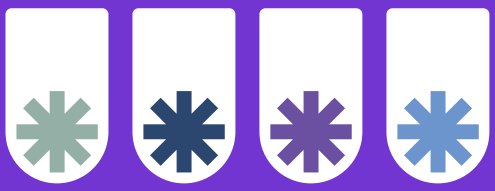
PREKURE™

# HEALTH COACH PROSPECTUS



# PREKURE is a professional education provider specialising in evidence-based health coaching, sustainable behaviour change and lifestyle medicine.

Our mission? To extend not just the human lifespan, but more importantly, the human healthspan – the years we live healthy, well, and fully empowered.

How? By training masterful Health Coaches – a new breed of health professional who sees the person, not just the problem. With deep knowledge and fluency across metabolic and mental health, paired with advanced coaching skills, PREKURE Coaches deliver true agency through presence, listening, and curiosity.

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# A Word From Our CEO

**Welcome to PREKURE, where our vision is to extend the human healthspan by focusing on prevention as cure.**

Too often, healthcare functions like an "ambulance at the bottom of the cliff" - responding once illness has already developed. At PREKURE, we see a better balance: complementing treatment with proactive, whole-person health. We believe in a future of medicine that is preventative, person-centred, and forward-looking. It's about helping people thrive, not just survive.

Professional Health Coaches are a crucial part of this future. They are trained in the latest lifestyle health science and advanced coaching skills that empower people to make sustainable behavioural changes.

Since 2018, PREKURE has graduated over 800 Professional Health Coaches across New Zealand, Australia, Southeast Asia, and the UK. They are making a measurable impact in their own lives and in the health of their clients every day.

If you are looking for more purpose and want to make a real difference, if you are a lifelong learner constantly seeking growth and improvement, or if you want to significantly improve the health and longevity of yourself, your family, friends, and community – then health coaching may very well be the right path for you.

Together, our growing community is extending healthspan and improving lives globally. I invite you to join us in creating a healthier future.

> “PREKURE was founded on a simple idea – that the most effective way to move people towards a cure is to prevent illness in the first place.

**Dr. Louise Schofield**
**Co-Founder and CEO**

# The PREKURE Difference

## Where the world's best professional Health Coaches come to train, connect and grow.

**At PREKURE, we are redefining healthcare as leaders in professional Health Coach education.**

We're not a university – and that's by design. Our learning has been independently assessed by NZQA, but we're free from the lengthy bureaucratic processes that slow traditional institutions, often taking years (or even decades!) to reflect the latest science.

At PREKURE, we move faster. Our globally recognised Health Coach programmes combine cutting-edge lifestyle health science with advanced coaching methodologies, for real-world impact.

Joining PREKURE means becoming part of an ambitious, purpose-led community of changemakers who are shaping the future of preventative healthcare and making a lasting difference across New Zealand and beyond.

1

**CHANGE-MAKING WORLD-LEADING FACULTY**

Learn from our diverse, world-class faculty of over 30 professors, researchers, Health Coaches and clinicians, who will equip you with real-world knowledge and practical skills.

2

**COHORT-BASED INTERACTIVE LIVE ONLINE LEARNING**

You can't become a masterful coach by watching. Practise and hone your skills in our live, interactive and immersive small-group online classes.

3

**COMMUNITY & CONNECTION**

Join a vibrant community of like-minded people who share your passion for health and wellbeing. You'll find your tribe, connect, collaborate, and grow together.

4

**PIONEERS IN LIFESTYLE MEDICINE & PREVENTATIVE HEALTH**

At the bleeding edge of lifestyle medicine – with advanced coaching skills and multi-fluency across metabolic and mental health – to support whole-person health.

5

**UNIVERSITY-LEVEL, INTERNATIONAL ACCREDITED TRAINING**

Approved by international Health Coach professional bodies, endorsed by the Royal NZ and Australian Colleges of GPs, Micro-credential equivalency Levels 5–7 on NZQF.

6

**POSTGRADUATE SUPPORT & NETWORK**

Your learning and support don't stop at graduation. Stay connected, keep learning, expand your network and get guidance and support to grow your coaching career.

# Our Values

At PREKURE, our values drive everything we do. They shape our ambitions, our culture, and our community of changemakers.

**WE CARE ABOUT PEOPLE BEING THEIR BEST**

We are dedicated to helping people be their best selves and live their best lives. Our vision is to make healthspan equal to lifespan, ensuring that everyone thrives, not just survives.

**WE CARE ABOUT CHANGE AND PROGRESS**

We care about progress that helps people live better for longer. That means championing proactive health, encouraging innovation, and working together with our community to drive progress that truly matters.

**WE CARE ABOUT THE EVIDENCE AND SCIENCE**

We believe in continuous learning and staying updated with the latest scientific advancements. Our programmes are based on the most current and credible research.

**WE'RE AMBITIOUS**

We set high standards and strive for excellence. We support our community in achieving their highest potential. We aim to be the best and we want the same for you, both professionally and personally.

> This course was life changing for me. I signed up at a time in my life where I needed to make a career change and this course has given me the direction I needed. Wonderful balance between theory and practice. The interaction between fellow students and experienced coaches created a community where shared learning took place and support was provided. Highly recommended.

Ronel,
*PREKURE Certified Health Coach*

# The Faculty

**OUR SCIENCE FACULTY**

The PREKURE Science Faculty is at the forefront of health and wellbeing, integrating the very latest cutting-edge research and practice of health lifestyle science for metabolic and mental health. Committed to addressing the root causes of chronic conditions such as diabetes, obesity, cardiovascular disease, and mental health disorders, our Science Faculty equips Health Coaches and health professionals with the knowledge and practical tools to inspire resilience, promote overall wellness, and create lasting, transformative change in their clients' lives.

**Professor Grant Schofield**
PREKURE Chief Science Officer & Professor of Public Health

**Professor Julia Rucklidge**
Psychology and Micronutrition

**Dr Caryn Zinn**
Dietitian & Associate Professor

**Dr Catherine Crofts**
Academic & Pharmacist

**Dr Glen Davies**
General Practitioner, GP of the Year 2021

**Dr Lily Fraser**
General Practitioner, Distinguished FRNZCGP

**Sophia Dawson**
Registered Psychologist

+6

Behaviour Change, Neuroscience, Trauma, Eating Disorders & Nutrition Specialists

## OUR COACHING FACULTY

Our Coaching Faculty serves as the practical training ground where theoretical knowledge is transformed into real-world coaching skills. Specialising in the art of communication, behaviour change, and client engagement, our Coaching Faculty ensures that our Health Coaches are adept at facilitating sustainable health outcomes. By honing their skills in a supportive, hands-on environment, coaches emerge ready to inspire and guide their clients towards meaningful, lasting change.

**Sonya English**
PREKURE
Lead Coach &
Registered Nurse

**Ree George**
Physiotherapist &
PREKURE Coach

**Bronwyn Hudson**
Nutritionist &
PREKURE Coach

**Kirsten Rose**
Physiotherapist &
PREKURE Coach

**Ulrika Celsing**
ICF Professional
Certified Coach &
PREKURE Coach

**Kent Johns**
Corporate Wellness
Specialist &
PREKURE Coach

+7

Behaviour Change
Specialists &
Health Coaches

## MĀORI HEALTH COACHING FACULTY

**Toni Hansen**
PREKURE Coach

**Trinity Edwards**
PREKURE Coach
& Personal Trainer

## PASIFIKA HEALTH COACHING FACULTY

**Telesia Fa. Macnamara**
PREKURE Coach
& Personal Trainer

**Allana Kaipo**
PREKURE Coach

## OUR BUSINESS FACULTY

Our Business Faculty focuses on equipping Health Coaches with the business acumen and entrepreneurial skills they need to succeed in their own purpose-driven health businesses.

