

Program Catalog

Your Path to Coaching with HCI



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Welcome to the Health Coach Institute

At Health Coach Institute we believe coaching is more than a profession. It is a path to transformation. The world is calling for more people ready to help others live healthier, happier, and more fulfilling lives. This catalog is your invitation to step into meaningful work. Coaching is not a quick fix but a relationship built on trust, encouragement, accountability, and as you support others you may be surprised by how much your own life grows in the process.

For more than a decade HCI has helped people from every walk of life learn how to guide change with skill, compassion, and confidence. Some arrive seeking a new career, others to deepen their expertise, and many to bring more purpose into the work they already do. What unites them is the belief that change is possible and that coaching is a powerful way to spark it.

As you explore this catalog you will discover the community that makes HCI unique. You will be surrounded by peers who share your passion and values, a network built on empathy, credibility, and transformation. This community will encourage you, challenge you, and celebrate with you as you grow into your role as a coach, and it will continue to support you long after graduation as you build your career and make your impact in the world.

We are honored to welcome you to the Health Coach Institute and to share in the first steps of your journey.

With heart and gratitude,

The Health Coach Institute Team

Why Choose HCI

At Health Coach Institute our mission is to empower people to help others live healthier, more fulfilling lives. We believe the future of well-being is human, and that trained coaches are the key to transformation in individuals, families, and communities. What sets HCI apart is not only what we teach but how we teach it. Our programs combine science-based training with human connection so you practice real coaching conversations, receive feedback, and graduate with the confidence to guide change.

From your first lesson through long after graduation, you will be supported by our Heart Warriors community that will encourage you, challenge you, and celebrate with you. With our Paying Client or Job Guarantee in select programs, you can also step forward knowing you have both the skills and the support to succeed.

85%

Of clients report improved self-confidence, with 72% stronger communication and 67% better work-life balance.

82%

Of U.S. consumers say wellness is a top or important priority.

87%

Of leaders say coaching delivers a high return on investment (ROI).

\$19B

Size of the global health coaching market, projected to reach \$30.65B by 2032.



Health coaching helps patients better understand care plans and stick with them — while lightening physician burden and improving engagement.



Healthcare support roles are projected to grow by 12.4%, practitioner roles by 7.2%, and community/ social service roles by 8.1%.

Sources

- International Coaching Federation (ICF)
- McKinsey & Company
- Coherent Market Insights
- American Medical Association (AMA)
- U.S. Bureau of Labor Statistics (BLS)

Inspirational Stories

The best way to understand what's possible with HCI is to hear from those who have walked the path. Our graduates are living proof that with the right training and support, you can transform your own life while making an impact on others.

Meet our graduates and see how they turned their passion into purpose.



"I've been able to achieve remarkable success in my first year as a full-time coach. I was drawn to coaching because I was fascinated by the idea of bringing out the best in others. This led me to the Health Coach Institute, where I learned the art and science of changing lives. I'm a testament to the profound impact that coaching can have."

-Patti Dayleg, HCI Grad



"This addressed key issues that were bugging me for years. I immediately loved the paradigm shifts that come early in the program. It addresses key issues that have been bugging me for years: the tension between what should be done and what is done; the bridge between what drives individuals to do things in the world and the collective dreams of a people; the intuitive knowledge of the body in tension with scientific discourse; and the role of desire in one's motivation to do things."

-Jean-Yves Boulard, HCI Grad



"Made \$25,000 in my first 3 months going pro! Thanks to my training with HCI, I left my corporate job to pursue coaching full-time. I'm living my passion every day, and doing talks on stages. I feel alive and excited about the path ahead!"

-Jessie Diamond, HCI Grad

Reviews

With thousands of reviews on Trustpilot and an excellent rating, Health Coach Institute is recognized by students as the place where they gain the training, confidence, and community support to launch their careers.

NB

Noelle Bronson

5 reviews  US



Verified

Aug 27, 2025

I've found the flow and pace of the...

I've found the flow and pace of the program to be ideal while balancing full-time motherhood, work, and other commitments. The course material is digestible, eye-opening, and practical—easy to apply both in daily life and in future coaching. So far, it's been a great experience, and connecting with some amazing people along the way has been an added bonus.

