

Intellect.

Certified Health Coach Program



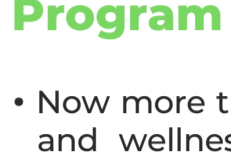
About the program

Approved by the International Coach Federation, the Certified Health Coach Program combines the art and science of how to become an equipped Health Coach, based on the most current researches in coaching techniques, health & wellness education.

Intellect Health Coach Program provides guidance and management in major components of health and wellness including the new elements of a healthy lifestyle, an in-depth study on nutrition topics such as emotional eating, overeating, hunger and mindful eating. The program also has a special focus geared towards coaching people with chronic disease like cancer and other medical conditions.

The Certified Health Coach Training Program provides a wealth of knowledge, powerful techniques and applicable proven tools to enable coaches aid their clients through a journey of true wellness, using different learning platforms that meet their specific needs.

During your Health Coach Training, you will have access to a wealth of information. The training materials include videos, coaching cases, practices and supplemental readings to ensure a valuable learning experience.



Program Objectives

- Now more than ever, people are becoming more conscious about health and wellness. Interest in preventative health is on the rise; with an increased focus on how lifestyle changes can impact overall health. And for this particular reason, many individuals are choosing careers in health coaching.
- The goal of this program is to qualify and equip coaches with knowledge, proven tools and coaching skills to enable you to help clients reach their wellness goals and find the most suitable lifestyle practices that would make them feel their best.

- Master proven tools and strategies to coach clients on implementing sustainable long-term habits, and embark on a wellness journey using a holistic approach of mind, body, soul and surrounding.

Why Invest in this program with Intellect?

- Intellect Coaching School is a leading Coaching and Development Provider In Egypt and the MENA region with more than 800 graduates over the past 9 years.
- Our customized coaching approach is adapted to Middle Eastern culture and relevant to real life cases to provide you with proven tools and techniques to help your clients succeed.
- Become an ICF Certified Coach with 96 ICF Approved training hours.
- Knowledge transfer from ICF credentialed Coaches with +3000 coaching hours' experience.
- Be a part of the "Intellect Coaches Community", the biggest coaching community in Egypt and enjoy all the shared experiences, knowledge, discussions, activities and events.

Program Content

Coaching Foundation

- Introduction to essential coaching qualities (ICF code of ethics and Core Competencies)
- Coaching skills
- Coaching presence techniques
- Advanced coaching techniques
- Coaching structures and processes
- Coaching tools

Health Coaching

- Introduction to Health Coaching
- Health Coaching Mission
- Health Coaching Mindset
- Areas of Health Coaching
- Difference between Doctors Approach and Coaching Approach

What Forms Human Behavior

- How the Brain works
- Beliefs
- Values
- Emotions
- Habits
- Self-Concept

Behavioral Change

- Motivation
- GROW Model
- Stages of Change
- Six Sources of Influence
- Comfort Behaviors
- The Mapping Process

Lifestyle

- Lifestyle Pillars
- Lifestyle Medicine
- Know what forms and maintain Lifestyle
- Seven Steps of Lasting Lifestyle changes
- Therapeutic Lifestyle Changes and Chronic Diseases

Nutrition and Weight Management

- Obesity and Overweight
- Obesity and Overweight Coaching assessment
- Factors affecting Double O's
- Different types of Hunger
- Introduction to overeating
- Hunger Scale and usage in Double O's
- Emotional Eating Causes and Cycle
- Coaching Emotional Eating cases
- Coaching Challenges in Obesity and Overweight
- Introduction to different eating disorders
- Body Image
- Mindful Eating Cycle

Stress

- Introduction to stress
- Different types of stress
- Effects of stress on the Human Body
- Causes of Stress (Stressors)
- Stress Management Coaching (Destressing)
- Basic human needs and stress

Physical Activity (Exercise)

- Introduction to Physical Activity
- Health Benefits of Physical Activity
- How to create and maintain an Exercise Routine
- Coaching Challenges in Exercise
- Coaching Sessions for Exercise Goals

Smoking

- Smoking and Lifestyle Pillars
- Assessment of Nicotine Dependence
- Coaching Approach for Smoking Cessation
- Strategies for Smoking Cessation according to Stage of Change

Sleep

- Understanding healthy sleep patterns
- Importance of sleep as a Lifestyle Pillar
- Health consequences of Sleep Deprivation
- Different factors affecting sleep

Cancer Coaching

- What is Cancer
- Stages of Cancer
- Risk Factors of Cancer
- Coaching Cancer Client in Different Stages
- Challenges of a Cancer Client
- Cancer Coaching Approach
- Coaching Emotions in Cancer
- Role of Resilience in Cancer Coaching
- Cancer Family and Change Roles
- Caregivers to a Cancer Client's needs and challenges
- Coaching Caregivers
- Role of Health Coaching in Cancer Prevention

Chronic Diseases

- ABC of Cardiovascular Risk Reduction
- Healthy Eating Pyramids
- Therapeutic Lifestyle Modifications as Treatment and Prevention of Diseases

Is this the right program for you?

The program will appeal to you if you are:

- Physicians
- Experts in Nutrition
- Coaches who want to add and expand their coaching specialization experience
- Coaches interested in specializing in Cancer Coaching for patients and families of patients.
- Interested Individuals in the topic of Health Coaching.

Training Hours

96

ICF Certified Hours

Program Trainer



Nashwa Fouad, MD , PCC.

Dr. Nashwa graduated from the Faculty of Medicine Ain Shams University in 1988, finished her master's in clinical nutrition in 2006, and has collectively over 15 years of experience in her field.

She is also certified from the International Coaching Federation as a Health & Wellness Coach / PCC.

She is recognized for being the developer and instructor of the first ICF Health Coaching program in the MENA region, where she graduated over 200 Health Coaches in 2020.

As a Health & Wellness Coach, Dr. Nashwa helped over 5000 clients through her one-to-one coaching, in addition to helping hundreds of thousands of people and inspiring them through her videos, talks, interviews, and seminars. Dr. Nashwa's objective is to empower and support people to change their lifestyle through health coaching; she was the first to introduce cancer coaching as a branch of health coaching to help cancer patients and caregivers through their arduous journey.

Her dream is to teach and graduate hundreds of health coaches. Together, they would all help people reach their health goals through awareness, action-oriented, sustainable lifestyle modifications, leaving a true legacy that would outlive them all.

Intellect.

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