experience relief from their menopausal symptoms.

Module 21: Detox to Balance Hormones (2.5 clock hours)

In this section, students learn about the phases of liver detoxification. Students will learn the top ways to reduce one's toxic load, and natural ways to support the health and function of the liver. This section of the course also teaches students about the most common endocrine disruptors, including where they are most commonly found and what their effects are.

Module 22: Toxin Identification and Genetic Mutations (2.5 clock hours)

In this module, students learn about the ways that environmental toxins can enter the body way through diet, common household products, and daily living. This module also revisits the major genetic mutations that can affect the body's ability to detoxify and the options that exist for genetic testing.

Module 23: Understanding Testing Options and Results (3 clock hours)

In this section of the course, students are taught about basic lab tests as well as tests that assess hormone levels, food sensitivities, and toxicity. Students learn about optimal ranges and how and why these values differ from standard values. Students are provided with an overview of the standard and optimal ranges for various tests, while learning what they can and cannot do with this information, in terms of their scope of practice.

Module 24: Supplements for Balancing Hormones (3 clock hours)

In this section of the course, students learn how to identify what constitutes a quality supplement. Students are taught how to approach the topic of supplements from within their scope of practice. This module also teaches students about supplements that can support hormonal health, fertility, and stress-related conditions.

Launch Your Dream Book

Length: 98 clock hours

Launch Your Dream Book is a 6-month online course that teaches graduates of the Health Coach Training Program how to write, self-publish, and promote their own book. Students are provided with all of the tools and steps for how to successfully write, publish, and promote their own book. The course includes training on public relations, marketing, and how to pitch to the media. Additionally, students learn how to position themselves to attract media and speaking opportunities and clients.

Objectives:

Upon completion of Launch Your Dream Book, students will be able to:

- Create a book outline, develop writing prompts based on this outline, and utilize these prompts to write a book on the topic of their choosing
- Understand and apply the various steps involved in self-publishing a book using a third party self-publishing platform
- Select and assemble a team of professionals to assist with their editing, photography, and design needs
- Implement various marketing strategies to increase credibility as an author, attract opportunities, and boost book sales

Module Outline & Descriptions:

There are 20 modules, plus a pre-course orientation module and a Pre-course Warm Up module, in Launch Your Dream Book.

Welcome & Orientation Module (1.5 clock hours)

This introductory module provides information about the course including a course overview, Facebook participation guidelines, and tips for time management. Students also learn how they can work with an accountability partner, and the benefits of doing so.

Pre-Course Warm-Ups (5.5 clock hours)

This section of the course includes warm-up exercises and writing prompts. Also, in this bonus module are tools to help students release perfectionism, set “beyond the book” goals, define their rewards, speak about their plans to write a book, and envision their dream book.

Module 1: Laying the Foundation & Who Is Your Ideal Reader (4.5 clock hours)

This module includes resources to help students lay out the foundation for their book and define who their ideal reader is.

Module 2: Pick Your Path & Create an Outline (6.5 clock hours)

This module guides students to gain clarity about their genre and publishing path. Students are encouraged to create a simple outline for their book.

Module 3: Jumpstart Your Writing & Publishing Timeline (4.5 clock hours)

This module will help students write an introduction and use their simple outline to create writing prompts. Also, during this module, students will gain access to the Publishing Timeline, which will help them pace themselves throughout the rest of the course.

Module 4: Supporting Your Writing (4 clock hours)

This module teaches students how to find their own authentic writing voice and unique style.

Module 5: Book Organization & Check-In (3.5 clock hours)

This module will provide students with resources to help them solidify the organization of their book.

Module 6: Publishing 101 (3.5 clock hours)

In this module, students are taught the basics of self-publishing and how to set up their publishing account.

Module 7: Create Your Publishing Team (6.5 clock hours)

This module includes resources and tools for students to create their own publishing team, as well as a publishing budget.

Module 8: Pre-Sell and Crowdfunding (4.5 clock hours)

In this module, students learn how to pre-sell their book before it's done.

Module 9: Create an Award-Winning Cover (4 clock hours)

This module teaches students a variety of ways to create a great cover - whether they choose to do it themselves or hire a designer.

Module 10: Create an Award-Winning Layout (5 clock hours)

This module teaches students how to create a great interior for their book, either through their own design or by hiring a designer.

Module 11: Back Cover Text & Bio (3.5 clock hours)

In this module, students learn how to create back cover text and an author bio for their book. Students are provided templates to help them get started.

Module 12: Reviews & About the Book (4.5 clock hours)

This module guides students on how to create an “About the Book” page to share with media and reviewers. Students also learn how to request a book review from colleagues and well-known professionals.

Module 13: Putting the Book Together (5 clock hours)

This module contains information on how to upload a book to CreateSpace, as well as distribution, the Library of Congress, and ISBN numbers.

