



PN Level 2

Master Health Coaching Certification

Course overview

Course title

PN Level 2 Master Health Coaching Certification

Course objectives

This Certification is an intensive “deep dive” into special topics in behavior change psychology and coaching, along with more applied practice of key principles and coaching skills (such as communication, rapport-building, or goal setting). Graduates will be able to promote deeper and more sustained change in their clients by translating technical knowledge into manageable and appropriate action steps, and by further developing their own professional skills and practice.

By the end of this Level 2 Master Class, you will be able to:

- Be a self-aware and self-questioning coach.
- Develop strong working relationships with clients. You’ll learn how to use a client-centered approach, emphasizing empathy and the “coaching alliance”.
- Be able to guide clients through all stages of the nutritional, lifestyle, and deep health coaching and consultation process.
- Learn to identify, understand, and prioritize key coaching concepts, principles, and ideas, as well as distill practical applications from broader, more abstract theories.
- Use the right tools and techniques for the job at hand. You’ll learn and practice a wide range of skills and coaching methods, and learn when to choose the correct ones for clients.
- Treat clients as unique individuals, addressing their needs holistically.

Certification and designation earned

The PN Level 2 Master Health Coaching Certification focuses on helping you continue to develop hands-on, “real-world” coaching practices and skills. So, whether you have a background as a fitness trainer, a nutritionist, or another kind of health care provider, you will continue to learn how to coach confidently and competently, at a world-class level.

With this knowledge, you will better serve clients, helping them make important – possibly even life-saving – changes in all areas of their deep health.

For those **ONLY** doing the L2 20-week core course, you’ll earn:

PN Level 2 Master Coaching Certification

With the designation of:

PN Certified Level 2 Master Coach

For those **ALSO** completing the additional educational requirements (more details below) to qualify to take the National Board for Health and Wellness Coaching ([NBHWC](#)) exam to become board certified, you’ll earn:

PN Level 2 Master Health Coaching Certification

With the designation of:

PN Certified Master Health Coach

Time commitment

Core Course = 20 weeks + two weeks final exam period. Notification of pass / fail will be given to all students at the end of the final exam period. Additional break weeks may be included for your cohort to accommodate major holidays or other important events.

The PN Level 2 Master Health Coaching Certification core course has an orientation week, 20 weeks of core content, and break weeks as defined in your Event Calendar (shared after registration on your Today page), followed by an optional two-week study period in which you can choose when to take your final written exam.

You will be expected to invest about 5-8 hours per week for all required coursework, including solving case studies, preparing for your weekly live sessions, answering reflection questions, completing quizzes and surveys, and participating in online discussions.

Optional NBHWC prerequisites

These are self-directed, taking as much time as you need to complete.

Students who meet all of the core course requirements, receive credit for attending all 20 live sessions, and pass the final written exam, will have the opportunity to opt-in to complete the additional six self-study Health Conditions and Preventive Care units and corresponding quizzes, as well as complete three live 90-minute mentoring sessions with a PN Master Coach, followed by a final Practical Skills Assessment (oral exam).

Successful completion of these additional requirements combined with the 20-week core course will complete the NBHWC prerequisite education requirements. Completion of these requirements is self-paced and can be completed at a rate that works for you and fits into your schedule. For additional details scroll down to the section below titled "Meeting the Course Requirements"

Course content and materials

Weekly lesson plan overview

Each Saturday (except for the orientation week at the beginning of the course and any break weeks), in preparation for the upcoming week, you will be assigned pre-recorded **video lectures to watch with corresponding reflection questions to complete, prep material to be reviewed prior to your live workshop,** and a **daily coaching practice / habit** to work on each week, via PN's student platform.

The goal is to give you plenty of time to review and prepare for your weekly live sessions.

- **Daily coaching practices** are small tasks aimed at enhancing your day-to-day coaching. These small tasks are suggestions for you to engage in and be aware of in your own coaching practice. These are highly encouraged but not required.
- **Weekly self-study lectures and reflection questions** contain information, theories, ideas, concepts, analysis, and more. Watch, listen, and reflect on these pre-recorded lectures and answer the weekly reflection questions to help you prepare for your live session.
- **Live session prep** will contain any specific material you'll need to review prior to attending your weekly live workshop. During the live sessions, you will review the week's self-study material and also engage in small group discussions, as well as live coaching practice with your peers.

