



APPROVED TRAINING PROGRAMME



Level 5 Advanced Diploma in Integrative Health & Nutrition Coaching

<https://www.activehealthgroup.co.uk/level-5-health-coaching>

The AHG Level 5 Integrative Health & Nutrition Coaching online course transcends traditional education paradigms, offering a transformative learning experience that empowers you to make a meaningful difference in the lives of others.

The AHG programme integrates various modalities of health and wellness. We blend evidence-based nutrition science with complementary practices such as mindfulness, and stress management, offering a well-rounded approach to holistic health coaching.

The Level 5 course emphasises practical application from day one. Through case studies, hands-on exercises, and both simulated and real coaching sessions, our student health coaches develop the confidence and proficiency needed to support clients effectively. With weekly live sessions delivered on Zoom, AHG also offers face-to-face coaching practice at our Manchester training centre, which is livestreamed for our global learners.

AHG learners come from a wide-ranging background, from GP's looking to increase their knowledge and skills, to accountants wanting a

complete career change. The flexibility of the programme suits those working full-time, and all learners are supported through our coaching and mentoring team, with supervision sessions to help them through any difficulties.



www.activehealthgroup.co.uk
<https://www.instagram.com/ahgtraining/>
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