



HOLISTIC HEALTH COACH

COURSE DESCRIPTION & SYLLABUS



APPROVED
COURSE PROVIDER

Welcome to Body 'n' Soul Wellness Academy!

We are glad that you are interested in our accredited Holistic Health Coach course!

The aim of the Holistic Health Coach course is to provide the theoretical and practical knowledge that will enable future health coaches to understand the physiological processes of the body, recognize body dysfunction, identify possible causes and develop individualized holistic health plans for clients. The Holistic Health Coach 10-month training course equips our students with the functional and holistic tools to identify dysfunctions in the body and to uncover their cause-and-effect relationships. By acquiring the skills of health coaching, our coaches will be able to implement a comprehensive health and self-development program to restore their clients to optimal health.

This course places particular emphasis on a **whole-food functional and holistic diet, herbal medicine and aromatherapy** and their health implications. We encourage the integration of **theoretical and practical knowledge** on the intake of whole food nutrients, the safe use of **spices, herbs and essential oils**. Emphasis will be placed on **healthy digestion, gut microbiome** health and restoration, and **natural detoxification** processes. An integral part of the program is the learning of techniques to support a **balanced mental state**; such as **stress management in everyday life**, effective **time management, breathing- and mindfulness techniques** and the practical tools of **acupressure**, all of which contribute greatly to restoring the body's **hormonal balance** and promoting the **body's self-healing processes**.

The aim of our training is to provide a **comprehensive knowledge that enables health coaches to develop personalized holistic health guidelines, lifestyle programs and life management strategies** to best support the health development of themselves, their families and their clients.

"In my view, combining nutrition therapy, phytotherapy, movement therapy, stress management, self-awareness and self-development training, and a wide range of natural remedies is a holistic approach to health maintenance or health restoration. My ultimate goal is to bring to people both Western scientific knowledge and Eastern empirical knowledge and experience that will enable them to lead a healthy lifestyle and achieve physical and mental balance."

Dr Suzanna Braeger - Head of the Health & Nutrition Department at Body & Soul Wellness Academy

WHAT THIS COURSE INCLUDES AND WHAT OPPORTUNITIES AND BONUSES WE OFFER YOU WITH THIS TRAINING, WE WILL TELL YOU BELOW!

This **10-month internationally accredited course** will teach you all **about holistic health, holistic medicine** and **how to become a good health coach**. You'll gain detailed knowledge about the healthy balance of the body itself and the different dysfunctions of each organ system, and how to promote the body's self-healing processes. You will also learn how to set **wellness and health goals** and how to use different exercises to achieve them. You will also learn how to apply **effective skills as a holistic health coach** and **how to market your own business**.

The Holistic Health Coach course will expand your knowledge of the concept of holistic health wellness - giving you concrete knowledge of the philosophies and principles that guide holistic health. This course will give you a solid foundation of knowledge to begin your professional development towards becoming a **skilled and successful health coach**.

From the course you will learn about the different treatments used by holistic health professionals. In each module you will learn about different holistic treatments, how they work, their benefits and uses.

The complementary modalities covered in the course include:

- **Nutritional therapy**
- **Ayurveda**
- **Traditional Chinese Medicine**
- **Acupressure**
- **Herbal therapy**
- **Aromatherapy**
- **Flower therapy**
- **Homeopathy**
- **Mindfulness, yoga, breathing techniques, meditation**
- **Health coaching skills and strategies**

Functional nutrition, a milestone of holistic health, is discussed at length. You'll learn about the important role of the **holistic nutrition** and how certain functional foods can stimulate the body's ability to heal itself and boost the immune system.

The course will introduce you to a **relatively new field of herbal medicine**, which uses a mixture of herbalism, aromatherapy and Ayurveda. An ancient natural medicine that is growing in popularity, understanding the different methods of this practice will put you ahead of other health coaches.