June 28, 2025

DN

Debbie N

1 review  NZ



Verified

Jul 13, 2025

Great program - enjoying the experience

Great program! It is very well put together and I like the pacing of having lessons released each week. I am enjoying each new learning/exercise. There was some confusion about how the Paying Client Course merges with the standard course and which coaching sessions were applicable. However, I was able to get feedback in one of the coaching sessions. I like the self-paced format with ample in-person support options. I just need to be sure that I am not missing anything in particular available in the program for support.

May 14, 2025

VG

Vgarrett

1 review  US



Jun 10, 2024

Great help for a big decision

If you're checking out coach training programs, consider HCI. This review deals with the process of gaining information to make a big life decision. I've checked out a few and the amount of useful information shared, questions answered with patience, and overall great attitude, was incomparable. I signed up for the training this morning and look forward to what lies ahead. Thank you, James Dillman III, enrollment coach, for all of the above!

June 10, 2024

Unprompted review

Our Coaching Model

At Health Coach Institute you don't just learn about coaching, you experience it. Our model combines science-based lessons, real-world practice, community support, and personal growth so you can build skills with confidence. Every step is designed to take you from learning to client-ready, supported by expert coach mentors and a network of peers who share your passion for transformation.



Learn

Engage with interactive classes and science-based lessons taught by expert faculty. You'll gain the frameworks and tools that make coaching effective.



Practice

Apply what you've learned in live coaching labs and peer sessions. With hands-on practice, you'll build confidence and skill in real time.



Reflect

Interact with mentors and peers who provide feedback, encouragement, and fresh perspectives. This community support helps you refine your skills and grow with confidence.



Transform

Bring it all together. By integrating learning, practice, and reflection, you'll graduate client-ready, prepared to create meaningful change for others and yourself.



Certifications & Accreditations

Your future clients and employers want to know you are trained, credible, and ready to make an impact. At Health Coach Institute we give you the credentials and support to stand out with confidence. From your HCI certificate to industry accreditations, digital badges, and program guarantees, every detail is designed to help you launch your career with credibility and momentum



Your HCI Certificate

When you graduate you receive an official certificate from Health Coach Institute. This industry-recognized credential is proof of your training and expertise, something you can proudly display and share with clients and employers.



**APPROVED
TRAINING
PROGRAM**

Industry Accreditations

HCI programs meet recognized standards in the coaching and wellness fields, including NBHWC approval for select programs. These accreditations ensure your training aligns with industry best practices and strengthen your credibility as a professional coach.



Your Digital Badges

Alongside your certificate, you also earn digital badges you can showcase on LinkedIn, your website, or social media. These badges make your expertise visible online and help you stand out to potential clients and employers.



Our Commitment to Your Success

At HCI, we believe in standing behind your investment. That's why selected programs include either our Paying Client Guarantee or our Job Guarantee. If you meet program requirements but are unable to secure your first paying client or a coaching-related job, we will refund your tuition. It's our way of showing confidence in the training, support, and community that define the HCI experience.

Our Program Portfolio

Our Dual Health and Life Coach Certifications

Our Dual Certifications are designed to prepare you to coach the whole person: mind, body, and life. By combining health and life coaching into one program, you gain the versatility to support clients in every area, from building healthier habits to navigating life transitions and discovering deeper purpose.

With science-based lessons, hands-on practice, and expert mentorship, both programs give you the skills and confidence to guide meaningful change. Each program offers a powerful path, it is about choosing the one that fits your vision.



Dual Health & Life Coach Certification

Our signature program gives you a strong foundation in health and life coaching through a blend of science-based lessons, hands-on practice, and expert mentorship. You will graduate with the skills and confidence to coach the whole person and begin your career with impact.



Advanced Dual Health & Life Coach Certification

This program builds on the same foundation and adds required live classes, interactive labs, and personalized mentorship with board-certified instructors. The Advanced Health Coach portion of the program is NBHWC-accredited, which means graduates are eligible to sit for the National Board for Health & Wellness Coaching exam, a widely recognized credential in the profession.

For the Advanced Health Coach Certification component students participate in required weekly live classes twice a week.

What You'll Learn In Life Coaching

Foundations of Life Coaching

Learn the differences between coaching and therapy, how to structure sessions, and how to prepare yourself as a coach.

The Psychology of Behavior Change

Explore the science of habits, limiting beliefs, and tools from CBT.

