

Become A Health Coach Certification

Pillar 1: Nutrition, Health & Wellness Week 2

“Essential Nutrition” The Six W Questions WHY & WHAT

Learning Objectives:

- WHY Eat
 - The secret to becoming a master coach with a waiting list of clients: “The Why Underneath The Why.”
 - How to stand out from the crowd by becoming a visionary for your clients.
- WHAT To Eat, Part One
 - How to help your clients get rid of cravings, lose weight, gain energy and more... for good.