Module 14: Build a Tribe & Sell Your Book & Super Simple Sales Plan (5.5 clock hours)

This module provides students with tips and resources to help build their tribe and community. Students also learn how to create an easy sales plan for their book.

Module 15: Public Relations 101 (5.5 clock hours)

This module provides students with tools and resources to effectively pitch their book to the media.

Module 16: Social Media 101 (4 clock hours)

This module teaches students the various social media platforms to consider for their book. Students also learn marketing strategies and ten ways to build their email list.

Module 17: Build a Speaking Platform & Outline (4.5 clock hours)

This module provides students with the tools and techniques for crafting their unique message and building a speaking platform.

Module 18: Launching & Marketing (3.5 clock hours)

This module walks students through the final stages of launching, marketing, and promoting their book.

Module 19: Anatomy of a Best-Seller (4 clock hours)

This module provides students with tools and techniques to become an Amazon best-seller.

Module 20: Beyond the Book (4.5 clock hours)

In this module, students create their “beyond the book” plan to encourage them to keep going and building momentum with their work

Emotional Eating Psychology

Length: 97 clock hours

The Emotional Eating Psychology Course is designed specifically for Integrative Nutrition Health Coaches who are interested in helping clients navigate and find freedom from emotional and compulsive eating patterns. This 24-module, online course teaches a variety of coaching techniques and strategies to guide clients toward a healthier relationship with food and their bodies for weight loss and improved health. Students will explore their own relationships with food and apply the information from this course through case study examination, reflective exercises, and guided practice.

Objectives:

Upon completion of the Emotional Eating Psychology Course, students will be able to:

- Identify common psychological, biological, and cultural contributing factors to emotional eating, cravings, and unhealthy food relationships
- Coach clients who struggle with emotional eating from within the scope of practice of an Integrative Nutrition Health Coach
- Facilitate the client's use of emotional coping strategies for self-awareness, self-connection, and self-empowerment that create space for sustainable, nourishing habits
- Use positive and sustainable eating habits by helping clients find their own middle ground, take a long view of progress, and work with ongoing setbacks and self-sabotage
- Create individually-based strategies to support clients around weight and body-image related issues
- Identify key differences between emotional eating, eating disorders, and healthier approaches to eating
- Support clients around nourishing themselves beyond food through relationships, movement, and other areas of life

Module Descriptions:

Pre-Course Module: Where to Start (1 clock hours)

This bonus module is delivered to students upon registration for the course to provide them with foundational knowledge and information to help them maximize their success in this course. Students will learn about the structure of the course, the resources available to them, and expectations. Students will also be provided with an introduction to emotional eating, in which they will learn about common links between food and emotions, the prevalence of unhelpful eating habits, and the general boundaries of their scope of practice as an Integrative Nutrition Health Coach.

Module 1: Emotions 101 (1.5 clock hours)

This module focuses on emotions. Students will learn how to identify emotions, as well as the four components of emotional intelligence and its significance to coaching clients through emotional eating. They will learn the valuable purposes of emotions in creating self-connection and connection with others. Students will learn four ways that they can support clients around emotional healing, using a case study to practice applying the material.

Module 2: Emotional Eating 101 (1.5 clock hours)

In this model, students will learn five ways of conceptualizing emotional eating, including common differences between emotional hunger and physical hunger. They will learn to identify basic habit loops and apply them to eating behaviors. This section covers some primary drivers of emotional eating, as well as how emotional eating contributes to self-disconnection. Students will learn how to integrate all of this material into working with clients within their scope of practice as health coaches. They will use a case study and coaching partner work to help them apply and practice the material.

Module 3: Stress & Emotional Eating (1.5 clock hours)

This module focuses on stress and the roles that it can play in emotional eating. Students will gain knowledge on the stress response, the stress cycle, the emotional eating cycle, and how they all influence each other. They will learn about how they can support clients in moving toward a more positive stress cycle within their scope of practice, using a case study and coaching partner to apply and

practice the material.

Module 4: Body Image & Emotional Eating (1.5 clock hours)

In Module 4, students explore the concept of fitting into cultural norms and ideals, as well as the role that culture plays in body image. Students will learn how both unhelpful body images and emotional eating can fuel disconnection from self and others. They will explore their own self-image and learn how to help clients explore personal connections between body image and emotional eating habits, using a case study to apply and practice the material.

Module 5: The Power of Story (1.5 clock hours)

In this section of the course, students will learn about the value of storytelling as a coaching tool. They will learn the key benefits of storytelling and the importance of focusing on language when connecting with clients around sensitive topics like emotional eating. Students will gain self-awareness into the roots of their personal food narratives and be introduced to the Eating Story as a tool for coaching emotional eating. They will use a case study to apply the material and practice guiding a coaching partner through an Eating Story.

