



MOVE ACADEMY



Your Ultimate Guide to Becoming a Health Coach

Book 1



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Making the Move

Do you have what it takes?

While there are many fitness professionals joining the industry each year, particularly with personal trainers, there is a high attrition rate. This may be because once you are in the industry you may get tired of counting reps in the gym! Becoming a Health Coach can solve this for you. As a Health Coach, you can help your clients in all aspects of their lives. You will move people to adopt healthy, long-term, sustainable behaviors that can change the course of their lives.

The Move Academy Health Coach course teaches you more than just the personal training skills as the other courses do. We teach you all of those skills and then go beyond. Our Health coach course starts where the other personal training courses end; so it is great for people that are already in the industry as a health and fitness professional, a nurse, dietician, massage therapist or somewhere in between.

Fitness is a mental battle and Health and Wellness professionals need to have a multitude of skills. When working with your clients you need to be nurturing, encouraging, analytical, patient, a great communicator, motivational, compassionate and a good listener.

The Move Academy Health Coach certification will prepare you to facilitate healthy lifestyle changes for individuals and groups through physical activity guidance, nutritional education and behavior change coaching.

Becoming a Health Coach may also allow you to work in other environments other than the gym, boot camp environment, etc. You can incorporate your exercise programming into other wellness work that may happen over the phone, over coffee or in corporate wellness programs. Becoming a Health Coach can boost your career; allowing you to better the lives of those in your community.

Remember, while being a Health Coach will afford you a great lifestyle, it's still a job, and you'll need to work on it to have success. You need to form relationships and have the skills required to make both yourself and your clients succeed. As with all careers you need to find your niche and become a leader in that area.

What do you think so far? Do you still think becoming a Health Coach is the career for you? It's time to find out what you'll get out of the job.



Step 1
Make an Enquiry

Step 2
Speak with a
Course Advisor

Step 3
Enrol as a Student
with Move Academy

Step 4
Access Your Portal for
your Online Course

Step 5
Completing Your
Course

Step 6
Graduate & Start Your
New Career



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Benefits of being a Health Coach

Working in a feel-good industry like health and fitness can fill you with personal satisfaction every day. You will be changing people's lives while watching their incredible transformations: however, you can only do so much. You can't be with your client 24 hours a day, and it's your client who is ultimately responsible for the impact of your training and coaching.

Health, Wellness and fitness is a global language. It's unique in that it allows you to travel the world secure in the knowledge that, wherever you go, people are looking for coaches to help them achieve their personal goals whether they are physical, professional or personal goals.

Health Coaches guide their clients to make weight-related behavioral changes through goal-setting, education, motivation, programming, support, appropriate progression and referral when necessary.

The Health Coach qualification combines the personal training qualification with increased knowledge and therefore the possibilities of when and how far you can take your career are limitless.

The world is, quite literally, at your feet and in your own hands.

Are you still keen on a career as a Health Coach?

If you've read this far, we think you should be!

Your Journey to becoming a Health Coach

Step 1: Making an Enquiry

Call us to find out more about this first step to becoming a Health Coach. It doesn't hurt to ask, and there's no obligation of any sort. After all, knowledge is power!

Step 2: Speak with a Course Advisor

When you make your initial enquiry with Move Academy, you'll be contacted by a Course Advisor to discuss your reasons for pursuing your new career and go through your professional goals. If everything matches up, the Course Advisor will go into more depth around your goals and how to achieve them. Our Course Advisors have industry experience and have run their own successful businesses in the industry.

Topics you can expect to cover in your discussion with the Course Advisor:





- Details of the course content
- Qualification options
- How long it will take to complete
- The cost of the course and payment options
- Your support throughout the course

Step 3: Enrol as a Move Academy Student

Each month a limited number of students are assigned to each Course Advisor and based on a positive outcome to your initial discussions, you will be offered a place to begin your studies.

You will be sent an electronic enrolment form to your nominated email address. Once completed, your live student profile will be created and you will be notified by email of your login details and more details of your course and how to start.

Step 4: Access Your Portal for Your Online Course

Once you receive your login details you will have

access to your course, containing all of your resource materials, instructional video, exercise database, study tips and student handbook.

Prior to accessing your course, you will receive a call from your tutor (within 72-hours) and you will complete a student induction after which you'll be able to start your studies.

Step 5: Completing Your Course

Once you have access to your course, you are free to make your way through the modules at your own pace. Other than the allocated time-frame for your qualification, there are no strict deadlines, however your Tutor will monitor your progress and encourage you to meet your completion time-frame goals.

In addition to your online resources you will be able to attend online webinar and face to face events along with the opportunity to attend specialist workshops.

To successfully complete your course, you will be provided a study plan that has scheduled touch points and a face to face assessment with an invigilated exam built in, however, should you require extra assistance you can choose to purchase more time.

Step 6: Graduating

After you've successfully completed your assessments, our Education Manager will undertake a quality assurance process to ensure that you meet all standards required by Move Academy and any other qualifying agency.

Congratulations you are a Health Coach and can start working in your chosen area. Start to make a impact in the lives of your family, your clients, your community, country and possibly the world!

Bonus Information

Move Academy can help you start your new business or coach you to increase your potential in your new career. Speak to us about those options post graduation.