In addition to your regular weekly content some weeks you'll also receive:

- **Written case study assignments.** In weeks 1, 6, and 11, you will receive a written case study assignment which you will complete and turn in during weeks 6, 11, and 16.
- **Quizzes.** You'll complete a quiz approximately every 4-5 weeks covering the previous content of the course, helping to prepare you for the final exam.
- **"How are you doing?" surveys.** Periodically we'll ask you to assess your own progress and let us know how YOU are doing.
- **Program surveys.** Periodically we'll ask you to let us know how WE are doing and how we can improve.
- **Final exam.** Students will complete a 100 question multiple choice final exam following the completion of the course. There will be a two-week exam period following the 20-week core course in which you can choose when to take your exam. All students will be notified of their pass / fail status at the end of the final exam period.

Course syllabus overview

Weeks 1-5: COACHING FOUNDATIONS and THE COACHING PROCESS, AN OVERVIEW

Week 1: Introduce yourself and what you do

- What is a coach, and what can they do? Know your scope of practice
- The power of client-centered and awesomeness-based coaching
- Connecting goals to values, priorities, and identity
- Ethical coaching and how to have a deep health focus

Week 2: Starting a coaching practice

- Planning your coaching systems, structures, and scheduling
- Using The PN 6-Step Coaching Process across contexts
- Preparation and time management for effective coaching
- The GSPA model applied to growing your business

Week 3: Building deep connections with clients

- The science of empathy, compassion, and connection
- How to develop your coaching presence
- Advanced connection skills and active listening techniques
- Leveraging space and nonverbal communication skills
- Using the power of Why with clients

Week 4: Running an (awesome) Kickoff call

- The stages of an effective Kickoff meeting
- Balancing coaching guidance with client-centeredness
- Best practices for managing client data and records
- Goal types and how to facilitate healthy goal-setting

Week 5: The cycle of a client relationship

- Noticing client patterns and stories
- Setting expectations and boundaries with clients
- Tactics for encouraging steady improvement over perfection
- Ending client relationships successfully (and navigating messy endings)

Weeks 6-10: COACHING PSYCHOLOGY AND COMMUNICATION

Week 6: Advanced communication tactics for client change

- The 5 most powerful words in coaching
- How learning works and how to structure information effectively
- Communicating (and choosing) priorities with clients
- Navigating the information ocean with clients

Week 7: Motivational interviewing

- The four key components of effective motivational interviewing
- Question formatting to promote client insight
- Client resistance and ambivalence (and how to navigate it)
- Reflective listening as a tool for client change

Week 8: Cognitive-behavioral approaches to coaching

- Helping clients move from reactive to proactive thinking
- CBT-style techniques for dealing with client stress, worry, and avoidance
- Building client awareness and assessment skills
- Recognizing emotions as action blueprints

Week 9: Building action plans that work

- How to build an action plan with your client
- Goal-setting frameworks and when to use them
- SMART goals, implementation intentions, and other psychological techniques
- Spotting limiting factors and big opportunities

Week 10: Providing client support in tough situations

- “Gut coaching” and tapping into your coaching instincts
- Helping clients “break the chain” of events that lead to unwanted behavior
- Using a strengths-focus and cultivating client self-compassion
- Addressing negative self-talk

Weeks 11-15: COACHING PSYCHOLOGY AND COMMON OBSTACLES

Week 11: The science of mindset and confidence

- How to spot a growth or fixed mindset
- Coaching tools for increasing client autonomy and efficacy
- The role of performance goals versus mastery goals
- Neuroplasticity and providing feedback that works

Week 12: Somatic psychology and the role of the body

- Introduction to somatic psychology and the role it plays in behavior
- Building bodily and appetite awareness in clients
- How to powerfully coach a client through a mindful eating practice
- Noticing & naming as a flexible mindfulness technique

Week 13: Using the psychology of motivation and willpower

- Spotting and facilitating the different types of motivation
- Advanced techniques for dealing with “unmotivated” clients
- Myths and misconceptions around ego depletion and willpower
- Using narrative therapy techniques in a coaching context

Week 14: Environmental and social influences on client behavior

- Understanding client triggers and helping clients manage them
- Shaping the path using environmental changes
- The layers of environment and how to help clients audit their space
- Helping clients build rituals and manage time
- Working with kids and families

