



*Total Wellness
Empowerment
Institute*

Health Coach Course

Introduction and Syllabus





*Total Wellness
Empowerment
Institute*

Health Coach Course

About the Founder



- Nancy Guberti, MS, CN, Functional Medicine Specialist
- IMMH Practitioner (Integrative Medicine Mental Health)
- Practitioner Speaker Educator for Desert Biological
- Speaker for Desbio/Trinity School of Natural Health certified class
- GFCF Diet Counselor
- Author, Healthy Living Everyday, Total Wellness for Mind and Body
- 21+ years private practice in Greenwich CT
- Utilizing functional medicine lab testing, creating customized supplement and food regimes
- Autism Expert Practitioner Training Program
- Total Wellness Empowerment Monthly Mentorship
- Total Wellness Empowerment Mentorship
- Look & Feel Great Method: 9 to Steps Healthy Living based on clinical research
- Total Wellness Empowerment Podcast



*Total Wellness
Empowerment
Institute*

Health Coach Course

Introduction and Syllabus





*Total Wellness
Empowerment
Institute*

Health Coach Course

Foundational Core Basics

- You will learn how to identify everyday toxins affecting your health and the health of your clients, get an introduction to nutraceutical regimes, learn what factors count to focus on, implement one step at a time with your Nine Steps task sheets and then make manageable changes to boost immune potential, mood, reduce toxins around you, lose extra pounds, and take control of your health.
- The 9 Steps to Healthy Living: Look & Feel Great Method and supporting documents, will empower you in an enriched understanding of how to eat in a healthy manner, focus on factors involving sleep, stress, toxins, hydration, exercise, mindset, learn product buyer beware importance and not falling for conventional marketing traps. while positively promoting your well being.
- The Foundational Core Basics is the first 9 weeks of the Health Coach Training Program.
- This is the best format to learn in your comfort and with support & guidance. Imagine how you will feel! What do you want to accomplish once you feel great? Think about all the possibilities.



*Total Wellness
Empowerment
Institute*

Health Coach Course

Foundational Core Basics

How to Live a Healthy Lifestyle is the basic foundation.

What You will Learn:

- Gain knowledge, be empowered and take charge of your lifestyle
- Today's food situation
- Become your best health advocate
- Gain mental clarity and manage your energy to achieve your goals
- Avoid 'mass-marketing' traps
- Educate and empower others
- Gain basic nutraceutical regime
- Learn about toxins affecting your health
- Discover the natural chelators to detoxify



*Total Wellness
Empowerment
Institute*

Health Coach Course

Foundational Core Basics

How to Live a Healthy Lifestyle

What You will Learn:

- Guidelines to limit toxic exposure
- Learn about the functional medicine lab tests available
- How Stress, Sleep, Exercise... could be affecting your health
- How food plays a role in one's Gut - Brain - Immune - Adrenal - Digestion Connection
- Look at personal care and beauty products because it's also important to know what you are putting on your body
- List of Health Tips
- Useful Task Sheets to implement the newly-learned knowledge and empower yourself for each of the nine steps



Foundational Core Basics

- ✓ **Step 1** - We live in a toxic world and need to understand the toxins affecting our health as well as detoxification.
- ✓ **Step 2** - Importance of Healthy Eating Regimes Nourishing One's Body
- ✓ **Step 3** - Importance of Proper Hydration
- ✓ **Step 4** - Introduction to Nutraceutical Regime and what core basics are most important
- ✓ **Step 5** - Health Benefits of Exercise and Movement
- ✓ **Step 6** - Role of Restorative Sleep
- ✓ **Step 7** - Dealing with Stress
- ✓ **Step 8** - Buyer Beware for Personal Care, Beauty, Home, Lawn Products
- ✓ **Step 9** - Positive Healthy Mindset



*Total Wellness
Empowerment
Institute*

Health Coach Course

Mind Body Connection

- As a Functional Medicine Specialist and Integrative Medicine Mental Health Practitioner, I want to empower you in the mind body connection with this portion of the training. Enhance client outcomes with this Mind-Body Connection training.
- Research suggests that emotional health impacts one's physical health. You will learn strategies to help your clients and yourself connect the body and mind to achieve total wellness. You will learn the exact method I utilize to help my clients better understand their health, including meditation, I AM statements, the Emotional Freedom Technique (EFT), homeopathy, nutraceuticals, and more.



Mind Body Connection

- The Mind-Body Connection is essential for health coaching. The Total Wellness Empowerment Institute includes this training for Health Coaches because it has been clinically proven and utilized positively in the founder's practice.
- Health coaching can help people make healthy changes by providing the knowledge, skills, and confidence to help them transform goals into action. A health coach evaluates strengths, offers suggestions and provides positive feedback to help the client move through negative self-talk or other obstacles that can prevent progress. Coaching can help clients manage the stress of living with a chronic condition with stress management and learning mind body skills to relax and calm anxiety.
- The reasoning for this stems from the idea that physical conditions affect mental health, and that mental conditions affect physical health.