Module 6: The Healthy Bias (1 clock hour)

This module focuses on biases and limiting beliefs as possible contributing factors to emotional eating and other unhelpful food relationships. Students will deconstruct their personal health and weight biases and assumptions, as well as gain an understanding of how these affect their coaching practice. They will gain an understanding of the connections between biases and limiting beliefs and learn how limiting beliefs can keep clients stuck in emotional eating cycles. They will use a case study and coaching partner to apply and practice using three basic frameworks for challenging current beliefs and biases.

Module 7: Eating Disorders (1.5 clock hours)

This section of the course focuses on eating disorders. Students will learn how to identify common eating disorders and how to differentiate them from emotional eating. They will gain knowledge about how eating disorders can play a role in gender, sexual orientation, ethnicity, and athletics. They will learn how they can support clients with a history of or current eating disorder within their scope of practice by using specific coaching strategies and working as a member of a larger treatment team.

Module 8: Eating in the Matrix (1.5 clock hours)

This module presents the idea of the matrix as a metaphor for how cultural norms can influence lifestyle habits, including eating. Students will be provided with three broad lenses to help deconstruct four common one-size-fits-all eating approaches, as well as three common ways of using food for a purpose other than physical nourishment. Students will use a case study and coaching partner practice to apply the material and use neutral and nonjudgmental language to guide the exploration of current eating habits and mindsets.

Module 9: Cravings (1.5 clock hours)

This module focuses on cravings. Students will learn key aspects and roots of physical and emotional cravings and how they relate to emotional eating habits and mindsets. They will learn how to conceptualize cravings as useful information and how to use food qualities to help clients decode specific cravings and make helpful food swaps. Students will be provided with basic guideposts to empower clients around cravings based on individual considerations. A case study, as well as self-reflective exercises, will help clients apply and practice the material.

Module 10: Sexuality & Emotional Eating (1.5 clock hours)

This module focuses on intersections between sexuality, intimacy, and emotional eating. Students will learn how food, sex, and relationships can be used to fill voids, as well as how emotions like fear and shame can create unhealthy attachments to food and sex. They will explore how eating and sex can serve as forms of both pleasure and indulgence, due in part to cultural messages and norms. Students will learn coaching strategies that help clients positively shift self-destructive behaviors around food and intimacy.

Module 11: The Science of Emotional Eating (1.5 clock hours)

In this module, students will gain knowledge about some of the biological factors that can contribute to emotional eating habits and cycles. They will explore connections between stress, sleep, and eating patterns like food choice, appetite, and digestion. Students will learn about major chemical messengers that play a role in all of these processes, as well as how chronic emotional eating habits can dysregulate these messengers. They will apply the material to their own eating habits and use a case study to practice the material with a coaching partner.

Module 12: The Impact of Sugar (1 clock hour)

This module focuses on the relationships between emotional eating and sugar. Students will explore ideas about self-medication and addiction, and the role of culture in perpetuating these mindsets around sugar. They will learn some of the science behind sugar's physical and emotional impacts, including its effects on stress and hunger. Students will learn strategies for talking to clients about sugar and helping them reduce sugar intake.

Module 13: Coaching Emotional Eating: An Overview (1.5 clock hours)

This module provides an overview of the second half of the course. Students will learn six basic guideposts for coaching clients through emotional eating, as well as the ten strategies that will be covered in the following modules. This module includes materials needed for weekly Accountability Coaching sessions and Case Study Challenges that students will use to apply and practice each module's material.

Module 14: Learn the Language of Food (1.5 clock hours)

In this module, students will learn how to expand on the Eating Story from earlier in the course using multiple frameworks and modalities, based on individual clients. They will learn how to help clients identify the roots and triggers of eating approaches and apply three broad lenses to help clients identify overall eating patterns and cycles. This module includes a four-question framework to help simplify complicated food relationships with clients. Students will be able to explore their personal eating habits and practice the material via the weekly Case Study Challenge and Accountability Coaching session.

Module 15: Nourish from the Inside (1 clock hour)

This module focuses on the value of self-compassion and why it's an integral piece of coaching emotional eating. Students will receive tools for helping clients foster a self-compassionate mindset and practice self-nourishment in tangible ways. Students will have the opportunity to practice the material via the weekly Case Study Challenge and Accountability Coaching session.

Module 16: Empower the Mind (1.5 clock hours)

This module focuses on the benefits of self-empowerment and its role in coaching emotional eating. Students will gain information on how to use narrative therapy exercises within their scope of practice in order to encourage clients to fit out and reframe their Eating Stories using an internal locus of control.

Students will be presented with ideas for researching the power of mindset and will be able to practice the material via the weekly Case Study Challenge and Accountability Coaching session.

Module 17: Connect to the #1 Expert (1.5 clock hours)

This module focuses on self-connection and self-trust. Students will learn about the body-brain pull and how it can inhibit self-trust. They will learn the value of tuning in to unique body signals and hunger rhythms, and they will learn six ways to help clients connect with and trust themselves. Students will be able to practice honoring their bodies' messages, as well as practice the material via the weekly Case Study Challenge and Accountability Coaching session.