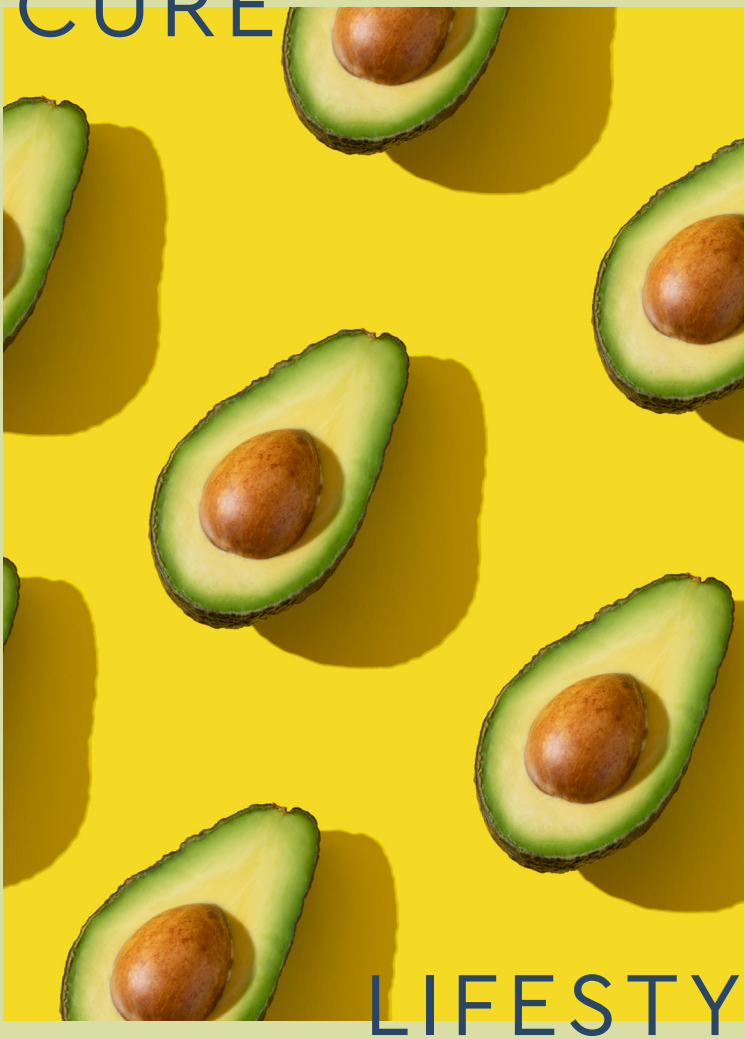
**Dr Louise Schofield**
Entrepreneur,
PREKURE Co-
Founder & CEO

**Jody Bund**
Business Owner,
Business Coach,
PREKURE Coach

**Amanda Balcombe**
Business Owner,
Ex-Financial Advisor,
PREKURE Coach

**Jacqui Gage-Brown**
Business Growth
Consultant

# PREVENTION IS CURE



# LIFESTYLE IS MEDICINE

# Careers Pathways

**The coach approach: A new way forward**

The healthcare system today spends most of its budget on treating sickness, with far less invested in prevention. On average, people spend the last 15 years of their lives living with the complications of one of the big four chronic diseases: cancer, dementia, heart disease, or diabetes. Too often, the focus is on medicating symptoms rather than addressing the root causes.

As a Professional Health Coach, you'll use evidence-based lifestyle interventions, coaching skills, and behaviour-change strategies to help people tackle those root causes. You'll apply a powerful toolkit of science and coaching techniques to guide clients towards their own path forward. Your career will be purposeful and transformative – improving health outcomes and positively impacting the lives of your clients, your family, and yourself.

PREKURE Health Coaches are:

- Helping shift the focus from reactive treatment to proactive, whole-person health.
- Putting prevention and self-agency at the centre of care.
- Supporting sustainable health outcomes by blending lifestyle science with lasting behaviour change.
- Inspiring a mindset shift that anything is possible, because anything is.

**BECOME A PROFESSIONAL HEALTH COACH**

Professional Health Coaches combine evidence-based lifestyle science and transformational coaching to drive meaningful behaviour change. Working in primary care or private practice, they empower clients to improve their wellbeing and quality of life through impactful lifestyle interventions.

**BECOME A MENTAL HEALTH COACH**

Mental Health Coaches are the missing link in mental healthcare, helping support people with mild to moderate mental health challenges in making the critical lifestyle changes required to dramatically improve their mental wellbeing. Mental Health Coaches are future-focused and use advanced coaching skills, behaviour therapy techniques and lifestyle solutions to help clients move forward and achieve their life and wellbeing goals.

**BECOME A METABOLIC NUTRITION COACH**

Metabolic Nutrition Coaches specialise in supporting clients to tackle Support people to change the lifestyle drivers of chronic illness. With expertise in nutritional science, exercise, sleep, behavioural coaching, and advanced coaching skills, they guide clients toward sustainable, life-changing improvements in metabolic health and disease management and prevention.

**BECOME A MASTER HEALTH COACH**

PREKURE Master Health Coaches are leading the way in preventative lifestyle medicine. With advanced expertise and multi-fluency across metabolic health and mental health, they support holistic, whole-person care, deeply transforming client health outcomes.

# Study Pathways

## CERTIFICATE IN HEALTH COACHING SCIENCE

Be at the forefront of the latest in health lifestyle science. Learn about behavioural change, lifestyle medicine, and how to create habits that stick.

**Complete Part-time** 5 hours a week over 4–6 months

## HEALTH COACH PROGRAMME

**Learn online** 100% Self-Directed
Combine the knowledge of preventative lifestyle health science with practical, live, immersive Health Coach training to become a Certified PREKURE Health Coach.

**Complete Part-time** Over 12 months
**Learn Online** Self-Directed and Live Labs

**Become a Certified** Professional Health Coach

## METABOLIC NUTRITION COACH PROGRAMME

Become a Certified Metabolic Nutrition Coach by combining foundational Health Coach training with advanced coaching skills and specialist learning in the latest science in preventative medicine and nutritional practice for metabolic health.

**Complete Part-time** Over 18 months
**Learn Online** Self-Directed and Live Labs
**Become a Certified** Nutrition Coach

Become a Certified Mental Health Coach by

## MENTAL HEALTH COACH PROGRAMME

combining foundational Health Coach training with advanced coaching skills, alongside the latest science and practice in preventative lifestyle medicine for mental health.

**Complete Part-time** Over 18 months
**Learn Online** Self-Directed and Live Labs
**Become a Certified** Professional Mental Health Coach
Gain advanced knowledge and skills, with deep specialisation in behaviour change, metabolic health, nutrition and mental health, along with

## MASTER HEALTH COACH PROGRAMME

fundamental business skills to get started in your own coaching business.

**Complete Part-time** Over 24 months
**Learn Online** Self-Directed and Live Labs
**Approved by UKIHCA** UK & International Health Coaching Association
**Become a Certified** Professional Master Health Coach

# The Certificate in Health Coaching Science

**Complete Part-time**
5 hours a week over 4–6 months

**Online Flexible Learning**
Self-directed online classes

**Entry Requirements**
Entry by application

* Whether a PREKURE qualification is recognised towards further study is decided by the institution you apply to, not by PREKURE.

## Gain an in-depth understanding of the latest science and evidence in health, nutrition, mental wellbeing & behavioural change

Get started on your journey with the Certificate in Health Coaching Science. This programme gives you the essential foundation in lifestyle health science, covering behaviour change, nutrition, fitness, mental health, and the science of prevention.

It's designed for anyone who wants to understand the science of better health – whether you're an existing health professional wanting to expand your knowledge to better support patients or clients, beginning your pathway towards becoming a Health Coach, or simply wanting to apply the latest science to improve the wellbeing of yourself, your family, friends, and community.

