



Australian Institute

OF PROFESSIONAL COACHES



Diploma of Health, Wellness and Vitality Coaching ICF Level 2

The Diploma of Health, Wellness and Vitality Coaching consists of 14 units of study and is an approved International Coaching Federation Level 2 course. It includes the Diploma of Professional



Coaching which makes up the first 8 units of study. The remaining 6 units focus on how to coach individuals to achieve a healthier lifestyle, healthier eating patterns, and improved psychological and emotional wellbeing.

Units of study

When you have completed this course you will have:

- Learned how to coach clients to lead a healthier lifestyle based on increased physical fitness and movement, better eating choices and improved mental and emotional health.
- Identified the essential nutrients that contribute to a balanced diet and how they contribute to the body's structure, function and movement, as well as how to develop food plans and read food labels.
- Discovered how to coach clients to increase their confidence, resilience and resourcefulness to maximise their strengths, manage stress levels and achieve their lifestyle goals.

The units of study included in the Diploma of Health, wellness and Vitality Coaching are:

(See Appendix 1 for details.)

PROF1: Psychological theories and their contribution to coaching

PROF2: Use psychological models to motivate clients to change

PROF3: Using selected neuro-linguistic approaches in coaching

PROF4: Coach ethically and responsibly to international standards

PROF5: Coaching in the workplace

PROF6: Coaching skills

PROF7: Negotiate the Coaching Contract

PROF8: Conduct the first and subsequent coaching sessions

HEA1: Physical health, fitness and movement

HEA2: Nutrition, food plans and labels

HEA3: Nutrition science

HEA4: Obesity, Diets and Eastern approaches to Health & Wellness

HEA5: Mindset and Emotional Wellbeing

HEA6: Energy, vitality and contribution

Delivery

Delivery is online with mentor, webinar and workshop support as required. As soon as your completed Enrolment Form is received and payment made, you receive a welcome email from your mentor (generally the Education Manager marking your work) and login details to our eLearning platform where you have access to all the workbooks, videos, and resources for each unit of study, and where you complete your assessments. You are also invited to join our Facebook closed student group and provided with a supporting webinar schedule. You self-pace through the course and complete your assessments, many of which become part of your Coaching Toolkit which you use when you meet with potential clients to put a coaching contract in place and deliver your coaching services.

Professional Coach Training Workshops

Our Professional Coach Training workshop is very practical and hands-on as you learn to coach and be coached, and gain immediate feedback to develop your coaching skills. The workshop isn't compulsory unless you are seeking ICF credentialing later on.

When you attend the workshop you receive expert tuition from our experienced Coach / Facilitator instructors who will share their journey with you. You read the learning materials beforehand, attend the workshop and be prepared to participate in practical, hands-on experiences to develop your coaching skills and coaching practice. You gain immediate feedback on your coaching which builds your confidence to coach, and you learn how to use the 8 specific NLP techniques which you will use over and over again in your coaching practice.

For some people, finding time to continue your personal and professional development is hard. There's always issues at work which require your attention and distract you from the things you really want to do. Here's an opportunity for you to leave work behind and focus on what you want to achieve, for yourself and your career or business.

Perfect your coaching expertise by attending the Professional Coach Training Workshop. You will then confidently understand yourself and others better, have the skills to coach others towards greater self-awareness and insight, have more effective problem-solving ability, and achieve your goals with increased motivation and commitment.

In addition, you can immediately use your coaching skills to communicate more effectively, build collaborative and supportive relationships more quickly, and network more easily with others in your work, personal and professional communities. There is no additional fee for the workshop. It is included in the course fee.

Length of course

Students have 12 months to complete the course. However if you can spend more than 5-6 hours a week on your studies, you can complete your course in much less time. It is possible to obtain an extension if there are extenuating circumstances that cause you to delay your course completion.

Student support

Our dedicated education team will assist you through your Coaching journey. From first contact, we encourage you to speak with our Student Engagement Manager who will be able to guide you to choose the best coaching course and direction for you, and answer any questions you may have.

Our administration team will assist with the enrolment process if required. Once enrolled, you are assigned a coach mentor (normally your Education Manager) who will be your accountability partner to keep you on track throughout your studies.

At AIPC, we pride ourselves on having the right students studying the right course and graduating as exceptional coaches who develop an excellent reputation in the coaching world. Our coaching courses deliver extraordinary value for money and you are assured of making a significant impact on those you coach after you graduate. We look forward to working with you and assisting you on your Coaching journey!

During the course you will be shown how to set up your coaching systems so that you can coach clients anywhere in Australia or around the world.

Hence when you graduate you can start coaching paying customers immediately via in-person, telephone or virtual coaching sessions.

Your investment

Your investment in this potentially life, business and career-changing course is \$8,100.

Upfront payment will receive 20% discount; cost is therefore reduced to \$6,480.