One of the biggest threats to our health in modern society, and the cause of a large proportion of visits to the doctor, is **stress and stress-related illnesses**. The Holistic Health Coach course

explains how to analyze symptoms and identifies tools to overcome and manage stress for ourselves and our clients.

Another important area of holistic health is **mindfulness**, and the course takes time to provide a comprehensive overview of this valuable practice. You will learn what it is and the principles behind it, as well as how to use this practice of mindfulness to improve physical, emotional and mental well-being.

The term "**wellness**" has a much broader meaning than you might first think. The Holistic Health Coach course will give you a full understanding of wellness and its many forms. We will take a closer look at the **8 dimensions of wellness**, specifically the components of physical, emotional, mental, spiritual, social, environmental, financial and occupational wellness. With this understanding, you will be better able to help your clients move toward optimal wellness and health.

As part of helping people towards wellness, it is important to set goals. To that end, the course includes a series of "**wellness plans**" that allow you to work with your clients to create an action plan for positive, forward-looking change that both you and the client can track. And in this way, health promotion can also be tracked.

As well as providing knowledge on holistic health and how to embody the role of the coach, the course also includes information on **how to build a business in this area**. You will learn how to create and market your online brand, how to develop a strong unique selling proposition, and how to make yourself unique within your own profession.



CONTENT OF THE COURSE BOOK

MODULE 1: PRINCIPLES OF HOLISTIC HEALTH

- Part 1: The importance of holistic health
- Part 2: Holistic treatment modalities and health care choices
- Part 3: Holistic, alternative and complementary therapies
- Part 4: Introduction to Naturopathy
- Part 5: A multidisciplinary approach

MODULE 2: ANATOMY AND PHYSIOLOGY OF THE HUMAN BODY

- Part 1: Muscular system
- Part 2: Circulatory system
- Part 3: Digestive system
- Part 4: Urinary system and lymphatic system
- Part 5: Endocrine system
- Part 6: Detoxification and Elimination

MODULE 3: NUTRITION THERAPY

- Part 1: Macronutrients
- Part 2: Micronutrients
- Part 3: Holistic approach to health and nutrition
- Part 4: Nutrients to support the gut
- Part 5: Immunity-boosting foods
- Part 6: Nutritional therapy in practice

MODULE 4: AYURVEDA

- Part 1: The history of Ayurveda
- Part 2: The three doshas
- Part 3: Ayurvedic diet
- Part 4: Ayurvedic treatments
- Part 5: Key Ayurvedic herbs

MODULE 5: TRADITIONAL CHINESE MEDICINE

- Part 1: The history of traditional Chinese medicine
- Part 2: Yin yangism, Qi and the meridians
- Part 3: The five elements
- Part 4: The organ body clock

Part 5: Diagnosis in Traditional Chinese Medicine

Part 6: Traditional Chinese Herbalism

MODULE 6: OTHER HOLISTIC THERAPIES

Part 1: Herbal medicine

Part 2: Flower remedies

Part 3: Aromatherapy

Part 4: Homeopathy

MODULE 7: STRESS MANAGEMENT

Part 1: Stress and stress management

Part 2: CBT and Mindfulness

Part 3: Mindful eating

Part 4: Mindful meditation

Part 5: Relaxation and breathing techniques

MODULE 8: WELLNESS AND THE HOLISTIC LIFESTYLE

Part 1: What is Wellness?

Part 2: 8 key characteristics of wellness

Part 3: What is holism and holistic wellness

Part 4: How to define wellness success

MODULE 9: HOLISTIC HEALTH COACHING

Part 1: Introduction to health coaching

Part 2: Core coaching skills

Part 3: Growth, transformation and empowerment

MODULE 10: HOLISTIC HEALTH ASSESSMENTS AND TREATMENT PLANS

Part 1: Key considerations

Part 2: Contraindications

Part 3: Well Plan Work Sheets

Part 4: Monitoring and after care

WHAT DOES THE ONLINE COURSE PROVIDE?