Week 15: Strategies to increase change readiness and soothe coaching frustrations

- Understanding and using the transtheoretical model of change
- Impostor syndrome as a coach and how to cope
- What to do when you make a coaching mistake
- Compassion-fatigue, burnout, and keeping your “coach tank” full

Weeks 16-20: ADDRESSING UNIQUE CLIENT SITUATIONS and PULLING IT ALL TOGETHER

Week 16: Using crucial conversations with complex clients

- Considering sensory input and cognitive processing differences
- Steps for starting a crucial conversation
- Emotional self-regulation tools for difficult coaching moments

Week 17: Diversity and life stages

- Understanding and working with various health disparities
- Accommodation, meeting clients where they're at
- Considering life stages and transitions between them
- Coaching clients of different ages

Week 18: Inclusive coaching

- Understanding and working with culture
- Understand the difference between sex and gender
- Understanding and working with ability vs disability
- Using our “First Five” framework for helping clients change

Week 19: Body-positive coaching and working with disordered eating

- Understanding body image and it's components
- Staying in our scope of practice when working with body image
- Knowing the difference between eating disorders and disordered eating
- Recognizing disordered eating in clients
- Applying strategies to help clients reduce disordered eating patterns

Week 20: Looking forward: continuing to develop your coaching self

- Continued self-development and growth as a coach
- Utilizing your unique abilities to build and support your coaching practice
- Using your referral network
- Developing a strategy for your coaching practice

Meeting the course requirements

Successful completion of the 20-week core course

You must:

- Complete at least 75% of the daily lessons (15/20).
- Complete at least 75% of the assigned quizzes (3/4).
- Complete and pass all three written case study assignments.
- Complete and pass the final exam, with a score of 75% or higher.
- Attend and participate in all 20 live sessions (2 hrs each week). NOTE: This requirement only applies to those students who are self-selecting the NBHWC path. Read the “Live session attendance requirements” below for more details.

On your Today page, you'll see a progress section that will let you know where you're at each week, helping you keep track of your requirements.

Final exam

Your final exam, which will be delivered at the end of the program, includes 100 randomly assigned multiple-choice and true / false questions.

All questions must be answered to submit your exam and cannot be edited after your submission is complete.

You will have a two-week window in which you can study, complete your initial attempt and, if needed, a retake. A score of 75% or higher is required to pass.

If you do not attain 75% on your first go, a **single retake** will be delivered to you. You must complete your retake within the two-week exam period, so please don't wait until the last day to take your initial attempt at the exam.

Successful completion of the optional NBHWC requirements

Instructions and content for these additional requirements will automatically be delivered to students who qualify at the conclusion of the final exam period for the 20-week core course.

To pass these requirements you must:

- Watch and review the pre-recorded self-study lectures for all six of the Health Conditions and Preventive Care units.
- Complete the corresponding quiz for each Health Conditions and Preventive Care unit.
- Complete three 90-minute live mentoring sessions with one of our PN Master Coaches, preparing you for your Practical Skills Exam (oral exam).
- Complete and pass a Practical Skills Exam (oral exam) with 75% or higher. A detailed list of 35 core coaching skills will be provided along with a coaching scenario so you'll be fully prepared to conduct a full coaching session as the coach for your oral exam. Demonstrating 28 of the 35 core elements learned during the 30-minute zoom session will earn you a passing grade

Live session attendance requirements

Students not on the NBHWC credential path are HIGHLY ENCOURAGED to attend the weekly live sessions but they are not mandatory to earn your L2 Master Coach credential through PN.

For students pursuing their NBHWC credentials:

You are expected to attend and participate in all 20 live classes to meet your attendance requirement. Each session is 2 hours in length and you must be in attendance for a minimum of 105 of the 120 session minutes for that week's session to count as full attendance.

If you are on the NBHWC path it is important that you look ahead on your calendar and plan ahead for potential absences.

If there is an emergency or you need to prearrange an absence due to a previous commitment, **you can miss the live session TWICE during the course, complete the make-up assignment, and still earn credit for that session.**

Make-up assignments will be sent to all students who have missed the weekly live session on the Friday or following Monday after the conclusion of all of the live sessions for that given week. Make-up assignments are not sent to students who have missed more than 2 live sessions.

Live session attendance will be updated on your TODAY page by Tuesday the following week. This is a manual process so we batch the work after we conclude all sessions for that week.