Module 18: Nourish Beyond Food (1.5 clock hours)

This module focuses on finding nourishment beyond food itself and how this can help clients struggling with emotional eating. Students will learn how to facilitate the process of self-nourishment via a holistic emotional healing toolbox, as well as how to support clients around relationships and physical activity within their scope of practice. Students will apply the material with personal research and practice the material via the weekly Case Study Challenge and Accountability Coaching session.

Module 19: Nourish the Eating Relationship (1.5 clock hours)

This module focuses on mindful eating and the benefits of coaching clients around eating with intention and mindful presence. Students will learn tangible mindful eating strategies that integrate health and satisfaction. They will apply and practice the material themselves, as well as via the weekly Case Study Challenge, the Accountability Coaching session, and with other people in their lives.

Module 20: Find A Middle Ground (1 clock hour)

This module focuses on key similarities between emotional eating and dieting. Students will learn biological and psychological reasons why diets don't work, as well as the benefit of individualized eating approaches. They will learn concrete strategies for helping clients more middle-ground approaches to food that are sustainable, enjoyable, and health-promoting. Students will practice finding a middle ground in multiple areas of their lives and apply and practice the material via the weekly Case Study Challenge and Accountability Coaching session.

Module 21: Build Boundaries (1.5 clock hours)

In this module, students explore the idea of creating boundaries around food: The benefits of boundaries, the importance of mindfulness and clarity, and how to use boundary setting as a tool for empowering clients around food. Students will learn specific strategies for building clear boundaries, as well as how to coach clients around social eating. Students will apply and practice the material via the weekly Case Study Challenge, Accountability Coaching session, and with people in their personal lives.

Module 22: Respect the Process (1.5 clock hours)

This module focuses on the process of behavior change and how to guide clients through strengths-based goal-setting and action-taking. Students will compare values and goals, and the importance of balance when coaching clients struggling with emotional eating. They will gain knowledge about how to work with resistance, setbacks, self-sabotage, and stuck habits and mindsets. Students will apply and practice the material via the weekly Case Study Challenge and Accountability Coaching session, as well as using metaphors like improv.

Module 23: Coach Through Weight (1.5 clock hours)

This module focuses on intersections between emotional eating, biology, culture, and lifestyle that might impact weight. Students will gain knowledge and practice having unbiased conversations about weight with clients and learn how to validate weight-related goals while exploring the why behind them. They will learn key strategies for supporting and positively challenging clients within their scope of practice. Students will be able to clarify their unique value as health coaches and will practice the material via the weekly Case Study Challenge and Accountability Coaching session.

Module 24: Marketing for Emotional Eating (1.5 clock hours)

This module focuses on marketing health coaching services, specifically for emotional eating. Students will learn how to identify their target markets and ideal clients, as well as how to craft a unique mission statement that defines their personal brand and can inform their marketing material. They will gain knowledge about how to find the clients they want to work with and the value of transparency in trying to connect with potential clients.

Specialty Courses

Alternative Health Remedies

Length: 3 Clock Hours

Alternative Health Remedies is a 6-module self-paced online program that supports students in exploring alternative and traditional health practices in their lives. Traditional and alternative ingredients and practices are making their way into the mainstream by way of food, supplements, and self-care. In this course, students will discover scientific principles and biochemical properties that have factored into the popularity of four alternative healing modalities: supplements, mushrooms, essential oils, and CBD. By the end of this course, students will feel confident experimenting with alternative health remedies, and integrating them into their health regimens without worry or risk.

Objectives:

Upon completion of Alternative Health Remedies, students will be able to:

- Describe alternative remedies and their purpose in overall health and well-being.
- Reflect on my bio-individual needs and evaluate personal health priorities.
- Explore the philosophies and tools that form the basis for Integrative Nutrition's approach to alternative health remedies.
- Experiment with a few alternative health remedies or practices to support my overall health.
- Reflect on which alternative health remedies work for me and develop a plan for future exploration.

Module Descriptions:

Module 1: Welcome & Orientation (.5 clock hours)

In this module, you'll learn about the safety and effectiveness of alternative health remedies and how you can use them to boost your current health routines. You'll also define your health goals with a Health Inventory and gain clarity around which alternative modalities, if any, are right for you. After this module, you'll have a solid foundation for what to expect and how alternative health practices can potentially improve your daily quality of life.

Module 2: Supplements (.5 clock hours)

In this module, you'll learn all about supplements. While you likely receive many messages from friends, family, and popular media about the best supplements to take, it's up to you to figure out which supplements might enhance your current routine and support your individual health. However, the choices can feel overwhelming. Luckily, this module will provide clarity and simplify the process for you. You'll learn the A to Z of supplements and how to determine which supplements might offer value. By the end of this module, you'll feel empowered to effectively research and make supplement choices that help you reach your health goals.