### THE CERTIFICATE IN HEALTH COACHING SCIENCE INCLUDES:

**Health Lifestyle Science:**
Self-Directed Learning Courses (PK101-PK106)

# The Health Coach Programme

**Complete Part-time**
7 hours a week over 12 months

**Online Flexible Learning**
Self-directed + live and interactive online classes

**Certifications**
Certified Health Coach

**NZQA**
Assessed as a micro-credential equivalency of Level 5 on the NZQF (refer to page 54)

**Coaching Practise**
25 hours

**Entry Requirements**
Entry by application

* Whether a PREKURE qualification is recognised towards further study is decided by the institution you apply to, not by PREKURE.

## Become a Certified Professional Health Coach and lead the shift to proactive, whole-person health

Professional Health Coaches are the missing link in healthcare, leading the shift from a reactive, treatment-driven approach to one that is proactive and prevention-focused.

With PREKURE's Health Coach Programme you'll gain a university-level (page 54), internationally recognised certification, learn from our world-leading experts, and be at the forefront of preventative medicine, health lifestyle science, and behaviour change. You'll acquire the tools, knowledge and skills to make a real difference in your life, and in the health and wellbeing of others.

### THE HEALTH COACH PROGRAMME INCLUDES:

**Health Lifestyle Science:**
Self-Directed Learning Courses (PK101-PK106)

**Live Coaching Labs:**
15 x Online Live Immersive Classes

**Extensive library of resources, including**
Videos, podcasts, templates, plus exclusive PREKURE eBook – The Science & Art of Exceptional Health Coaching (100-pages).

### ADDITIONAL LEARNING & DEVELOPMENT OPPORTUNITIES:

- Optional weekly live and online coaching gyms
- Optional weekly Ask An Expert Q&A live and online with the Faculty
- In-person regional meet-ups & roadshows

# The Metabolic Nutrition Coach Programme

**Complete Part-time**
7 hours a week over 18 months

**Online Flexible Learning**
Self-directed + live and interactive online classes

**Certifications**
Certified Health Coach
Certified Metabolic Nutrition Coach

**NZQA**
Assessed as a micro-credential equivalency of Level 5 on the NZQF (refer to page 54)

**Coaching Practise**
50 hours

**Entry Requirements**
Entry by application

* Whether a PREKURE qualification is recognised towards further study is decided by the institution you apply to, not by PREKURE.

## Help turn the tide on chronic disease with the latest lifestyle solutions, nutritional science and behavioural change techniques

As a Metabolic Nutrition Coach, you'll be trained to apply a powerful toolbox of scientifically proven lifestyle levers and advanced behaviour change strategies – enabling you to educate, support, and empower clients to reclaim agency over their health.

### THE METABOLIC NUTRITION COACH PROGRAMME INCLUDES:

**Health Lifestyle Science:**
Self-Directed Learning Courses (PK101-PK106)

**Live Coaching Labs:**
15 x Online Live Immersive Classes

**Metabolic Medicine & Nutritional Science:**
Self-Directed Learning Courses (PK207-PK212)

**Advanced Coaching Labs:**
15 x Online Live Immersive Classes

**Extensive library of resources, including**
Videos, podcasts, templates, plus two exclusive PREKURE eBooks – The Science & Art of Exceptional Health Coaching (100-pages) and the Advanced Health Coaching Practice Book (280-pages).

### ADDITIONAL LEARNING & DEVELOPMENT OPPORTUNITIES:

- Optional weekly live and online coaching gyms
- Optional weekly Ask An Expert Q&A live and online with the Faculty
- In-person regional meet-ups & roadshows

# The Mental Health Coach Programme

**Complete Part-time**
7 hours a week over 18 months

**Online Flexible Learning**
Self-directed + live and interactive online classes

**Certifications**
Certified Health Coach
Certified Mental Health Coach

**Approved by UKIHCA**
as CPD

**NZQA**
Assessed as a micro-credential equivalency of Level 5-Level 7 on the NZQF (refer to page 54)

**Coaching Practise**
50 hours

**Entry Requirements**
Entry by application

* Whether a PREKURE qualification is recognised towards further study is decided by the institution you apply to, not by PREKURE.

## Become a Certified Mental Health Coach and help change the face of mental health

As a Certified Mental Health Coach, you'll learn how to support clients to move forward with purpose - using advanced coaching skills, evidence-based behaviour therapy techniques, and lifestyle-first tools to help them achieve their wellbeing goals.

**THE MENTAL HEALTH COACH PROGRAMME INCLUDES:**

**Health Lifestyle Science:**
Self-Directed Learning Courses (PK101-PK106)

**Live Coaching Labs:**
15 x Online Live Immersive Classes

**Mental Health Science:**
Self-Directed Learning Papers (PK301-PK306)

**Advanced Coaching Labs:**
15 x Online Live Immersive Classes

**Extensive library of resources, including**
Videos, podcasts, templates, plus two exclusive PREKURE eBooks – The Science & Art of Exceptional Health Coaching (100-pages) and the Advanced Health Coaching Practice Book (280-pages).

**ADDITIONAL LEARNING & DEVELOPMENT OPPORTUNITIES:**

- Optional weekly live and online coaching gyms
- Optional weekly Ask An Expert Q&A live and online with the Faculty
- In-person regional meet-ups & roadshows

# The Master Health Coach Programme

**Complete Part-time**
7 hours a week over 24 months

**Online Flexible Learning**
Self-directed + live and interactive online classes

**Certifications**
Certified Health Coach
Certified Metabolic Nutrition Coach
Certified Mental Health Coach
Certified Master Health Coach

**Approved by UKIHCA**
UK & International Health Coaching Association

**NZQA**
Assessed as a micro-credential equivalency of Level 5-Level 7 on the NZQF (refer to page 54)

**Coaching Practise**
100 hours

**Entry Requirements**
Entry by application

## Become a masterful coach with advanced skills and multi-fluency to transform whole-person health

Join the PREKURE Master Health Coach Programme and lead the future of preventative lifestyle medicine. Become an internationally recognised Certified Master Health Coach, eligible for membership with the world's leading professional health coaching body (UKIHCA).

Immerse yourself in university-level education, cutting-edge research, and a level of advanced coaching training you won't find anywhere else. This is the gold standard in health coach education. Master an integrated approach across metabolic health, mental health, and behaviour change to confidently support whole-person care.

Whether your goal is launching your own purpose-driven health coaching business, or advancing your existing clinical career, PREKURE equips you with the practical tools, proven methodologies, and comprehensive support you need to drive meaningful and lasting health outcomes.

**THE MASTER HEALTH COACH PROGRAMME INCLUDES:**

**Health Lifestyle Science:**
Self-Directed Learning Courses (PK101-PK106)

**Live Coaching Labs:**
15 x Online Live Immersive Classes

**Metabolic Medicine & Nutritional Science:**
Self-Directed Learning Courses (PK207-PK212)

**Mental Health Science:**
Self-Directed Learning Papers (PK301-PK306)

**Advanced Coaching Labs:**
15 x Online Live Immersive Classes

# The Master Health Coach Programme Is Right For You If...

- You have more to give and want to make a positive impact in the world.
- You want to learn how to be the best you can be, and discover how to help others to live their best lives.
- You want to become an internationally recognised professional Master Health Coach, eligible for membership with the UK & International Health Coach Professional Body (UKIHCA).
- You want to be at the forefront of lifestyle health science, with deep specialisation in the fields of metabolic medicine, nutrition and mental health.
- You're a lifelong learner, and want to be immersed in the very latest university-level learning, discover cutting-edge research and gain deep knowledge.
- You want to learn and be inspired by a world-leading Faculty of passionate experts and change-makers making a real difference in health.
- You want to become a solopreneur with your own purpose-driven health coaching business.
- You want to join a vibrant community of like-minded individuals who share your passion for health and wellbeing.

**ADDITIONAL LEARNING & DEVELOPMENT OPPORTUNITIES:**

- Optional weekly live online coaching gyms.
- Optional weekly Ask An Expert Q&A live and online with the Faculty.
- The Science & Art of Exceptional Health Coaching 100-page eBook.
- Advanced Health Coaching Practice eBook (280-pages).
- Quarterly live-master coach connection & accountability workshops.
- In-person regional meet-ups & roadshows.