- We do provide a payment plan at no additional cost: 12 x simple payments of \$675.
- You will be enrolled, and we will have you up and studying towards your Diploma as soon as your full or first monthly payment is made.
- Enrolment includes attendance at our Professional Coach Training Workshop. You can attend as many of these workshops as you wish - even after you graduate!

Please note:

- Course fees must be paid in full before the official Diploma is issued.
- All costs are GST inclusive.

Guarantee

If for some reason you are not entirely satisfied with your purchase within the first 5 calendar days of making your payment, we will offer you a full refund or alternate course. In the event of a refund, you must provide evidence via a witnessed Statutory Declaration that you have deleted all downloaded learning materials (our intellectual property).

When you have decided that this coaching course is the right course for you...either

1. Phone us on 1300 309 360 or
2. Email us at enquiries@professionalcoachtraining.com.au
3. <https://www.professionalcoachtraining.com.au/diploma-of-health-wellness-vitality-coaching>

APPENDIX 1: Description of Units of Study

PROF1: Psychological theories and their contribution to coaching

This unit provides an interesting and informative overview to the field of coaching from its earliest conception within the sporting community through to its modern-day application into life, business and corporate fields. It defines coaching and the differences between coaching and other interventions such as mentoring, counselling, training and supervision. Students learn about the various types of coaching and how coaching works and start to formulate what type of client you would like to coach given your passion, expertise, background and experience. The unit also overviews the various contributions of scientists and psychologists working since the mid-late 1800s to our knowledge and practice in the field of coaching today. The work of these people has provided a valuable foundation to our understanding of human behaviour. The unit explores in broad detail the theoretical approaches that are most relevant to guiding and motivating people to change, in particular from behavioural, developmental, cognitive, humanistic, social and positive psychology perspectives. It is the perfect introduction for students who want to gain a better understanding of human behaviour so as to influence clients in ways that promote positive and long-lasting change.

PROF2: Use psychological models to motivate clients to change

This unit examines theories related to what motivates us to do the things that we do – how we live our life, the goals we aspire to, the basis on which we make decisions. Motivation is very simply, a process or mechanism that causes us to act or think in a certain way. It is a general term for any part of the psychological process that involves experiencing needs and drives, and the behaviour that leads to the goals which satisfies them. This unit explores how we make changes in our life to reach certain goals, our readiness for change and the emotions underlying change. It examines the various stages in getting ready for change and identifies a range of situations where motivational skills can be applied. The unit concludes by looking at stress and its effects on our bodies and our lives, outlining some ways to minimise and manage stressful situations.

PROF3: Using selected neuro-linguistic approaches in coaching

This unit provides an overview of Neuro-Linguistic Programming (NLP) and describes how selected NLP techniques can be used in coaching situations. Understanding the principles and philosophy of NLP helps the coach develop rapport more quickly with clients. The NLP Communication Model explains how people delete, distort and generalise the information coming into them every day, to order and organise this information into manageable 'chunks'. The NLP representational system explains why, as a coach, you need to coach clients differently according to their individual preferences. In this unit you will learn how to apply specific NLP techniques to coach clients to achieve the outcomes they desire.

PROF4: Coach ethically and responsibly to international standards

This unit provides you with the information, tools and templates to become a professional coach. You will learn how to coach according to international standards, develop your own philosophy of coaching, and understand the obligations of the coach in co-creating a better future for the client. You will build your Coaching Toolkit which will allow you to operate a successful coaching practice. You will learn how to develop the core competencies necessary for coaches to possess to ensure that you can achieve the best outcomes for your clients. On completion of this unit you will be able to apply the knowledge and skills to operate in accord with the legal and ethical responsibilities of a coach and accepted coaching practices.

PROF5: Coaching in the workplace

This unit addresses how to coach in a workplace setting to improve performance or achieve goals. It introduces the concept of individual differences - how to utilise individual strengths to develop truly effective working relationships. Managing performance is often difficult. Techniques to motivate and empower individuals and teams to bring out the best in them are described. The factors that lead to job satisfaction and dissatisfaction in the workplace are outlined. Ways to create an empowering

workplace are explored. Coaching conversations focus on how individual employees can improve their performance or achieve their goals. Feedback conversations focus on correcting performance as and when it occurs. Corridor conversations can occur at any time to address issues or concerns that occur 'on the run' to support employees make quick decisions so that they can get on with their work in the most effective and efficient way.

PROF6: Coaching skills

This unit introduces the **©AIPC Coaching Skills Model** which details the various skills that coaches use to bring about successful change outcomes in clients. These skills have been derived from the strategies that psychologists and therapists used to build rapid rapport and trusting relationships with clients. Coaching skills include active and reflective listening, asking powerful questions and summarising for understanding and clarity. In a coaching session, coaches also observe clients' non-verbal behaviours to establish more effective ways of supporting and communicating with them. As the coaching sessions progress, clients' interpersonal effectiveness is improved as well as their ability to solve their own problems.