Building Trust & Guiding Change

Develop skills in empathy, appreciative inquiry, and navigating the stages of change.

Mastery Skills for Coaches

Refine advanced questioning, reframing, and intuitive presence.

Goal Setting & Accountability

Create values-aligned goals, action plans, and accountability structures.

Purpose, Fulfillment & Impact

Help clients discover core values, align actions with meaning, and clarify life purpose.

Career & Leadership Development

Guide clients through leadership growth, career transitions, and professional confidence.

Love & Relationships

Coach clients in communication, conflict repair, and relationship growth.

Money & Empowered Worth

Reframe limiting money beliefs and build financial empowerment.

That Which Is Greater

Support clients in exploring spirituality, purpose, and meaning.

Life Transitions

Build resilience and coach through uncertainty, change, and identity shifts.

Integration & Certification

Practice coaching, case studies, and preparation for certification.

What You'll Learn In Health Coaching

Your Guide to Effective Program Structure

Learn the structure of effective sessions and apply the Empowered Well-Being Model.

Transformative Coaching Dynamics

Build trust, manage emotions, and strengthen resilience in client-centered relationships.

Mastering Conversations

Hone skills in active listening, questioning, and managing session flow.

Client Empowerment

Enhance client motivation, self-awareness, and self-efficacy while integrating mental wellness.

Coaching for Positive Growth

Apply appreciative coaching, address trauma, and explore social determinants of health.

Motivational Interviewing Mastery

Learn the OARS model to navigate ambivalence and evoke change.

The Art of Goal Setting

Guide clients through effective goal creation and long-term behavior change.

Lifestyle Medicine & Preventive Care

Cover nutrition, activity, sleep, substance awareness, and physical wellness.

Cardiovascular Wellness

Support clients with heart health, cholesterol, blood pressure, and financial well-being.

Metabolic & Anti- Inflammatory Wellness

Explore weight management, diabetes, and chronic inflammation.

Ethics, Technology & Professional Mastery:

Learn best practices, explore modern coaching models, and prepare for professional growth.

Dual Certifications

<i>Feature</i>	 DUAL HEALTH AND LIFE COACH CERTIFICATION	 Advanced DUAL HEALTH AND LIFE COACH CERTIFICATION
CERTIFICATIONS INCLUDED	Health Coach Certification + Life Coach Certification	Advanced Health Coach Certification + Life Coach Certification
MODULES	24 modules to be completed in as little as 6 months	24 modules to be completed in as little as 9 months
FORMAT	Online learning with practice labs and peer support 3-5 hrs/week	Blend of online learning with required live classes, interactive labs, and 1:1 mentorship 7-9 hrs/week
INSTRUCTORS	Led by experienced HCI coach experts	Individual support from NBHWC board-certified coaches
ACCREDITATION	HCI certificate	HCI Certificate. Advanced Health Coach Certification is NBHWC-accredited (eligibility to sit for NBHWC Board exam)
OUTCOME	Launch your coaching journey, deepen your niche mastery, or add coaching to your current career	Graduate prepared to sit for the board exam and work in healthcare or corporate wellness settings

Advanced Health Coach Certification

The Advanced Health Coach Certification is designed for those who want to take their health coaching expertise further. This NBHWC-accredited program builds on foundational skills and equips you with the knowledge and credibility to support clients at the highest level.

You will deepen your understanding of behavior-change science and master HCI's Empowered Well-Being System, built on the 8 Dimensions of Wellness. Through required live sessions, interactive coaching labs, and mentorship with board-certified instructors, you will gain hands-on experience that prepares you to coach with confidence and authority.

Because this program is NBHWC-accredited, you will also be eligible to sit for the National Board for Health & Wellness Coaching exam, the gold standard in the profession.



Advanced
**HEALTH COACH
CERTIFICATION**



**APPROVED
TRAINING
PROGRAM**



What You'll Learn In Advanced Health Coach Coaching

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Explore weight management, diabetes, and chronic inflammation.

Ethics, Technology & Professional Mastery

Learn best practices, explore modern coaching models, and prepare for professional growth.



Master Your Stress Course

The Master Your Stress Course is designed for anyone who wants to develop expertise in addressing one of today's most common challenges: chronic stress. This program equips you with proven, science-based strategies to reduce stress, build resilience, and improve overall well-being.