* Whether a PREKURE qualification is recognised towards further study is decided by the institution you apply to, not by PREKURE.

# Advanced Health Coaching Practice

**Advanced Coaching Labs:**
15 x Online Live Immersive Classes

**Advanced Health Coaching**
Advanced Health Coaching Practice reference eBook (280-pages)

**Included in:**

- Metabolic Nutrition Coach Programme
- Mental Health Coach Programme
- Master Health Coach Programme

## The Advanced Health Coaching Labs are a unique experiential learning opportunity you won't find anywhere else.

You'll take your foundational health coaching skills to the next level with cutting-edge tools from psychology, biology, physiology, behavioural science, and communication. These immersive labs deliver a deeper, more nuanced coaching toolkit – designed to elevate your presence and expand your impact.

**Multi-Fluent Coaching**
Master the art of meeting clients exactly where they are – mentally, emotionally, and physically – by developing a deep, integrated understanding of the body-mind connection, significantly elevating and extending your coaching skills for real-world challenges and complex client needs.

MASTER HEALTH COACH PROGRAMME | MENTAL HEALTH COACH PROGRAMME | METABOLIC NUTRITION COACH PROGRAMME

# Advanced Health Coaching Practice

## The Five Core Pillars – Master advanced coaching frameworks:

1 **SCOPE**
Coaches aren't therapists – they're behaviour change experts. This pillar equips you to stay confidently within your scope of practice, knowing when to screen, assess, refer, and collaborate. It builds trust, safety, and professionalism.

2 **BIOLOGY**
Behaviour is shaped by biology. Blood sugar, stress, sleep, and neurotransmitters all affect energy, mood, and motivation. Learn how to work with the body – without diagnosing or treating – to support homeostasis and help clients rebalance.

3 **EMOTIONS**
Clients can feel stuck, anxious, overwhelmed, or self-critical. This pillar introduces ACT-based tools that help them work with, rather than against, their emotions. Build psychological flexibility to support meaningful action in the face of discomfort.

4 **THINKING**
Unhelpful thought patterns often sabotage change. Drawing on CBT, this pillar helps you support clients to surface limiting beliefs, reframe negative self-talk, and build mindsets that enable growth, confidence, and resilience.

5 **COMMUNICATION**
Words matter. Learn to coach with intentional, empathetic communication that rewires how clients speak to themselves and others. Tools from NVC and NLP help clients feel heard, motivated, and empowered – while giving you frameworks to guide clarity and momentum.

*View the full advanced live lab learning content and outcomes on page 36.*

# Health Coaching:

## The Learning

**Health Lifestyle Science:**
Self-Directed Learning Papers (PK100s)

**Live Coaching Labs:**
15 x Online Live Immersive Classes

HEALTH COACH PROGRAMME | METABOLIC NUTRITION COACH PROGRAMME | MENTAL HEALTH COACH PROGRAMME | MASTER HEALTH COACH PROGRAMME | CERTIFICATE IN HCS



1

## PK101: BEHAVIOUR AS MEDICINE

Learn how to get real results with your clients.

In this course, you will learn both the art and science of coaching and behaviour change, giving you the practical knowledge to help your clients or patients make sustainable behaviour changes.

Learn all about motivational interviewing, how habits are formed, and discover the latest techniques from the field of positive psychology. This course arms you with everything you need to know, so you can really make a difference.

**COURSE OUTLINE:**

**Module 1:** What is Health?
**Module 2:** Models of Health and Well-being
**Module 3:** What is a Health Coach?
**Module 4:** Health & Chronic Disease
**Module 5:** Behaviour Change 101
**Module 6:** Health Coaching in Practice

2

## PK102: NUTRITION AS MEDICINE

Cut through the nonsense and get science-based nutrition knowledge, tools and confidence.

Have informed conversations about nutrition with your clients by understanding the science of what works, for whom, and when to use it.

Good nutrition is a critical part of getting results with your clients. This course is designed to give Health Coaches, personal trainers, caregivers, and wellness specialists the latest knowledge and tools they need to talk confidently about nutrition with their clients.

**COURSE OUTLINE:**
**Module 1:** Nutrition Fundamentals for Human Health
**Module 2:** A Brief History of Human Nutrition
**Module 3:** The Metabolic Theory of Energy Balance
**Module 4:** Food vs. Nutrients: Different Dietary Approaches
**Module 5:** Getting to Know Your Food & Nutrients
**Module 6:** Focusing on The Client

3

## PK103: FITNESS AS MEDICINE

Update your knowledge and stay abreast of the latest trends and research in exercise and health.

You'll discover the latest techniques for longevity and optimal health, and gain a valuable understanding of the science of fitness. Keeping fit is a critical part of helping your clients be the best they can be.

This course is designed to give Health Coaches and health professionals the latest knowledge and tools they need to educate and advise people at any age and life stage about individualised exercise approaches.

**COURSE OUTLINE:**

**Module 1:** What is Physical Activity & Exercise?
**Module 2:** Exercise Physiology
**Module 3:** Exercise & Chronic Disease
**Module 4:** Exercise Prescription 1
**Module 5:** Exercise Prescription 2
**Module 6:** Applied Sport Nutrition

4

## PK104: MENTAL HEALTH & MIND-BODY MEDICINE

Neuroscience, brain health, mental health and wellbeing.

Getting enough sleep is fundamental to good health. In this course, you'll learn about the science of sleep, as well as gaining the practical know-how to help your clients get a better quality and quantity of it. You'll examine stress and what happens to the body when stress becomes distress, as well as learning what's meant by "mental ill-health" and how best to treat it.

This course is designed to arm you with practical tips and tricks to help your clients stay in peak mental condition.

**COURSE OUTLINE:**

**Module 1:** Stress & Resilience
**Module 2:** Mental Illness & Treatment
**Module 3:** Mindfulness, Mindset & Positive Psychology
**Module 4:** Brain Health & the Ageing Brain
**Module 5:** Sleep

5

## PK105: MAKING SENSE OF RESEARCH

Neuroscience, brain health, mental health and wellbeing.

This course builds foundational knowledge in mental health and addictions, exploring how stress, sleep, trauma, addiction, and psychological and physiological processes influence health and quality of life across the lifespan.

Taking a whole-person approach, you will examine common mental health conditions, brain health, mindfulness, positive psychology, trauma-informed practice, and the science of sleep, while developing practical tools to support mental wellbeing, recognise distress, understand your scope of role, and know when to seek additional or clinical support.

**COURSE OUTLINE:**

**Module 1:** Stress & Resilience

**Module 2:** Mental Illness & Treatment

**Module 3:** Mindfulness, Mindset & Positive Psychology

**Module 4:** Brain Health & the Ageing Brain

**Module 5:** Sleep

**Module 6:** Introduction to Addictions

**Module 7:** A Trauma-Informed Approach

6

## PK106: MAXIMISING YOUR POTENTIAL AS A HEALTH COACH

This course builds foundational knowledge of medicine, healthcare systems, and key elements of health coaching practice for Health Coaches. Trainees further develop their understanding of how health systems operate, how medical care is delivered, and how Health Coaches support access, navigation, and continuity of care.

The course explores the history and foundations of medicine, core coaching techniques, medications and medical decision-making, health literacy, system navigation, group health coaching, and integration into primary care teams. It is designed to help you collaborate more effectively with health professionals, communicate well, and advocate for your clients.