*Total Wellness
Empowerment
Institute*

Health Coach Course

Mind Body Connection

What You Will Learn

- Foundations and theories in mind-body practices
- Mind-body strategies that utilized to achieve total wellness
- How to use motivational interviewing techniques with your clients to get them engaged with their healing journey
- The powerful impact of emotional well-being on the immune system
- Empowering and clinically proven dietary and lifestyle changes for mental well-being
- Strategies for supporting clients with emotional health conditions
- Strategies for helping you, the practitioner, prevent emotional burnout
- Emotional Freedom Technique to Achieve Wellness



*Total Wellness
Empowerment
Institute*

Health Coach Course

Immune Health

What You Will Learn

- Strategies to support immune health
- COVID-19 Coronavirus 2 (SARS- CoV-2) Research
- COVID-19 Coronavirus 2 (SARS- CoV-2) Protocols
- Immune Health, Your First Line of Defense
- Nail, Tongue, Skin Analysis
- Boost Your Immune System
- How Food Impacts Your Health



*Total Wellness
Empowerment
Institute*

Health Coach Course

Adrenal-Thyroid-Hormone

What You Will Learn

- Chronic stress negatively impacts one's adrenal system, thyroid and causes hormonal imbalances. This can lead to high blood pressure, high blood sugar, excess abdominal fat (cortisol management), and inflammation. In the meantime, our health is compromised, along with our moods, and even our sex drive.
- When the adrenal glands continue to be compromised long term, there's decreased production of cortisol, and instead produce extra adrenaline, causing us to feel irritable, shaky, lightheaded, and anxious.
- Learn and take the assessment to determine adrenal and thyroid health. (Assessment signs and symptoms of adrenal fatigue compared to low thyroid function)



*Total Wellness
Empowerment
Institute*

Health Coach Course

Adrenal-Thyroid-Hormone

Why Diets Don't Work & Adrenal-Thyroid-Hormone Link

What You Will Learn

- Why Diets Don't Work
- How to Gain Energy
- Lose Belly Fat
- Crush Sugar Cravings
- Get Rid of Brain Fog
- Control Your Mood



Healthy Weight Management

What You Will Learn

- Meal Planning importance to reaching optimal health: It's crucial to reset your eating regimen to reach your optimal goals for health and even wealth! Think about it, if you feel great then you can accomplish more and go after your desired career, life and more!
- Optimal eating plan for wellness and weight management, and shopping list
- Help clients with accountability as you keep track of daily food intake with this Google Forms Meal Plan.
- Understanding KETO Diet Regime
- Understanding the GAPS diet
- Strategies for supporting clients with emotional health conditions



*Total Wellness
Empowerment
Institute*

Health Coach Course

Healthy Weight Management

What You Will Learn

- Exercise Regimes to Motivate YOU to reach your Health Goals
- Protein Guidelines & Research
- Healthy Heart & Diabetes Plan
- Benefits of a Gluten-Free & Casein-Free Diet
- The Good, Bad, & Ugly of Nutrition



*Total Wellness
Empowerment
Institute*

Health Coach Course

GastroIntestinal Health

What You Will Learn

- Strategies for supporting GI health conditions
- Histamine Intolerance & Food
- Gut-Brain Connection
- The Good, Bad, & Ugly of Nutrition
- Food Additives to Avoid
- Gut Conditions Commonly Undiagnosed SIBO, Reflux/GERD, IBS, & Gluten Intolerance



*Total Wellness
Empowerment
Institute*

Health Coach Course

Female Hormone Health

What You Will Learn

- Strategies for supporting female hormone health conditions
- Natural Remedies for Ovarian Cysts
- Optimal Thyroid Function
- Win the Cellulite Battle
- Combating Adrenal Fatigue



*Total Wellness
Empowerment
Institute*

Health Coach Course

Men's Health

What You Will Learn

- Strategies for supporting men's health conditions
- Healthy Prostate Plan
- Status of Men's Physical Health
- Key Facts everyone should know about men's mental health.
- Pre and Post Workout Supplement Plan



*Total Wellness
Empowerment
Institute*

Health Coach Course

Heart Health

What You Will Learn

- Strategies for supporting heart health conditions
- The Heart-Brain Connection, Listening to your heart can help your health
- Heart Friendly Foods
- Heart Healthy Habits
- Better Heart Health tips
- Heart Healthy Workouts
- Five Disciplines That Can Keep Your Heart Healthy



*Total Wellness
Empowerment
Institute*

Health Coach Course

Mental Health

What You Will Learn

- 5 Tips to Zen, Learn to Control Your body to Calm Down
- Stress management is an important skill and it is worth taking the time to figure out what works best for you.
- Sugar's Impact on the Brain and Mood & Body
- The powerful impact of emotional well-being on the immune system
- Empowering and clinically proven dietary and lifestyle changes for mental well-being