You will begin by applying the tools to your own life, because in this program you are your first client. From there, you will learn how to guide others through the same process, gaining hands-on practice with techniques you can use immediately with individuals, groups, or in workplace settings.

Many students take Master Your Stress as an accessible entry point to explore coaching, while practicing coaches and other wellness professionals add it to their toolkit to strengthen their ability to support clients in stress management and resilience.

What You'll Learn

Introduction to Stress

Understand what stress is, how it affects the body, and identify your personal stress levels.

Impacts of Stress

Explore the physical, emotional, and social effects of stress, including unhealthy coping mechanisms.

Physical Strategies

Learn how nutrition, movement, sleep, and other practices reduce stress and improve resilience.

Emotional & Social Tools

Use relaxation, breathing, gratitude, and mindset practices to support yourself and others.

Self-Care & Habits

Strengthen self-care, practice time management, and build positive daily

Personal Stress Plan

Create a personalized plan to manage stress and restore balance in everyday life.

GLP-1 Weight Loss Support Training

The GLP-1 Weight Loss Support Training is designed for coaches and wellness professionals who want to support clients using GLP-1 medications with skill and confidence. This program equips you with science-based knowledge and coaching tools to help clients manage side effects, stay motivated, and build the habits that make change sustainable.

You will learn how to guide clients through the emotional and behavioral aspects of their journey, from navigating mindset and body image to strengthening resilience and accountability. The training also provides clear frameworks for coaching within your scope and collaborating effectively with healthcare providers.

This course gives you specialized expertise in a growing area of wellness, positioning you to better serve clients who are seeking guidance with weight management and long-term lifestyle change.

What You'll Learn

Foundations of GLP-1 Medications

Understand how they support weight loss, their effects on the body, and common side effects.

Collaboration in GLP-1 Treatment

Communicate clearly with clients, partner with healthcare providers, and stay within scope.

Behavioral & Emotional Support Strategies

Coach clients through mindset shifts, resilience, and lasting behavior change.

Training Considerations for GLP-1 Users

Safely adapt activity for clients experiencing side effects and support confidence in movement.

Personalized Program Design

Design tailored strategies that align with each client's needs and goals.

Long-Term Support & Maintenance

Help clients transition off medications and build long-term healthy habits.

The Student Experience



User-Friendly Learning Hub

Access your courses anytime, anywhere, through a platform designed to fit your pace.



Multiple Learning Styles

Learn through video lessons, audio clips, text, and interactive discovery exercises that keep you engaged.



Hands-On Practice

Apply what you learn in peer coaching sessions and labs where you gain real-world experience.



Mentor & Peer Support

Get guidance from experienced coaches and encouragement from the Heart Warriors community.



Ongoing Growth

Graduate with a clear path forward, supported by career resources and lifelong community.



Proven Frameworks

Master practical coaching tools through quizzes, skill applications, and a final assessment.