Module 3: Mushrooms (.5 clock hours)

In this module, you'll dive into the world of mushrooms. Mushrooms have been used as a health and healing aid for thousands of years, and their popularity continues to grow. You'll learn about the various types and sources of mushrooms, how to identify quality products, and the powerful impact that mushrooms can have on your health. When you finish the module, you'll be able to make informed choices that help optimize overall health.

Module 4: Essential Oils (.5 clock hours)

What are essential oils and how do they work? What are the most effective ways to use them? In this module, you'll explore essential oils. You'll learn all the ways they can enhance your health not only physically but also mentally and emotionally. From skincare to cleaning products to relaxation techniques, you'll learn simple tips and tricks. You'll also explore what to look for in terms of ingredient sourcing and quality, giving you peace of mind when choosing essential oil products. You'll leave this module with an essential oil toolkit to use and adapt as your needs evolve.

Module 5: CBD (.5 clock hours)

In this module, you'll dive into CBD. From oils and lotions to edibles and pills, the variety of CBD products continues to grow rapidly. However, it can be difficult to know what exactly you're buying. You'll learn what CBD is, the science of it, and its far-reaching healing properties. You'll also learn how to determine the quality of CBD, including what to look for on an ingredient label, and practical considerations for daily use. When you're finished, you'll be prepared with knowledge and assurance that your choices are not only safe but also effective, based on your needs and goals.

Module 6: Putting It All Together (.5 clock hours)

In this module, we'll recap key points of the course and help you put it all together. You'll reflect on what you've learned and how you can integrate it into your daily life. We'll offer helpful tips for your ongoing journey toward health and alternative healing, no matter your goal. As you wrap up the Alternative Health Remedies course, you'll feel confident making choices about how to incorporate new products into your health routine in ways that work for you.

Detox Your Life

Length: 5 Clock Hours

Detox Your Life is a 6-module self-paced online program that helps students develop empowering, sustainable habits that energize their mind, body, and spirit. As they explore nutrition, beauty, home environment, and the mind-body connection, students will learn simple strategies for reducing toxins as well as practices that support clean living. By the end of the course, students will understand the power

of detoxification and its purpose in overall health and well-being. They'll feel confident creating a personalized plan for clean living beyond the end of the course.

Objectives:

Upon completion of Detox Your Life, students will be able to:

- Describe detoxification and its purpose in overall health and well-being.
- Reflect on my bio-individual needs and evaluate personal priorities in the area of detoxing.
- Explore the philosophies and tools that form the basis for Integrative Nutrition's approach to detoxing.
- Experiment with small shifts that support detoxification, clean living, and overall health.
- Reflect on what works for me in the areas of detoxing and clean living and develop a plan for future exploration.

Module Descriptions:

Module 1: Welcome & Orientation (.5 clock hours)

This first module is all about setting you up for success. We'll break down what detox actually means and how our signature approach to health and wellbeing will give you the tools you need to embrace clean living as you detox your life. You'll begin your journey by checking in on where you are now with the Clean Living Inventory and get a sneak peek at the life-changing shifts you'll be able to make by the end of the course.

Module 2: Clean Nutrition (1 clock hour)

In this module, you'll dive into physical detoxification through clean nutrition. You'll learn how to nourish yourself with foods that complement your unique body and energize you physically and emotionally. With renowned author, teacher, and speaker Dr. Deanna Minich as your guide, you'll learn to take a step-by-step approach to cleaner, more wholesome eating through simple habits and mindset shifts. By the end of this module, you'll have the tools you need to make cleaner nutrition decisions that work for you.

Module 3: Clean Beauty (1 clock hour)

In this module, you'll learn how to detox your beauty practices from the inside out. Jazmin Alvarez, Founder and CEO of Pretty Clean Beauty, will show you how to kick off your beauty detox journey and incorporate clean beauty habits into your routine. From safe ingredients to environmental considerations to self-care, you'll explore how to enhance your beauty routine with sustainable habits and effective products. You'll also learn about natural beauty and reconnect with the beauty within.

Module 4: Clean Home (1 clock hour)

In this module, you'll take a peek into what it means to have a clean home and how to design and care for your personal living space in ways that help you thrive. With the guidance of Christine Dimmick, author, founder, and CEO of the Good Home Company, you'll explore how to organize your home, choose safe and sustainable products, and detoxify the energy in your home. By the end of this module, you'll be prepared to create the clean living space of your dreams -- one that honors who you are as an individual.

Module 5: Clean Mind (1 clock hour)

In this module, you'll explore two approaches to mental detoxing. First, we'll cover mindfulness and self-generating more positive emotions. Then you'll learn more about the mind-body connection. Patricia Moreno, creator of the intenSati method, will guide you through an intenSati exercise including

visualization, breath work, and movement. By the end of this module, you'll have all you need to integrate mental mind-body detoxing into your daily life in ways that work for *you*.