**COURSE OUTLINE:**

**Module 1:** An Overview of Medicine

**Module 2:** Core Health Coaching

**Module 3:** Understanding Medications

**Module 4:** Navigating the System

**Module 5:** Group Health Coaching

**Module 6:** Integrating into the Primary Care Team

HEALTH COACH PROGRAMME | METABOLIC NUTRITION COACH PROGRAMME | MENTAL HEALTH COACH PROGRAMME | MASTER HEALTH COACH PROGRAMME

## HEALTH COACH

## Live Coaching Labs

| LAB | LEARNING CONTENT |
|---|---|
| **Coaching Lab 1: Resist the 'fix it' urge** | • Establishing professional standards<br>• Establishing expectations<br>• **Concept:** Embodying a coaching mindset<br>• **Concept:** Curiosity without judgement<br>• **Concept:** The client's agenda<br>• **Concept:** Power questions<br>• Live coaching demonstration<br>• **Practice:** Asking power questions. |
| **Coaching Lab 2: Coaching with purpose** | • **Concept:** PREKURE Mantra<br>• **Concept:** Bottom-lining<br>• **Concept:** Finding session focus and desired outcome<br>• **Concept:** Understanding health coach role and scope of practice<br>• Live coaching demonstration<br>• **Practice:** Using the PREKURE Mantra to open and close coaching sessions. |
| **Coaching Lab 3: Presence, intuition and the sympathy trap** | • **Concept:** Empathy vs sympathy in coaching<br>• **Concept:** Intuition<br>• **Concept:** PRESENCE framework<br>• Live coaching demonstration<br>• **Practice:** Building rapport and trust with clients using the PRESENCE framework. |

## HEALTH COACH

### Live Coaching Labs

| LAB | LEARNING CONTENT |
|---|---|
| **Coaching Lab 4: Listening deeply** | • **Concept:** The 3 levels of listening<br>• **Concept:** OARS<br>• **Concept:** PRESENCE framework<br>• Live coaching demonstration<br>• **Practice:** Using OARS to facilitate coaching conversations. |
| **Coaching Lab 5: Listening for change** | • **Concept:** Transtheoretical Model of Change and assessing readiness for change<br>• **Concept:** Listening for ambivalence, resistance and change talk<br>• **Concept:** Amplifying change talk<br>• **Concept:** Metaphor<br>• **Concept:** Bottom-lining<br>• **Concept:** Intruding<br>• Live coaching demonstration<br>• **Practice:** Assessing a client's readiness for change. |
| **Coaching Lab 6: Diving deeper** | • **Concept:** Diving deeper (iterative probing)<br>• **Concept:** Adapted 5 why's<br>• **Concept:** Silence and space<br>• Live coaching demonstration<br>• **Practice:** Diving deeper to support clients to understand their driver of behaviour change. |
| **Coaching Lab 7: The power of resonance and dissonance** | • **Concept:** Resonance, dissonance and ambivalence<br>• **Concept:** Name it<br>• **Concept:** Flip it<br>• Live coaching demonstration<br>• **Practice:** Exploring resonance, dissonance and ambivalence using the DR RID framework. |

HEALTH COACH

Live Coaching Labs

| LAB | LEARNING CONTENT |
|---|---|
| **Coaching Lab 8: Moving forward** | • **Concept:** WRC framework<br>• **Concept:** GROW<br>• **Concept:** Design thinking<br>• **Concept:** Reframing<br>• **Concept:** Action plans<br>• **Concept:** Accountability<br>• Live coaching demonstration<br>• **Practice:** Supporting clients to develop action plans. |
| **Coaching Lab 9: The mountain within** | • **Concept:** Saboteur and sage<br>• **Concept:** Self-compassion<br>• **Concept:** Managing the saboteur in coaching<br>• Live coaching demonstration<br>• **Practice:** Listening for the saboteur and supporting clients to craft their sage. |
| **Coaching Lab 10: Crossing the bridge** | • **Concept:** Educating on the client's agenda<br>• **Concept:** Inquiries<br>• **Concept:** Scope of practice<br>• Live coaching demonstration<br>• **Practice:** Informing and educating on the client's agenda to support their goals. |
| **Coaching Lab 11: What's on the other side of the bridge?** | • **Concept:** GRIN model for brief encounters<br>• **Concept:** Accountability<br>• **Concept:** Championing<br>• **Concept:** Scaling<br>• **Concept:** Challenge<br>• Live coaching demonstration<br>• **Practice:** Using the GRIN model to support clients to develop action plans and close the intention action gap. |

HEALTH COACH

Live Coaching Labs

| LAB | LEARNING CONTENT |
|---|---|
| **Coaching Lab 12: Rolling with setbacks** | • **Concept:** Managing getting stuck<br>• **Concept:** Normalising setbacks<br>• **Concept:** Introduction to psychological flexibility<br>• **Concept:** Design thinking<br>• **Concept:** Relapse review<br>• Live coaching demonstration<br>• **Practice:** Supporting clients to normalise setbacks and continue moving forward. |
| **Coaching Lab 13: Personalisation and insights** | • **Concept:** Coach the person not the problem<br>• **Concept:** The role of personality<br>• **Concept:** The Enneagram<br>• **Concept:** Need for cognition<br>• Live coaching demonstration<br>• **Practice:** Bringing your coaching tools and skills together to coach a client. |
| **Coaching Lab 14: The biology of health coaching** | • **Concept:** The role of biology in behaviour change<br>• **Concept:** Modern day mismatches (food, movement, light)<br>• **Concept:** Hormesis<br>• **Concept:** Nervous system regulation<br>• **Concept:** Neuroplasticity<br>• **Practice:** Informing and educating on the client's agenda to support their goals. |
| **Coaching Lab 15: The road not taken** | • **Concept:** Dancing in the moment<br>• **Concept:** Maintaining a reflective practice<br>• Reflect on your journey, growth and next steps.<br>• **Practice:** Bringing your coaching tools and skills together to coach a client. |

## ASSESSMENT

- Complete all self-directed online learning (PK101–106) and online assessments by passing all tests with 75% or more.
- Attend and participate in all online live health coaching labs.
- Complete 25 hours of health coaching and register it in a log book.
- Conduct one health coaching session with a client. Record and submit the video recording.

## LEARNING OUTCOMES FOR THE COACHING SKILLS LABS

The learner:

Understands the code of conduct, expectations, competencies and ethical guidelines required in the practice of health coaching.

Embodies a coaching mindset and demonstrates sound ethical health coaching practice.

Will confirm existing skills and knowledge they bring to the Health Coach role, just as they acknowledge the lived experience and knowledge of the people they work with.

Will practice how to establish a connection and rapport with the person whilst ensuring they are respectful of their individual health perceptions and aspirations, honouring the client agenda.

Will gain practical health coaching experience by practicing health coaching skills with other students in all labs and the PREKURE Coaching Gym.

Practices utilising the resources and frameworks available to be able to work safely and effectively with clients in a friendly and supportive learning environment.

Will participate in peer feedback and reflection.

Will be able to frame their health science knowledge and practice walking alongside clients to support their health goals.

Will gain practical coaching experience of working with people with health issues.

Can demonstrate a range of communication skills that evoke awareness, are centred on active listening and are fundamental to the Health Coach role.

Is developing and practicing the use of the more sophisticated communication and engagement techniques and tools to support the client agenda.

Can demonstrate the PREKURE health coaching process: co-creating the relationship; finding focus and desired outcome; communicating effectively; creating awareness; cultivating learning and growth through accountability.

Recognises the client as the expert of themselves and understands their own implicit bias, working towards finding cultural context that has meaning for the client.

Knows how to build rapport with the integrated care team, communicate effectively and stay connected.

Understands the primary care environment as a moving working system, that requires the Health Coach to be adaptable and transparent in their practice and remain patient outcome-focused.

## LEARNING OUTCOMES FOR THE SELF-DIRECTED COURSES (PK101-PK106)

The learner:

Has a comprehensive understanding of evidence-based lifestyle medicine.

Will understand the science of lifestyle medicine and be able to discuss rationales and health benefits clearly and confidently with their clients.

Will understand and be able to practice behaviour change techniques to support a client's health goals.

Will be able to promote client physical, mental and social wellbeing through PREKURE lifestyle education and information.

Will understand bias and cultural competence and can build this into their practice.