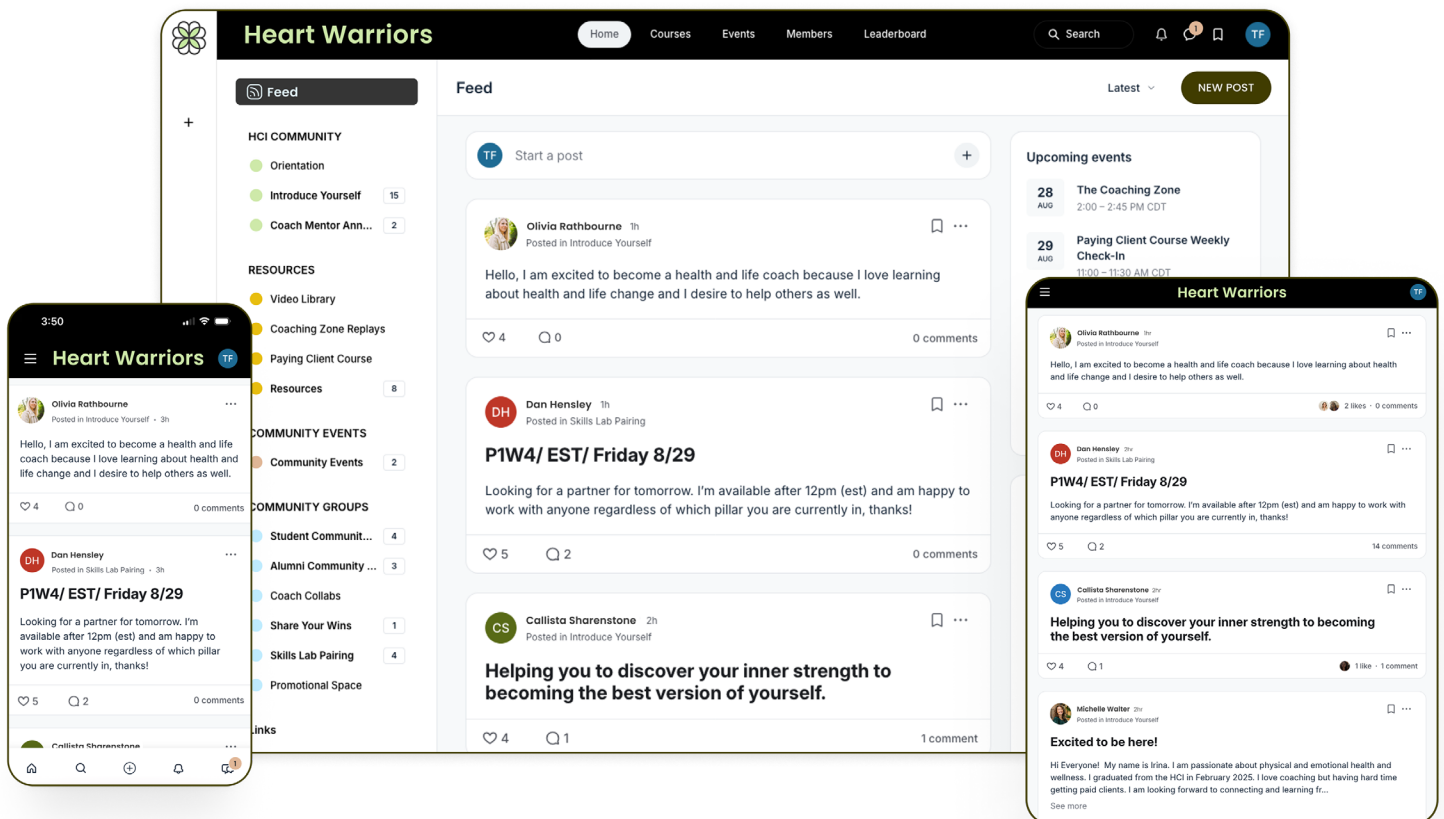
Career Assurance

Selected programs include our Paying Client or Job Guarantee to support your success.

Heart Warriors Community

When you join HCI, you become part of the Heart Warriors Community, a global network of students and graduates united by a passion for coaching and transformation. It is a place where you will be encouraged, supported, and celebrated as you grow.

Inside this community you will find connection, collaboration, and resources that go far beyond graduation. From business guidance to career support, the Heart Warriors are here to inspire you, help you overcome challenges, and remind you that you are never walking this path alone.



Program Investment & Payment Options

CORE PROGRAMS

	One Time Payment	Monthly Payment
 DUAL HEALTH AND LIFE COACH CERTIFICATION	\$ 6,750	\$ 562.5
 Advanced DUAL HEALTH AND LIFE COACH CERTIFICATION	\$ 8,450	\$ 704.16
 Advanced HEALTH COACH CERTIFICATION	\$5,000	\$ 416.67

SPECIALTY PROGRAMS

	One Time Payment	Monthly Payment
 MASTER YOUR STRESS	\$ 497	\$ 165.67
 GLP-1: WEIGHT LOSS SUPPORT TRAINING	\$ 159	NA

How to Get Started

1

Connect With Our Team

Schedule a call with a clarity coach to explore your goals and find the path that fits you best.

2

Choose Your Program

Select the certification or course that aligns with your vision and career goals.

3

Complete Your Enrollment

Finalize your enrollment in the way that works best for you, with flexible options available.

4

Begin Your Journey

Access your learning hub and join the Heart Warriors community as you take your first steps as a coach.

Schedule a call with a clarity coach to explore your goals and find the path that fits you best.



Health Coach

INSTITUTE

Confidence to Coach. Credentials to Lead.