*Total Wellness
Empowerment
Institute*

Health Coach Course

Mental Health

What You Will Learn

- Strategies for supporting clients with emotional health conditions
- Strategies for helping you, the practitioner, prevent emotional burnout
- Seasonal Affective Disorder
- 3 Culprits to Health: Stress, Sleep, Seasonal Affective Disorder
- Thrive & Survive the Holidays: Stay Healthy & Happy



Toxins & Detoxification

What You Will Learn

- Glyphosate Awareness Educational Series. Recent studies have discovered glyphosate exposure to be a cause of many chronic health problems.
- Toxic Level checklist providing information on your detoxification and drainage systems.
- Introduction to Environmental Pollutants
- One day cleanse offers a systemic cleansing and detox can definitely give your body and digestive system a well-needed rest.
- Empowering and clinically proven dietary and lifestyle changes for detoxification



*Total Wellness
Empowerment
Institute*

Health Coach Course

Toxins & Detoxification

What You Will Learn

- Gentle Detox
- PFAS Awareness
- PFAS-Free Product Reference
- Mycotoxins Impacting Your Overall Wellness
- Mold, Moisture, & Your Home Preventative Guide
- Multiple Chemical Sensitivity Syndrome & Seasonal Allergy Link
- Are you Eating Excitotoxins? The Taste that Damages



*Total Wellness
Empowerment
Institute*

Health Coach Course

Natural Remedies

What You Will Learn

- Benefits of Clay
- Understanding the importance of Probiotics, Prebiotic & Enzymes
- Eye Health
- Lyme Prevention
- Parasite Prevention
- Mosquito Prevention
- Importance of Vitamin C



*Total Wellness
Empowerment
Institute*

Health Coach Course

Natural Remedies

What You Will Learn

- Cold & Flu Enzymes
- Diverticulitis Diet
- Boost your energy tips
- Restorative Sleep tips
- Tips to Crush Sugar Cravings
- Cancer Prevention
- Allergy Proof Your Home



*Total Wellness
Empowerment
Institute*

Health Coach Course

Natural Remedies

What You Will Learn

- Boost Metabolism Naturally
- Anti-Aging Skin Health
- Natural Remedies for Ovarian Cysts
- Healthy Kidney Health and Kidney Stone Prevention
- Healthy Prostate Plan
- Healthy Heart & Diabetes Plan
- Migraine Prevention
- Sharing Food, Remedies and Personal Care Products
- SuperFoods, Anti-nutrients, Natural Remedies



*Total Wellness
Empowerment
Institute*

Health Coach Course

Homeopathy

What You Will Learn

- Introduction to Homeopathy and Basic Principles
- Differentiate homeopathy from herbal and other complementary and alternative modalities
- Identify appropriate indications, side effects, and dosages of commonly used homeopathic agents
- Analyze the regulations and production practices of companies producing homeopathic agents
- Deciding on a Remedy
- A-Z of Homeopathy
- Homeopathic Recommendations for Health Conditions



*Total Wellness
Empowerment
Institute*

Health Coach Course

Functional and Beneficial Lab Testing

What You Will Learn

- Introduction to Functional Medicine Labs
- Importance of looking outside the norm for lab testing
- Identify what markers are beneficial for specific health conditions
- Identify functional medicine labs
- Deciding on what test to run



*Total Wellness
Empowerment
Institute*

Health Coach Course

Personal Growth & Mindset

What You Will Learn

- **90-DAY GAME PLAN** The health-goal-building strategy used to accomplish measurable outcomes and massive action, in an accelerated amount of time.
- **Total Wellness Empowerment Productivity Planner** to achieve your 90 day goals and set yourself up for **SUCCESS** with this planner.
- **I AM Statements** Words are powerful. They can either bring joy or sadness. Reflect on how you talk to yourself. What words do you put after I AM.
- **Morning Rituals** are the best way to reset your Mindset and Body and doing so will get you better aligned with mind, body, spirit empowerment. You will own your life and take charge in a positive manner.



Total Wellness
Empowerment
Institute

Health Coach Course

Are YOU ready to make an impact on the world?

- Have you given any further thought to what your life would be like if you could transform the lives of people around the world by empowering others?
- I want to help you through the ENTIRE PROCESS of becoming a powerful professional health coach.
- My training will teach you the knowledge you need to know to become a healthcare practitioner that has helped build my successful healing practice
- And I can't express to you enough how rewarding it is to know that those of you who have committed to improving your lives, are becoming so successful just because you weren't afraid to take the first step. You are certainly on your way to becoming the person you've always known you were capable of being.
- On the other hand, if you haven't made the commitment yet, what are YOU waiting for?
- The health coach program is designed to teach you how to achieve a level of confidence SO profound that you can literally boost your self-esteem AND start empowering others along with being successful sharing your message, passion and purpose.

To your success and empowerment,

Nancy



*Total Wellness
Empowerment
Institute*

Health Coach Course

Are YOU ready to make an impact on the world?

Register online at: <https://totalwellnessempowermentinstitute.com/>

Call 203-542-7390 or 203-548-0317

Leave your email address when you call