Will use a person-centred approach to working with clients/patients and members of the community to promote healthy life expectancy.

Will understand the economic and social burden of chronic health in our society and have the knowledge to discuss, refer and promote healthy lifestyle choices in their daily practice.

Will understand and demonstrate how to partner with their clients/patients in a thought-provoking and creative process that inspires them to maximise their personal and professional potential.

# Advanced Health Coaching:

## The Learning

As included in the Metabolic Nutrition Coach Programme, Mental Health Coach Programme and Master Health Coach Programme.

**Live Coaching Labs:**
15 x Online Live Immersive Classes

ADVANCED HEALTH COACHING

Live Labs

| LAB | LEARNING CONTENT |
|---|---|
| **Advanced Coaching Lab 1: The 4As of Advanced Coaching Practice** | • **Concept:** The multifluent health coach<br>• **Concept:** The 4 As coaching framework<br>• **Practice:** The 4 As coaching framework |
| **Advanced Coaching Lab 2: Scope, Screening & Measurement** | • **Concept:** Scope of practice<br>• **Concept:** Co-creating the agreement<br>• **Concept:** The importance of screening and agreements<br>• **Concept:** Signs and signals for referral<br>• **Concept:** The CARE framework<br>• **Concept:** Measurement and progress in health coaching<br>• **Practice:** Discovery session integrating CARE framework |
| **Advanced Coaching Lab 3: Psychological First Aid (MANERS)** | • **Concept:** Trauma and psychological injuries<br>• **Concept:** Window of tolerance and stress<br>• **Concept:** Mental Health first aid (MANERS)<br>• **Concept:** Dealing with acute mental health crises<br>• **Practice:** MANERS simulation |
| **Advanced Coaching Lab 4: Biological Tools I: Glucose Homeostasis** | • **Concept:** Reactive hypoglycaemia<br>• **Concept:** Metabolic flexibility<br>• **Practice:** Introducing and exploring nutrition concepts and practice with clients |
| **Advanced Coaching Lab 5: Biological Tools II: Dopamine Homeostasis** | • **Concept:** The opponent process mechanism<br>• **Concept:** Dopamine neuroadaptation<br>• **Concept:** Dopamine fasting<br>• **Concept:** The FAST protocol<br>• **Practice:** Introducing and exploring dopamine concepts including the FAST technique with clients |

ADVANCED HEALTH COACHING

Live Labs

| LAB | LEARNING CONTENT |
|---|---|
| **Advanced Coaching Lab 6: Biological Tools III: Nervous System Regulation** | • **Concept:** The nervous system and stress<br>• **Concept:** Breathing strategies to activate the parasympathetic nervous system<br>• **Practice:** Integrating a breathing strategy into a coaching session |
| **Advanced Coaching Lab 7: Acceptance Commitment Tools I: Normalising & Accepting** | • **Concept:** Agenda of control metaphors<br>• **Concept:** Exploring the agenda of control with clients<br>• **Concept:** Tools for normalising and accepting<br>• **Practice:** Integrating Acceptance Commitment tools to facilitate normalising and accepting into coaching |
| **Advanced Coaching Lab 8: Acceptance Commitment Tools II: Psychological Flexibility** | • **Concept:** Psychological flexibility<br>• **Concept:** Fusion and defusion<br>• **Concept:** The cost of avoidance<br>• **Practice:** Integrating Acceptance Commitment tools to facilitate psychological flexibility into coaching |
| **Advanced Coaching Lab 9: Acceptance Commitment Tools III: Values & Committed Action** | • **Concept:** Values and goals<br>• **Concept:** The Choice Point<br>• **Practice:** Integrating Acceptance Commitment tools to facilitate values identification and alignment into coaching practice |
| **Advanced Coaching Lab 10: Cognitive Behavioural Tools I: Thinking Accurately** | • **Concept:** Automatic negative thoughts and their role<br>• **Concept:** Identifying cognitive distortions and biases<br>• **Concept:** Catch, check, change framework<br>• **Practice:** Exploring cognitive distortions with clients |

## ADVANCED HEALTH COACHING

### Live Labs

| LAB | LEARNING CONTENT |
|---|---|
| **Advanced Coaching Lab 11: Cognitive Behavioural Tools II: Behavioural Tools** | • **Concept:** The power of the set up and behavioural supporting environments<br>• **Concept:** CBT-c for sleep<br>• **Concept:** CBT-c for nutrition<br>• **Concept:** CBT-c for exercise<br>• **Concept:** Spot, swap, skip framework<br>• **Practice:** Exploring 'the set up' with clients to support behaviour change |
| **Advanced Coaching Lab 12: Advanced Reframing** | • **Concept:** How we talk about the world is partially self fulfilling. Reframing the narrative can shape the future and make action easier.<br>• **Concept:** Leveraging cognitive flexibility to reinterpret reality and take action<br>• **Practice:** Reframing scenarios in action |
| **Advanced Coaching Lab 13: Performance Communication** | • **Concept:** The four step process of observable facts, feelings, unmet needs, and actions requests (see/needs, needs/values, do)<br>• **Concept:** The premise or no good of bad<br>• **Concept:** The giraffe Jackal metaphor<br>• **Practice:** Practising the four step process and understanding the difference between feeling and thoughts |
| **Advanced Coaching Lab 14: Group Dynamics** | • **Concept:** Group dynamics<br>• **Concept:** Facilitating group coaching<br>• **Concept:** In person vs online coaching<br>• **Practice:** Coaching a group of your peers |
| **Advanced Coaching Lab 15: Bringing it all Together** | • **Concept:** Reviewing the advanced health coaching toolbox<br>• **Practice:** Integrating advanced coaching tools into practice |

# Mental Health:

## The Learning

**Mental Health Science:**
Self-Directed Learning Papers (PK300s)
**Advanced Health Coaching Labs:**
15 x Online Live Immersive Classes (detailed on pages 36–39)

MENTAL HEALTH SCIENCE

Self-Directed Learning Courses

1

## PK301: MENTAL HEALTH PRACTICE

Learn the foundations of mental health epidemiology.

In this course, you will learn about the epidemiology of mental health, as well as common disorders, including depression and anxiety, and psychiatric and personality disorders. You'll explore TBI (traumatic brain injury) and other brain issues. You'll also get a good understanding of the Health Coach's scope of practice when working in mental health.

**COURSE OUTLINE:**

**Module 1:** Introduction to Mental Health

**Module 2:** Common Problems

**Module 3:** Psychiatric Medications

**Module 4:** Scope of Practice in Mental Health

**Module 5:** Historical Views of Mental Health

**Module 6:** Stoicism in Practice

2

## PK302: BRAIN BIOLOGY & NEUROSCIENCE

Explore the human brain structure and function.

You'll explore the neurobiology of the brain, especially the critical role of neuroplasticity. You'll also learn about how the brain functions in a social context, and explore the latest research in the emerging area of gut-brain connection and the important role different neurotransmitters play in normal and pathological function, especially glutamate.

**COURSE OUTLINE:**

**Module 1:** What is a Neuron & How Does it Work?

**Module 2:** The Human Brain Structure & Function

**Module 3:** A Socially Connected Brain & the Gut-Brain Axis

**Module 4:** The Glutamate Hypothesis

MENTAL HEALTH SCIENCE
Self-Directed Learning Courses

3

## PK303: ACT – BEHAVIOUR THERAPY TOOLS

Learn about the science of ACT behaviour therapy.

In this course you will learn about the 'Third Wave' behavioural therapy known as Acceptance and Commitment Therapy (ACT). The core aim for Health Coaches using ACT tools is to help clients develop psychological flexibility whilst changing the relationship they have with strong, painful thoughts and emotions in order to live a rich fulfilling life.