Module 6: Putting It All Together (.5 clock hours)

In our final module, you'll reflect on important concepts covered and how you can continue adding them to your life. You'll also complete the Clean Living Inventory again to track how far you've come. We'll offer helpful tips on your ongoing journey toward cleaner living and support you in creating your Clean Living plan. As you wrap up the Detox Your Life course, you'll feel confident building a cleaner way of living that will ripple into all areas of your life.

Whole Person Health

Length: 7 Clock Hours

Whole Person Health is a 6-module self-paced online course that helps students explore holistic health and well-being. They'll hear from top experts about physical health, mental health, emotional health, and spiritual health. Students will understand the power of a multidimensional approach to health and learn strategies to support living healthy in our modern world, including nutrition, rest, processing emotions, relationships, and purpose. By the end of the final module, students will develop their unique approach to holistic health and create their own plan for independent success beyond the Whole Person Health course.

Objectives:

Upon completion of Whole Person Health, students will be able to:

- Understand the philosophies and tools that form the basis for Integrative Nutrition's approach to whole person health.
- Recognize that health is multidimensional and that multiple aspects of health interconnect to form overall health and wellbeing.
- Experiment with IIN's core concept of bio-individuality to support physical, mental, emotional, and spiritual health.
- Reflect on what works for them in regard to physical, mental, emotional, and spiritual health and develop a personalized plan for future exploration.

Module Descriptions:

Module 1: Welcome (1 clock hour)

This first module will help set you up for success. You'll meet Coach Anna, your IIN Health Coach guide for the course, and learn how the course is structured. She'll explain IIN's multidimensional meaning of whole person health and the value of personalizing your approach based on your individual needs. You'll also begin your health exploration by setting personal health goals based on where you are right now. By the end of this module, you'll have a solid foundation for what to expect and how this course can help you build a healthy lifestyle that works for you long-term.

Module 2: Physical Health (1.5 clock hours)

In this module, we'll highlight some core pillars of physical health: nutrition, sleep, and rest. You'll learn from speaker and author Max Lugavere about how to approach nutrition and strengthen immunity based on your unique needs. Health journalist Pilar Gerasimo will share the importance of honoring your body's wake cycles, known as ultradian rhythms, and how to incorporate more restful moments into your daily routine. You'll also hear from world-renowned Dr. Andrew Weil on how to promote health and

longevity through lifestyle. By the end of the module, you'll be prepared to make effective step-by-step shifts toward greater physical health.

Module 3: Mental Health (1.5 clock hours)

Enhancing mental health can come in many forms -- including optimizing your relationship with stress, honoring emotions, and building resilience. In this module, you'll explore the core foundations of mental health. Integrative medicine expert Dr. Ellen Vora will share key insights on processing emotions in order to cultivate mental strength. Entrepreneur and IIN Health Coach Latham Thomas will empower you to learn and grow from challenges. You'll also hear from leading stress expert Dr. Joan Borysenko, who will share the significance of the mind-body connection. You'll leave this module with tools and strategies to relieve symptoms of stress and support mental health in ways that promote long-term health and happiness.

Module 4: Emotional Health (1.5 clock hours)

In this module, you'll gain a deeper understanding of how to tune into your emotional health. Dr. Lissa Rankin will guide you in developing a meaningful relationship with all aspects of your personality and emotions. Visiting Teacher Michelle Maldonado will teach you how to cultivate emotional intelligence in interpersonal relationships. You'll also reflect on personal and collective trauma and learn how to strengthen your relationships with others. By the end of the module, you'll have practical action steps to reconnect with yourself and foster meaningful relationships that support your overall well-being.

Module 5: Spiritual Health (1 clock hour)

As daily life continues to shift, connecting with spirituality is more important than ever. In this module, we'll look at several key aspects of spiritual health that can help guide you in your ongoing wellness journey. First, you'll learn how to honor all aspects of your personal identity as it changes over time. Cynthia James will show you how to rewrite your personal narrative so that your past does not define your future. Then, Light Watkins will help you explore how to leverage who you are to support personal growth and move toward your greater purpose. You'll leave the module with a strong spiritual foundation to carry forward into your whole person health journey.

Module 6: Closing (.5 clock hours)

In our final module, we'll recap key takeaways and prepare you for going out into the world with what you've learned. You'll reflect on powerful whole person health concepts and how you can continue integrating them into your daily life. We'll help you create your Whole Person Health Plan so that you feel confident adapting your health journey in ways that work for you now and in the future. As you wrap up the course, you'll be well-equipped to support yourself and others in building a holistic, personalized health approach.

Student Support

E-mail: support@integrativenutrition.com

Students are also welcome to submit inquiries *via* the Learning Center (LC) which remains available twenty-four hours a day, seven days a week. Students receive answers to all questions submitted *via* the LC within forty-eight hours – and often much sooner.