PROF7: Negotiate the Coaching Contract

This unit outlines how to meet with a client for the first time, explain what coaching is, agree the coach / client roles and coaching relationship, and negotiate a Coaching Contract. It details a step-by-step process to achieve these outcomes. Establishing a trusting and intimate working relationship with clients is the basis for assisting them achieve their desired outcomes. This relationship needs to be established at the first meeting for a successful coaching program to be conducted. As partners, the coach and client work together to achieve the client's desired outcomes.

PROF8: Conduct the first and subsequent coaching sessions

This unit outlines how to conduct the first coaching session with a client once a Coaching Contract has been signed. It describes the **©AIPC COACH Model** and how to apply the steps in a coaching situation. It incorporates how to use the key coaching skills to assist clients move through self-reflection into self-awareness and insight, to achieve their desired goals, actions and future. The coaching sessions are evidence-based and the coaching is either solution-focused or goal-oriented. Coaches learn how to incorporate the coaching process and skills into subsequent coaching sessions and group coaching programs. It is important to make sure that the coaching program is achieving what clients need to lead them to success.

HEA1: Physical health, fitness and movement

This first unit of study provides the information you need as a *Health, Wellness and Vitality Coach* to help clients discover where they are now on the health and fitness scale, compared with others in their age group, and identify what they need to do differently to achieve better health outcomes. The World Health Organisation describes a healthy lifestyle as “a way of living that lowers the risk of being seriously ill or dying early”. You will be coaching people who are not critically ill, people who are leading normal lives in which they get caught up in the day-to-day busy-ness of home and work. Busy lifestyles are often responsible for eating less healthily and not exercising enough. Hence, clients may be dealing with weight management issues and stress, which research shows contribute to certain non-communicable and preventable diseases such as coronary heart disease and lung cancer. Illness prevention can also be attributed to mental mindset and emotional wellbeing, which you will study in later units. Living more healthily will not only benefit your clients but their increased longevity will also benefit their family and children for whom they become role models.

HEA2: Nutrition, food plans and labels

In the previous unit you learnt about how to coach clients towards increased physical activity and movement to enable them to live a healthier lifestyle. In this unit, you'll learn about the power of nutritious food to support health and vitality. This unit introduces the *Australian Dietary Guidelines* and their recommendations in relation to including foods from the Five Food Groups in daily meal plans. Eating patterns are discussed as essential ingredients in a healthy lifestyle since they provide the energy necessary to fuel your client's exercise regime. Ways to achieve weight loss are presented, together with the behaviours and attitudes that support your clients' motivation to get fit and maintain a healthier lifestyle. Planning a balanced diet based on the selection of foods that are nutritious rather than discretionary, as identified by their food labels, is explored.

HEA3: Nutrition science

This unit examines the science of nutrition– the study of nutrients in foods and the body's handling of those nutrients so that we continue to live a full, healthy life each day. Bodily components are made up of genetic elements which cannot be changed plus bodily mechanisms which can be changed by varying the types and amount of foods that we eat. In this unit you will learn about how nutrients work to enrich our bodily metabolism and the importance of having a balanced diet of proteins, carbohydrates, fibre, fats, vitamins and minerals to sustain life. The absence of any of these ingredients will affect health, overall disposition and approach to life.

HEA4: Obesity, Diets and Eastern approaches to Health & Wellness

This unit provides an overview of the incidence of overweight and obesity in the Australian population. It defines obesity and discusses factors in the environment which impact on physical health and food choices. It provides compelling arguments for clients to make better health choices. Fad diets, popular diets and special diets are addressed for their efficacy. Ways to coach clients in their choice or necessity to adopt one of these diets are discussed. Comparisons are made between Western and Eastern approaches to health and wellness.

HEA5: Mindset and Emotional Wellbeing

In the previous units you have learned how to coach clients to better eating habits based on their energy needs and lifestyle. However, your coaching doesn't end there. An important part of your coaching is how to ensure that your clients are mentally fit as well as physically able. Physical hunger is experienced as emptiness in their stomach and rumbling accompanied by weakness when hunger gets too great. However, their desire to eat may be the result of psychological hunger rather than physical hunger which is what you should also explore with your clients, as this unit and the next explains.

HEA6: Energy, vitality and contribution

In the previous unit we addressed issues of mental mindset and emotional wellbeing, and the stressors which pull on energy resources and deplete our motivation to engage in life. In this unit we look at energy levels – how they can be managed and maintained even in the face of adversity, without having to resort to food or alcohol to bolster our feelings of adequacy, self-worth and coping. A major source of energy comes from the healthy food we eat and the nutritional value of that food. However, an equally important determinant of our ability to get up every morning and do something meaningful and purposive each day is related to how motivated we feel mentally and emotionally. These three types of health – physical, mental mindset and emotional wellbeing – contribute to the amount of energy we have to expend each day to meet our needs. In this unit we look at how to assist clients become motivated and energised to complement their physical, mental mindset and emotional wellbeing by engaging more often in the activities that bring them happiness and a sense of fulfilment every day.