**COURSE OUTLINE:**

**Module 1:** What is ACT?

**Module 2:** The Assessment & Beyond

**Module 3:** The Art of Being Present & Doing What Matters

**Module 4:** What's Getting in the Way?

**Module 5:** ACT Skills in Working with Anxiety & Depression

4

## PK304: SUBSTANCE MISUSE & ADDICTIONS

How can we better understand substance misuse and addiction, and better help those affected?

In this course we explore the latest thinking around addictions and substance misuse. The move from a disease model to a reward pathway model is ground breaking and can help you learn how to help your clients break the cycle. We will explore everything from alcohol to food addiction to more serious drugs.

**COURSE OUTLINE:**

**Module 1:** What is Substance Misuse/ Addictions?

**Module 2:** Why Do We Get Addicted?

**Module 3:** Alcohol Addiction

**Module 4:** Recovery & Growth Through Addiction 1

**Module 5:** Recovery & Growth Through Addiction 2

MENTAL HEALTH SCIENCE
Self-Directed Learning Courses

5

## PK305: ADVANCED LIFESTYLE MEDICINE FOR MENTAL HEALTH

Learn how to get real results with your clients, using advanced lifestyle medicine for mental health.

In this course, you'll discover how nutrition, exercise, sleep, thermo-therapies and breathing techniques can help improve your client's mental wellbeing. You'll gain a valuable understanding of the latest science and evidence in advanced lifestyle medicine for mental health.

The future of mental health prevention and cure lie in these treatments.

**COURSE OUTLINE:**

**Module 1:** Nutrition for Mental Health

**Module 2:** Physical Activity, Exercise & Fitness for Mental Health

**Module 3:** Sleep for Mental health

**Module 4:** Breathing for Mental Health

**Module 5:** Thermo-Therapies for Mental Health

6

## PK306: PSYCHOLOGICAL INJURY & TRAUMA

Learn about the importance of post-traumatic growth and how to facilitate this in coaching sessions.

In this course you will learn about psychological injuries, trauma, PTSD, and phobias. You will understand which tools to use in your coaching sessions during the post-traumatic growth phase and become familiar with a variety of positive psychology tools.

**COURSE OUTLINE:**

**Module 1:** The Biology & Psychology of Psychological Injury

**Module 2:** Psychological First Aid & Trauma-Informed Care

**Module 3:** Understanding & Dealing with PTSD

**Module 4:** Post-Traumatic Growth

## ASSESSMENT

- Complete all self-directed online learning (PK301–306) and online assessments by passing all tests with 75% or more.
- Attend and participate in all online live advanced health coaching live labs.
- Complete 25 hours of coaching practise and register it in a log book.
- Conduct one health coaching session with a client. Record and submit the video recording.

## LEARNING OUTCOMES FOR THE SELF-DIRECTED MENTAL HEALTH COURSES AND LIVE LABS

The learner:

Has an understanding (and practice) of conduct expectation and standards, ethical guidelines, confidentiality and consent.

Will confirm existing skills and knowledge they bring to the Mental Health Coach role, just as they acknowledge the lived experience and knowledge of the people they work with.

Understands the scope of practice in mental health coaching, including in relation to medications.

Has an understanding of Acceptance and Commitment Therapy tools and how to integrate them into coaching practice.

Has an understanding of lifestyle medicine for mental health.

Will be able to utilise a toolbox of nutrition tips and resources to aid a client's journey to mental wellness.

Understands the physiological changes in the body from chronic stress and how this increases the risk of mental ill-health.

Will practice how to establish a connection and rapport with the person whilst ensuring they are respectful of their individual health perceptions and aspirations, honouring the client's agenda.

Will participate in peer feedback and reflection.

Will gain practical coaching experience by role-playing scenarios using a variety of appropriate techniques and lifestyle measures learnt in the labs.

Practices utilising the resources and frameworks available to be able to work safely and effectively with clients in a friendly and supportive learning environment.

## MENTAL HEALTH

### Assessment And Learning Outcomes

Will be able to describe the aetiology of anxiety and depression, psychiatric and personality disorders, and other brain issues, including traumatic brain injury, neurogenerative diseases.

Understands the approaches and treatment options for those experiencing mental health and addiction issues.

Will be able to evaluate and synthesise their mental health and wellbeing knowledge and practice to help clients achieve their mental health goals.

Can demonstrate the facilitation of learning using the coaching skills: fostering accountability and results; creating awareness; driving towards patient-led actions; planning and goal setting; and managing progress and accountability.

Will include social connection and client/family-centred goals within a client action plan.

Knows how to build rapport with the integrated care team, communicate effectively and stay connected.

Understands the primary care environment as a moving working system, that requires the Mental Health Coach to be adaptable and transparent in their practice and patient outcome-focused.

The learner demonstrates the ability to integrate the use of metaphors into coaching sessions to facilitate the normalising of negative feelings and dropping the struggle.

The learner demonstrates the ability to consolidate theory and practice to support clients with addiction and substance misuse using ACT tools.

The learner will demonstrate the ability to evaluate the applicability of positive psychology and ACT tools by practicing incorporating them into mock coaching sessions.

The learner demonstrates the ability to incorporate appropriate tools when working with clients to promote post-traumatic growth.

# Metabolic Health Coaching:

## The Learning

**Metabolic Medicine & Nutritional Science:**
Self-Directed Learning Papers (PK200s)
**Advanced Coaching Labs:**
15 x Online Live Immersive Classes (detailed on pages 36–39)

METABOLIC MEDICINE & NUTRITIONAL SCIENCE
Self-Directed Learning Courses

1

## PK207: ADVANCED MACROS & MICROS

Learn the essentials of metabolic health and nutrition.

In this course, you'll explore the roles of macronutrients and micronutrients, the effects of food processing on nutrient quality, and the impact of alcohol on health. You'll gain an understanding of key micronutrients to support health, understand how to quantify food processing for clients and gain an understanding of anti-nutrients, the hormetic effect of foods and bioavailability.

This course introduces the PREKURE Nutrition Framework and lays the foundations for the metabolic health papers.

**COURSE OUTLINE:**

**Module 1:** A Coach Approach to Metabolic Health and Nutrition

**Module 2:** Energy and Macronutrients

**Module 3:** Alcohol and Food Processing

**Module 4:** Micronutrients I

**Module 5:** Micronutrients II

2

## PK208: NUTRITION & METABOLISM

Understand essentials of metabolic homeostasis.

In this course, you'll explore the roles of key hormones like glucose, insulin, glucagon, and incretin hormones in maintaining metabolic homeostasis.

You'll gain an advanced understanding of concepts like reactive hypoglycemia, insulin resistance, and metabolic flexibility and delve into the ins and outs of how fats are transported around the body.

**COURSE OUTLINE:**

**Module 1:** Metabolic Homeostasis: Glucose & Insulin I

**Module 2:** Metabolic Homeostasis: Glucose & Insulin II

**Module 3:** Incretins & Other Metabolic Hormones

**Module 4:** Lipid Metabolism

**Module 5:** Thermo-Therapies for Mental Health

**Module 6:** Nutrients of Interest

3

## PK209: APPLICATION OF DIFFERENT DIETS

This course equips you with the knowledge of key diet patterns you'll encounter working as a Health Coach.

Explore how you can support clients with different goals and learn how low-carbohydrate healthy fat (LCHF) nutrition and ketogenic diets improve or reduce the risk of chronic illness in some people such as type 2 diabetes and heart disease.

You'll learn all about fasting and explore the science behind plant-based diets, autoimmune and elimination protocols and specific therapeutic nutrition protocols.

**COURSE OUTLINE:**

**Module 1:** The Whole Food Approach to Nutrition

**Module 2:** Low-Carbohydrate Approaches to Nutrition

**Module 3:** The Science and Practice of Fasting

**Module 4:** Plant-Based Approaches to Nutrition

**Module 5:** Autoimmune and Elimination Protocols

**Module 6:** Therapeutic Protocols

4

## PK210: NUTRITIONAL BEHAVIOUR CHANGE & COACHING

Gain the knowledge and practical skills to become an effective Nutrition Coach in this course.

