



Affiliated with The University of South Florida School of Medicine

# BECOME A CERTIFIED LIFESTYLE HEALTH COACH



## *Better Lifestyle Habits = Healthier, Happier Patients*

The Certification in Lifestyle Coaching teaches the healthcare practitioner how to properly administer information that will positively impact clinical outcomes and improve the overall standard of care. The client needs to live a healthy lifestyle and this course teaches you how to teach your client the proper steps. It's about setting up your clients to succeed.

### **USF Certification:**

In this four-course modular program you'll learn the techniques to properly offer medical counsel and create a change in the overall lifestyle of your patient. Modules don't have to be taken in order.

### **Course Overview:**

There's a serious lack of patient compliance in between visits to their healthcare practitioner. They hear the advice and information you offer, but, no matter how hard they try, they don't always follow all of it. As healthcare practitioners it's our duty to give clients the necessary information to affect change both in the short term and long term. It's our obligation to make sure patients hear the information we offer and understand the "why" of the choices they make. Information needs to be delivered in a strategic, clear and compassionate manner. And it's our responsibility to make sure we listen deeply to the patient and see them as a whole human being rather than only in the role of patient, ultimately motivating them to live a full, healthy life.

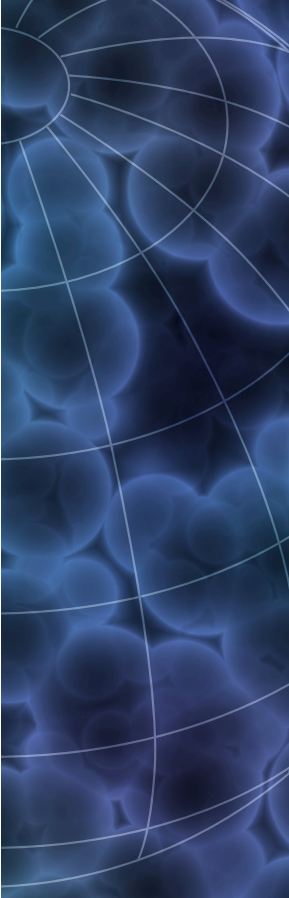
### **Who Should Attend:**

- PAs
- NPs
- RNs
- RDs
- Physical Trainers
- Dieticians
- Scientists
- Office Managers
- Healthcare Professionals

### **Help Patients:**

- Quit Smoking or Using Tobacco Products
- Eat Healthy
- Lose/Manage Weight
- Manage Stress
- Prevent Disease
- Get Fit
- Recognize and draw upon their inner strengths
- Take responsibility for the lifestyle choices they make





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### **What Have Attendees Said About the Course?**



"I attended the Lifestyle Health Coaching conference because I was interested in seeing if this would be a good career path for me to take. It will fit in nicely, as I work in a medical aesthetics office, where I will already have a client base, and eventually I plan on developing my own business...It was an awesome experience overall, and I came away with so much valuable information! I would recommend this to anyone..."

► **ERIN MARTIN FROM LINCOLN, NE** *SouthPointe Family Physicians, P.C. Wellness & Aesthetics*

### ***Here is a Brief Description of the Modules:***

#### **Module XXIII (A)**

- Why we are in such a Healthcare Crisis and how you can prepare yourself for the future
- To have a greater understanding that everything begins at the cellular Level and learning how to balance your body's pH
- Six-step exercise pyramid for optimal health, energy and vitality

#### **Module XXIII (B)**

- To explain the difference between addressing symptoms of disease with palliative drugs and surgery versus resolving underlying etiology of disease with lifestyle alterations
- To comprehend basic nutrition: digestion, absorption, assimilation, deposition, and utilization of all essential nutrients
- To be able to analyze a patient's lifestyle exercise habits and make appropriate recommendations for enhanced physical therapy

#### **Module XXIII (C)**

- Learn the fundamentals of the Co-Active coaching model (helping patients balance "being" - Co and "doing" -Active)
- Utilize the Co-Active coaching skills of listening, intuition, powerful questions, curiosity, forward and deepen learning, and self-management
- Learn to compassionately coach the whole person, helping the individual understand that we are always at choice, and accountable, for the decisions we make
- Gain practical coaching experience with fellow students and course leaders using real-life scenarios

#### **Module XXIII (D)**

- Learn how to counsel a patient concerning nutritional depletions caused by medications
- Understand the importance of hormonal balance in the patient and how to encourage patient understanding
- Learn which foods help improve energy and inspire creative changes



**FOR MORE INFORMATION REGARDING THE LIFESTYLE HEALTH CERTIFICATION**

**CALL 888.997.0112 OR VISIT [WWW.A4M.COM](http://WWW.A4M.COM)**