



APPROVED TRAINING PROGRAMME



Master Holistic Health Coach Program

<https://prekure.com/product/master-holistic-health-coach-program/>

PREKURE is a world leader in Professional Health Coach education, championing a lifestyle and preventative medicine movement. PREKURE provides internationally recognised university-level online and interactive training for individuals and health professionals.

Become a Certified Master Coach and holistically support clients across all areas of their health, with specialisations in Nutrition, Metabolic Health and Mental Health.

The PREKURE Master Health Coach program provides you with:

- University-level study in the fields of health, preventative medicine and behaviour change.
- The very latest science in advanced lifestyle medicine for mental health, nutrition and metabolic health.
- All the knowledge, practical tools and resources you need to help holistically support all areas of your client's health and wellbeing.

- The practical tools in coaching, behaviour change and ACT (Acceptance and Commitment Therapy) tools and support you to hone your practice in our live online and interactive labs.
- Extensive student and post-graduate support.

Consisting of 18 courses and 25 live labs to be completed over 24 months.

For more information - <https://prekure.com/product/master-holistic-health-coach-program/>



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