This 10-month HOLISTIC HEALTH COACH online course provides our students with a high level of professional knowledge, a wide range of practical tools, and an **accredited qualification** that encompasses the whole body, mind and spirit!

The course offers flexibility as it is a combination of **offline home study** and **online live** consultation with professionals (face-to-face 😊).

- **Once a month live online consultation:** tutorials with the course leader Dr. Suzanna Braeger to help your progress and answer your questions;
- **Textbook:** Holistic Health Coach study manual – 473 pages of digital textbook (pdf printable);
- **Workbook I:** Health Coaching Business Building - From Branding to Running a Successful Business;
- **Workbook II:** Nutritional Therapy in Practice - functional nutrition dietary plans and lifestyle health promotion strategies for a range of chronic diseases;
- **Module Assessments:** Each module is followed by a series of questions and exercises to be developed - self-testing and strategic self-development;
- **10-month online course:** 600 hours of home-study.

HOLISTIC HEALTH COACH TUTORIAL THEMATICS:

1. Principles of holistic health; Functional and integrative nutrition in practice
2. Nutritional therapy in practice: achieving hormonal balance, reducing inflammation, preventing disease
3. Ayurveda basics and Ayurvedic nutrition in practice
4. Applied Traditional Chinese Medicine
5. Phyto- & Aromatherapy - the practical use of essential oils and herbs
6. Stress and stress management - the art of mindfulness in everyday life, relaxation and breathing techniques, the impact of posture on the mind
7. Wellness and holistic living in everyday life - cultivating the eight dimensions of wellness
8. Introduction to health coaching - basic coaching skills
9. Complex personality types - effective coaching in practice – know how to talk to different personalities

10. Holistic health assessments, client-centered consultations, long-term development programs, health and life balance plans and worksheets

WE OFFER THE HOLISTIC HEALTH COACH ONLINE COURSE:

- For those who wish to provide health coaching and nutritional counselling with a holistic approach (body-mind-spirit triple strategy approach);
- For those who wish to gain coaching skills in each of the eight dimensions of holistic wellness for optimal health;
- For those who wish to deepen their knowledge of the functional management of various diseases and to develop a health promotion plan in such cases;
- Those who want to learn more about the different natural healing techniques and how they can be applied in an integrated way according to individual needs (e.g. Ayurveda, acupressure, herbal therapy, aromatherapy, mindfulness);
- For those who want to become natural healers for themselves and their families;
- Those who want to learn the skills of holistic health mentoring and coaching;
- Those who want to learn various self-development and stress management techniques;
- Those who are success- and goal-oriented! For those for whom regaining health is not just about nutritional advice, who want to help their clients to improve their health with effective tools;
- For those who want to work abroad or want to find a job within the field of Health Coaching;
- Those who want to build a successful coaching business and acquire the strategies to do so. Building a brand from the ground up to running a successful business;
- Those who wish to engage in a complete physical, mental and spiritual self-development experience, and who wish to do so with a structural guidance of professionals.

YOU WILL RECEIVE THE FOLLOWINGS AS A GIFT WITH YOUR COURSE:

#1 BONUS: Marketing guide

In addition to the course material, we've prepared a marketing guideline with the most important steps to define your target audience, design your own brand, so you can share knowledge and social media content accordingly.

#2 BONUS: Nutritional therapy

Nutritional therapy in practice - pre-developed integrative and functional dietary and health promotion strategies for a range of chronic diseases.

#3 BONUS: Holistic health assessments and treatment plans

In addition to the theoretical material of the course, we have compiled comprehensive ready-to-use assessments, a sample document for coaching contract, a program structure guideline and further nutritional and health guidelines so that you can effectively run a holistic health coaching program with your own clients.

Do you have further questions?

Contact us at health@bnswellness.com

Dr. Suzanna Braeger is happy to assist you.

We look forward to working with you!



Body 'n' Soul Wellness Academy Team