Credit for Previous Education and Training

The Institute for Integrative Nutrition values all forms of learning and all previous formal learning. However, IIN does not accept transfer credits, regardless of source, and requires all students completing the IIN Health Coach Training Program to complete the entire 40-week program in order to earn IIN's diploma.

Job Placement and Certification

Job Placement

Health Coach Training Program:

One of the goals of the Institute for Integrative Nutrition is to encourage an entrepreneurial spirit amongst its students and give graduates the tools they need to take charge of their futures as health coaches. The entire Health Coach Training Program is purpose built to provide knowledge and skills that health coaches need to start their own business, and includes an entire course dedicated to helping students start a successful career. Additionally, IIN provides support to alumni—not just students—giving new graduates access to assistance should they need it.

Integrative Nutrition Health Coach II & Advanced Courses:

The Integrative Nutrition Health Coach II (HCTP Alumni Program) and advanced courses have been developed for Health Coaches to gain additional skills and knowledge to advance their practice and/or business. While there are not specific job placement services designated for these programs, students enrolled have access to alumni services provided by IIN.

Specialty Courses:

The specialty courses are not intended to prepare students for employment. They are personal interest courses.

License or Certification

Graduates of Health Coach Training Program can sit for an optional certification exam offered by the IAHC. This certification exam is not required.

Regulation

Licensed by

State Board of Career Colleges and Schools
30 East Broad Street, Suite 2481
Columbus, Ohio 43215

The Institution for Integrative Nutrition is not accredited.

Cancellation and Refund Policy

Health Coach Training Program & Integrative Nutrition Health Coach II (HCTP Alumni Program)

This enrollment agreement may be canceled within five calendar days after the date of signing provided that the school is notified of the cancellation in writing. If such cancellation is made, the school will promptly refund in full all tuition and fees paid pursuant to the enrollment agreement and the refund shall be made no later than thirty days after cancellation. This provision shall not apply if the student has already started academic classes.

If the student is not accepted into the training program, all monies paid by the student shall be refunded. Refunds for books, supplies, and consumable fees shall be made in accordance with Ohio Administrative Code section 3332-1-10.1.

Refunds for tuition and refundable fees shall be made in accordance with the following provisions as established by Ohio Administrative Code section 3332-1-10:

- (1) A student who withdraws before the first class and after the 5-day cancellation period shall be obligated for the registration fee.
- (2) A student who starts class and withdraws before the academic term is 15% completed will be obligated for 25% of the tuition and refundable fees plus the registration fee.
- (3) A student who starts class and withdraws after the academic term is 15% but before the academic term is 25% completed will be obligated for 50% of the tuition and refundable fees plus the registration fee.
- (4) A student who starts class and withdraws after the academic term is 25% complete but before the academic term is 40% completed will be obligated for 75% of the tuition and refundable fees plus the registration fee.
- (5) A student who starts class and withdraws after the academic term is 40% completed will not be entitled to a refund of the tuition and fees.

Fees for consumed items, including Software & Content License and Books & Materials are non-refundable.

The school shall make the appropriate refund within thirty days of the date the school is able to determine that a student has withdrawn or has been terminated from a program. Refunds shall be based upon the last date of a student's attendance or participation in an academic school activity.

IIN does not guarantee job placement.

All Advanced Courses

Withdrawal and Refund Policy

Students can withdraw from the Course at any time by providing written notice to IIN. Refunds will be made in accordance with the following:

- A. If you withdraw, IIN may keep five percent of the cash price, but not to exceed ninety-nine dollars (\$99.00) (non-refundable registration fee), and a pro rata portion of the tuition based upon the lessons or services you have used by your last day of attendance, defined as logging into an instructional module.
- B. IIN may receive or demand the cost of any ancillary goods which you have consumed or wish to retain after withdrawal.
- C. All refunds will be made within thirty days following withdrawal and the refunded amounts shall be charged back to the credit card on file.

All Specialty Courses

Withdrawal and Refund Policy

Students can withdraw from a Course at any time by emailing IIN at specialtysupport@integrativenutrition.com. Refunds are administered as follows:

- A. Subject to paragraph (b)(ii) immediately below, if you withdraw from a Course prior to accessing any Course content hosted on the learning management system (the “LMS”), you will receive a full refund of the Course tuition.
- B. Notwithstanding paragraph (b)(i) immediately above, refunds will not be granted after forty-five (45) days from the date you enrolled in a Course, even if you have not accessed the LMS. The date will be calculated by counting from the day immediately after the Enrollment Date identified above.
- C. If you withdraw from a Course after you have accessed any Course content, you will not be entitled to a refund.

Complaint Procedure

Should a student have a general question or one related to a student’s specific situation, they submit an inquiry by logging onto the Learning Center and clicking on the Support tab. A staff member will respond within 24-48 hours, during business days.

