

CHOICEpoint PROCESS PROGRAM

INTERNATIONAL HEALTH & NUTRITION COACHING CERTIFICATION

NUTRITION

- Anti-inflammatory Health and Disease Prevention
- Blood Type and You
- Brain Health
- Calories, Longevity, and Success
- Clean Eating and Detoxification
- Deconstruct Cravings
- Eating Through the Ages
- Environmental Limits and Factory Farming
- Food Allergies and Gluten-Free Living
- Food Politics and Dietary Guidelines
- Preventive Nutrition and Healing Through Food
- Healthy Cooking, Kitchen, and Produce
- Integrative Medicine
- Raw Foods, Juicing and Blending
- Macrobiotic Living
- Nutrition and Government
- Obesity Explained
- School Food Activism and Programs
- Sleep and Nutrition
- Sustainable Farming and Agriculture
- The Truth About Sugar
- Ayurvedic Healing
- Traditional Food
- Disordered Eating
- Challenges in Nutrition
- Elimination and Digestive Health
- Exploring Protein
- Food Control
- Food is More Than Fuel
- Great Grains
- Powerful Nutrients
- Science in Nutrition
- Gut Microbiome
- Explore Dietary Theories
- Atkins Diet
- The Blue Zones Diet
- Paleolithic Eating
- Vegetarian and Vegan Diets

BUSINESS TRAINING

- Build an Online Presence
- Build Your Business
- Business Basics
- Coach Through Body Image and Eating Disorders
- Create a Group Program
- Create a Movement
- Create a Social Media Network
- Create and Promote Products and Programs
- Create Your Ripple Effect
- Determine Your Rates
- Financial Responsibility
- Forge Your Unique Future
- Funnel Clients Into Your Business
- Get Clear on Your Target Market
- Healthy Budgeting
- Marketing With Purpose
- Network and Create Accountability
- Plan for the Future
- Prepare Your Practice
- Start Seeing Clients
- Time Management
- Use Content to Attract Clients
- Work With Doctors and Meaningful Marketing

PERSONAL DEVELOPMENT

- Align with Who You Are
- Alternative Healing Practices
- Authentic Happiness
- Authentic Spirituality
- Exercise for Optimal Health
- Healthy Mind, Healthy Body
- Healthy Relationships
- Integrative Nutrition Theories (Bio-Individuality & Primary Foods)
- Love the Life You Live
- Nourishment off the Plate
- Positive Psychology
- Primary Food In Action
- Setting Intentions
- Total Well-Being
- Understanding Your Value
- Your Relationship with Food

COACHING SKILLS

- Accountability Coaching
- Active Listening and Connection
- Address Client Hesitations
- Coach Complex Clients
- Coach Through Nutrition
- Coach Through Oppression
- Communication in Coaching
- Confidence
- Developing a Health Coaching Program
- Effective Coaching
- Group Coaching
- Health History Demos and Tips
- Listen to Your Inner Voice
- Manage Time and Emotions
- Prepare to Succeed
- Re-evaluation Counseling and Oppression
- Self Healing in Coaching
- Set Clients Up for Success
- Simple Coaching and Exploring Relationships
- Teach Health as Wealth
- The Role of a Health Coach
- Working with Clients
- Your Inner Voice on Health



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