



APPROVED TRAINING PROGRAMME



Level 5 Diploma in Health & Wellness Coaching

<https://www.healthcoachesacademy.com/diploma-in-health-coaching>

At Health Coaches Academy, we've been training passionate individuals from across the globe in health coaching since 2003. Our gold-standard Level 5 Diploma, approved by the UK and International Health Coaching Association (UKIHCA) and accredited by the Association for Coaching, blends nutrition courses, lifestyle science, and health coaching skills to prepare you for a meaningful career.

Whether you're looking to start a brand-new health career, or you're a healthcare or nutrition professional wanting to learn coaching skills, our Level 5 Diploma in Health & Wellness Coaching is designed for you.

Our part-time, 12-month Diploma training course includes:

- Weekly live online mentoring with experts in coaching, wellness, nutrition, business set up, and marketing. You'll be part of a supportive group of up to 16 students, building close relationships and professional networks.

- 3-Day live training events with the HCA Directors and senior team. We are the only Health & Wellness Coaching Diploma to include an immersive 3-day live training event with our Senior Team. Held in London, and online for international students or those who can't attend in person, these events are often described by graduates as "a truly life changing experience."
- Quarterly 1-Day live online events with leading voices in the health coaching industry, providing an opportunity to see coaching in action, learn from some of the best-known health and wellness experts and practice coaching skills in real time.
- Easy to follow, comprehensive course content in our online Academy.
- Done-for-you coaching toolkits and downloadable resources covering everything from promotion to delivery, so you can confidently start working with clients as soon as you graduate.
- Access to our proven "Essential Launch Formula," which helps you to set your direction as a qualified Health Coach, identify your ideal client, design coaching programmes and conduct successful discovery calls. This has been developed through years of mentoring thousands of successful Health Coaches worldwide.
- An opportunity to join the Health Coaches Hub - a platform exclusively for HCA graduates to keep you motivated, help you build on your business and coaching and move forward with your business.
- A chance to volunteer as a student or graduate Health Coach in local community organisations, using your skills and knowledge to create positive change through Project RIO (which stands for Research & Development, Innovation and Outreach).
- Regional Groups - building stronger connections with local HCA students and graduates. We have a team of dedicated volunteers across the UK and South Africa who help coordinate regional meet-ups, giving you the opportunity to connect regularly both in person and online.

We're proud of our 5-star Google Reviews: <https://tinyurl.com/4nv68pjy>

What some of our students & graduates have shared:

“This course is an absolute gem! I have learned so much about coaching, nutrition and wellness *and* about myself. I've come away a professional and confident coach excited to help my clients to work towards their health and wellness goals. As well as gaining a professional qualification, by doing this course, you'll grow as a person and will positively impact your own health and that of your family too. I have converted my case study volunteers into paying clients and have some exciting collaboration opportunities in the pipeline with a running coach, mindset coach, local health food shop and local wellness centre!” - Rebecca, HCA Graduate Health Coach

“Since graduating as a Health Coach in September 2024, I've been able to seamlessly integrate health coaching into my 30+ years of experience as a nurse practitioner in primary care. I also offer private 1-to-1 coaching and run three different programmes that focus on helping adults aged 30–60 improve their energy and manage blood sugar, including type 2 diabetes - it is so rewarding!” Penny, HCA Graduate Health Coach

“Doing this course has been one of the best decisions I've made. I researched other colleges before deciding on HCA, and it's been the best decision. The teaching, support and warmth from everyone have been truly amazing. I feel blessed to have studied with the HCA over the past 12 months. I was also very lucky to have been grouped with my core mentor group, who were all amazing individuals. The live event in London was a highlight for me as the energy in the room for all three days was electric. It was fantastic to spend three days with a diverse group of people, but who all had a shared vision.” - Rahul, HCA Graduate Health Coach

“Like a lot of healthcare professionals over the last few years, as a Doctor, I have just become so disheartened, seeing the same patients and the same conditions (diabetes, obesity etc) day in, day out. We have a relatively good resource and set up for counselling people on alcohol and drugs and cigarettes - there's lots of specialists in place for that. But what we don't do is coach people around food and movement and exercise. I chose to do health coaching because I wanted something that was going to help me with the behaviour change aspect of lifestyle medicine. I looked at different courses and HCA really stood out to me, it was very thorough.” - Elizabeth, HCA Graduate Health Coach

“I started my journey with HCA, overweight, overworked, stressed and needing inspiration to make the changes. This course has empowered me to make more informed choices on my food, drinking, work and exercise. I have lost over 1.5 stone in weight, have bags of energy and as a woman in my sixties I am leading the way to prove it's never too late to learn, make changes and lead a healthier happier life. I have launched my own health

coaching business and my own Happiness Walks Club with 1:1 coaching as we walk and have a growing list of people wanting to join!" - Carole, HCA Graduate Health Coach



Click on the video for more on the Diploma.

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