Should a student have a complaint, they may submit feedback by logging onto the Learning Center and clicking on the Support tab. A staff member will respond within 48 hours during business days.

Formal complaints may be directed to the School Director, via registered letter at:

Institute for Integrative Nutrition
201 East Fifth Street, 19th Floor
Cincinnati, OH 45202

Students are encouraged to contact the school first at support, in order to expedite the resolution of a formal complaint.

All student complaints should be first directed to the school personnel involved. If no resolution is forthcoming, a written complaint shall be submitted to the director of the school. Whether or not the

problem or complaint has been resolved to his/her satisfaction by the school, the student may direct any problem or complaint to the Executive Director, State Board of Career Colleges and Schools, 30 East Broad Street, Suite 2481, Columbus, Ohio, 43215, Phone 614-466-2752; toll-free 877-275-4219.

Anti-Hazing Policy

IIN prohibits hazing as defined in this policy. The school will investigate and respond to all reports of hazing as outlined in this policy.

This regulation applies to all members of the school community, including faculty, staff, students, volunteers, organizations, and groups, as well as visitors and other licensees and invitees.

This Anti-Hazing Policy applies to conduct that occurs on-campus, off-campus (ex: externship site), or through online activities, between two or more people who are affiliated with the school, or any student or other organization associated with the school.

Hazing is a serious offense and, therefore, is subject to the full range of sanctions (reprimand, disciplinary probation, suspension, and expulsion). In addition, other educational activities may be required as conditions of the sanction. An individual, organization, or group may be subject to other outcomes in accordance with the applicable outside constituents or group in which the student is involved, or their governing bodies. The school has the right to take action regardless of the actions of the governing body.

The School Director shall coordinate the investigation of all hazing allegations. When appropriate, other senior administrators may handle certain aspects of the school's response. Local authorities may also be included in the investigation, as needed.

Additionally, the School Director will assess the need for interim measures (e.g. suspension of current group activities). Every effort will be taken to complete the investigation in a timely manner. The hazing allegation will be investigated and resolved in keeping with the Complaint Procedure. At the point when a formal conduct charge is made against an organization, the national or oversight organization, if any, shall be notified. Criminal investigations resulting from a report to law enforcement will be handled by the appropriate law enforcement agency. IIN may charge an individual or a group with a violation of this Hazing Policy and/or other school rules, regulations, or policies.

Sanctions applied to organizations and/or individuals will be imposed in accordance with the severity of the violation and will be determined by the School Director.

Hazing means doing any of the following, or pressuring, causing, forcing, soliciting, or coercing any person to do any of the following for the purpose of initiative, admitting, or affiliating an individual into or with a student group or student organization; continuing or enhancing an individual's membership or status in a student group or student organization, or perpetuating or furthering a tradition or ritual of a student group or student organization:

(a) Engage in any conduct prohibited by federal and/or state and/or municipal criminal law, regardless of whether an arrest is made, or criminal charges are brought;

(b) Take into their body any food, liquid (including alcohol), drug, or other substance that subjects the person to a substantial risk of mental or physical harm; and/or;

(c) Cause or create a substantial risk of causing mental or physical harm to another and/or engage in any act or omission that contributes to the death of another.

Reporting an Incident: Student safety is our top priority, and we take all reports of misconduct seriously to protect everyone's health and well-being. IIN depends on its community members to identify and report behaviors of concern so that the school can provide distressed students and employees with appropriate support services and resources.

We are all responsible for school safety. If you see any concerning behavior or suspicious behavior report it to Student Support, a Student Success team member, a faculty member, or the School Director.

IIN is committed to reviewing all reports of hazing. Anonymous reports are accepted; however, the school's ability to obtain additional information may be compromised and the ability to investigate anonymous reports may be limited.

Immediately upon learning of potential hazing, any employee with a duty to report violations of this policy who received a complaint of hazing or who observes or learns of conduct that is reasonably believed to be in violation of this policy is required to report the alleged conduct to the School Director.

Employees with a duty to report violations of this policy include faculty and staff. Any volunteers or contractors engaged by the school have a duty to report violations of this policy of which they become aware in the course of their duties when these duties include responsibility for the safety and wellbeing of other members of the school community or if they have supervisory, evaluative, grading, or advisory responsibility over other members of the school community.

In addition to the duty to report hazing to the School Director as identified in the prior paragraph, in some circumstances there is also a duty to report allegations of criminal conduct to law enforcement.

The school will maintain a report of all violations of this Policy that are reported to the school, and which result in a charge of violation of this Policy. The school will update the report bi-annually on January 1 and August 1 of each year and will post the updated report on the school's Learning Center.

IIN shall provide annually at least one program on hazing prevention education to all members, prospective members, and anyone who is employed by or volunteers with the organization. The education may be provided in person, electronically, or both. IIN will maintain a record of individuals who have completed the program.