Here, it's all about bridging the gap between the theory and practice of nutrition coaching. Across five modules, you'll learn how to support clients with diverse goals, from weight management to optimising health. You'll explore dietary assessment tools and techniques, discover best practices for tracking progress, and learn how to measure impactful outcomes.

We discuss scope of practice and you'll develop strategies for effective collaboration and referral to ensure clients get the right support.

**COURSE OUTLINE:**

**Module 1:** The Coach Approach

**Module 2:** Implementing a Low Carb Approach Part 1

**Module 3:** Implementing a Low Carb Approach Part 2

**Module 4:** Focusing on Weight Loss Part 1

**Module 5:** Focusing on Weight Loss Part 2

**Module 6:** Focusing on Food Addictions

5

## PK211: GUT HEALTH, THE MICROBIOME & AUTOIMMUNE CONDITIONS

Learn all about the gut and the vital role the microbiome plays in supporting immune function, mental wellbeing, and managing autoimmune conditions.

Explore the gut-immune connection, leaky gut syndrome, and how gut imbalances can affect overall health. Discover effective nutrition and lifestyle strategies, including the use of prebiotics, probiotics, and stress management techniques.

With a focus on evidence-based approaches and practical tools, this course will equip you to confidently guide your clients toward better gut health and improved wellness.

**COURSE OUTLINE:**

**Module 1:** Gut Health and the Microbiome

**Module 2:** Gut-Immune System Connection & Autoimmune Conditions

**Module 3:** Nutrition Strategies for Gut Health

**Module 4:** Lifestyle Strategies for Gut Health

**Module 5:** Clinical Applications and Emerging Research

6

## PK212: NUTRITIONAL EPIDEMIOLOGY & POLICY

Learn all about the ongoing debates in public health and nutrition. The current food environment is pathological. Why is this? What can public health nutrition do about it?

In this course you'll explore Public Health Nutrition & Policies, including growth industries and conflicts of interest: what roles do the food industry, pharmaceutical industry and academia play? What nutrition information should we be listening to and giving other people? What is the evidence for what works and what doesn't in public health nutrition?

**COURSE OUTLINE:**

**Module 1:** The Public Health Nutrition Landscape

**Module 2:** Public Health Nutrition Debates I

**Module 3:** Public Health Nutrition Debates II

**Module 4:** Challenges for Public Health

**Module 5:** Intersection Between Public Health & Practice

## ASSESSMENT

- Complete all self-directed online learning (PK207–212) and online assessments by passing all tests with 75% or more.
- Attend and participate in all online live advanced health coaching live labs.
- Complete 25 hours of coaching practise and register it in a log book.
- Conduct one health coaching session with a client. Record and submit the video recording.

## LEARNING OUTCOMES FOR THE SELF- DIRECTED MENTAL HEALTH COURSES AND LIVE LABS

The learner:

- Demonstrates an understanding of contemporary scientific nutrition concepts at an advanced level.

# Launch Your Own Coaching Business

**Business Fundamentals For Coaches:**
Self-Directed Learning Paper
**Live Labs:**
6 x Online Live Immersive Classes

1

**BUSINESS FUNDAMENTALS FOR COACHES:**

This course arms you with everything you need to know, along with the accountability and support you need, to get started and land your first paying client.

Learn all about getting started in business, marketing, sales, and setting up the systems required to launch your purpose-led coaching business. You'll craft your vision, define your personal brand, and determine your core offer.

Most importantly, you'll begin executing the key small steps needed to get your business off the ground, creating 7 tangible assets that will get you started in your health coaching business.

**COURSE OUTLINE:**

**Module 1:** A Business Mindset
**Module 2:** Marketing
**Module 3:** Core product development
**Module 4:** Your Systems & Finances
**Module 5:** Sales

| LIVE LABS | LEARNING CONTENT |
|---|---|
| **Session 1: A Business Mindset: Knowing your why and establishing a strong business foundation** | • Concept: The 7 key assets you need to launch your health coaching business<br>• Concept: Your Why: Understanding and articulating your core purpose in business<br>• Concept: Building strong foundations through social engagement<br>• Concept: Profile Building: Enhancing your professional presence<br>• Concept: The Pitch: Crafting and refining a compelling business pitch |
| **Session 2: Marketing: Strategies for building demand** | • Concept: Demand Generation: Building a sustainable audience and increasing product demand |

| LIVE LABS | LEARNING CONTENT |
|---|---|
| **Session 3: Core Product Development: Defining and refining your core product** | • **Concept:** Core Product Principles: Ensure your product delivers value, is priced for profit, and is well-defined<br>• **Concept:** Features, Advantages, Benefits (FAB)<br>• **Concept:** Articulating the tangible and intangible aspects of your product |
| **Session 4: Business Systems & Finance: Set up your key systems and metrics** | • **Concept:** Metrics that Matter: Identifying and tracking the most critical business metrics |
| **Session 5: Sales: Getting your first paying clients** | • **Concept:** Sales Process: Understanding that successful sales stem from the energy and value provided<br>• **Concept:** The sales playbook<br>• **Concept:** Closing Sales: Ask for the sale<br>• **Concept:** Overcoming objections |
| **Session 6: Give your Pitch, Present your Assets, Celebrate: Consolidation of learning** | • Deliver your pitch and showcase your assets<br>• Celebrate your progress as a health entrepreneur! |

# Accreditations

At PREKURE, we are redefining healthcare as a global leader in professional Health Coach education, with training that's setting the standard worldwide. Our university-level study programmes are internationally recognised and backed by leading professional bodies and industry associations.

**UK & International Health Coaching Association (UKIHCA)** is the professional body for Health Coaches in the UK and internationally. UKIHCA's standards set the global benchmark for professional Health Coach training. *PREKURE's Master Health Coach Programme is approved by UKIHCA.*

**The Health Coach Alliance, Canada (HCA)** empowers and supports registered Health Coaches and advocates for their integral role in healthcare settings. *PREKURE is a HCA Approved School.*

**The Royal New Zealand College of General Practitioners (RNZCGP)** is the professional body for general practitioners (GPs) and rural hospital doctors in New Zealand. *PREKURE is endorsed by RNZCGP and is approved for CME credits and CPD.*

**The Royal Australian College of General Practitioners (RACGP)** is the professional body responsible for setting and maintaining high standards for general practice in Australia. PREKURE is endorsed by RACGP and is approved for CPD credits.

**The New Zealand Qualifications Authority (NZQA)** ensures that qualifications are valued as credible and robust, both nationally and internationally. *PREKURE's Certificates have been assessed by NZQA as micro-credential equivalencies on the New Zealand Qualifications Framework (NZQF):*

- The New Zealand Qualifications Authority (NZQA) has evaluated the Health Coach Certificate (Micro-credential) delivered by PREKURE and has assessed it to be equivalent to 30 credits (300 notional learning hours) at Level 5 on the New Zealand Qualifications Framework (NZQF). *Included in the Health Coach, Metabolic Nutrition, Mental Health and Master Coach Programmes.*
- The New Zealand Qualifications Authority (NZQA) has evaluated the Certificate in Nutritional Science (Micro-credential) delivered by PREKURE and has assessed it to be equivalent to 21 credits (210 notional learning hours) at Level 5 on the New Zealand Qualifications Framework (NZQF). *Included in the Metabolic Nutrition and Master Health Coach Programme.*
- The New Zealand Qualifications Authority (NZQA) has evaluated the Advanced Certificate in Mental Health (Micro-credential) delivered by PREKURE and has assessed it to be equivalent to 30 credits (30 x 10 notional learning hours) at Level 7 on the New Zealand Qualifications Framework (NZQF). Included in the Mental Health and Master Health Coach Programme.

- A Community of Changemakers
- 13,500+ People Upskilled in Preventative Lifestyle Medicine
- 900+ Professional Health Coaches Trained
- Live + Interactive Online Classes
- World Class Faculty of 30+

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