

[www.healthcoachesacademy.co.za](http://www.healthcoachesacademy.co.za)

# Become a Health & Wellness Coach with HCA

Become a Health Coach, inspire others to be healthy and create a career you *love*



**HCA**  
Health Coaches Academy

# Welcome to the Health Coaches Academy

Train to become a Professional Health & Wellness Coach and make a real difference in the world with the UK's most experienced Health Coaching & Nutrition team.

At HCA, our mission is simple: to make a **meaningful difference** in the **health, wellbeing, and happiness** of people worldwide. We do this by training passionate individuals to become the highest skilled Professional Health & Wellness Coaches, to meet the **growing demand**.



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# A personal introduction from our CEOs...



Ann & Carolyn

“

I realised when I lost my own health in 2002 and couldn't find the right support, that there was a gap in the healthcare support system - doctors could do tests, dieticians and nutritionists could write plans but no-one could give me the time and support to figure out for myself all the different things I needed to do, to deal with the root causes of my loss of wellbeing. I went on my own health journey and restored my own health and got to the heart of what I needed, and what so many others needed too. With my background in coaching and mentoring, which I already understood to be a powerful behaviour change process, it was logical to blend this with a nutrition approach and to help others on their journey to wellness.

I have worked as a Health Coach since 2003 and been training others in the process since 2007. In 2017 I co-founded the Health Coaches Academy to provide a professional, accredited training route for others to become Health Coaches too and enjoy the same level of success in enabling others to transform their health.

- Carolyn

“

My story started in my early 40s, juggling a corporate career, young family and ageing parents. The thought that kept me awake at night was 'there must be more to life'. My job didn't inspire me and I had no clear sense of purpose. I returned to full-time education and completed a degree in Nutritional Therapy. Within a few months of graduating, my practice was full and I ran successful group programmes for over five years - I loved it!

My biggest motivation was, and still is, to get 'the message' to more people, and at the heart of this is the message that we can do so much for ourselves to reduce the risk of long-term chronic illness and that most people need help to change. I am privileged to be a co-founder of the Health Coaches Academy where we are training passionate individuals who are making a difference in the health and wellbeing of people all over the world. This is the future of real health care; Health Coaches truly have the best job in the world!

- Ann

# & Directors

“

Having lost important family members who could still be with us today if they had the knowledge I do now, I became determined to work in the field of health

& nutrition and educate others in how to take control of their own health. I studied Nutrition and Health Coaching, giving me the right blend of skills to change lives, and I have never looked back. People struggle with so many things in their lives that prevent them from living life well and as a Health Coach with Nutrition training too, that our course provides, you can help them find the right solution to all the problems in their lives that are contributing to their health issues - whether this is diet, stress levels, sleep patterns, the way they think, happiness levels, whatever is contributing to loss of health and wellness. As Health Coaches, we have the honour of being able to help people to change their lives for the better.

*- Alison*

**Communications Director**



“

Having been in the health and fitness industry for over 25 years, I was frustrated by the inability to get sustainable results with our patients with the limitations that we were working within until I discovered health coaching, which opened up a whole new world to me and allowed my personal businesses to flourish. But I realised that, as heart-centred people who were passionate about making a difference in the world as health coaches, it was essential to continue the community feel that HCA fosters, while also learning the skills of being a business owner.

The Hub, which started in 2022 and now has over 350 members, is committed to your business success. Our mission is to train and support a tribe of expert Health Coaches to confidently build successful practices, transforming the health and lives of the population that needs us!

*- Kate*

**Hub Director**



# Meet the HCA Senior Team

We are a team of dedicated professionals with backgrounds in Health Coaching, Nutrition, Coaching, Mentoring and Marketing, committed to providing a thorough, professional and life changing experience for all those who choose to train with us.

With our expert panel of international guest speakers to inspire and support you, you can feel confident you have the right teachers and mentors so that you can enter and thrive in this growing profession. We have also been mentors to the nutrition profession in the UK since 2007 and we are as passionate about supporting you to build a successful practice as we are about training you to confidently coach in one of the most important areas you will ever work in.



**Carolyn St John Loder**  
CEO & Director of  
Health Coach Training



**Ann Garry**  
CEO & Director of Health  
& Nutrition Training



**Alison Jones**  
Communications  
Director



**Nikki Wilson**  
Director of  
Studies



**Mary Walker**  
Head of Live  
Supervision



**Lyn Hatch**  
Head of Student  
Experience



**Kate Couchman**  
Hub  
Director



**Marcelle Dubruel**  
Senior Health  
Coach Trainer



**Jana Burraston**  
Head of Student  
Support



**Rene Fourie**  
Project  
Manager



**Catherine Shelton**  
Curriculum  
Coordinator



**Leane Adolph**  
Senior Course  
Consultant



**Gina Grubbe**  
Lead  
Assessor

# Why health coaching?

Health Coaches are trained in health, lifestyle factors that contribute to health, nutrition and coaching so that they can both support and coach people to enjoy improved health and a new level of energy and vitality. They are experts in enabling people to come up with a vision for their health, aligned with what is most important to them, create inspiring health plans and new healthy lifestyle habits, uncover their barriers to success, reach their health goals and live life to the full.

According to recent data\*, the Health & Wellness coaching market worldwide is projected to grow by 8.91% over the next 5 years, resulting in a market volume of US\$26.61bn in 2029.

\*Statista, 2024



**Monique Weschta**

This course has been a life changing experience for me. There's so much more to it than diet and coaching. I was very unhappy in the hospitality industry so I quit my job and went for it. I am now combining my Health Coaching practice with Yoga, collaborating with a Health Shop to deliver wellbeing talks and helping people to change their lives through personalised sessions. I absolutely love it!



**Simon Heale**

My time with HCA has been life changing. The nutritional awareness and knowledge I am gaining including the depth of coaching skills provided has equipped me with a powerful mode of health change for all. Being able now to be a guide to better health, to coach to find a life of vitality and fulfillment is a privilege to witness unfolding.



**Anusheri Padayachee**

As a 53-year-old menopausal woman, I felt I was losing control of my health. Training with HCA has helped me to feel healthier, fitter, stronger, and more mentally aligned. I am now working with a number of corporate clients delivering holistic health coaching services to leaders and am also in the process of designing a health & wellness peak performance programme with a large corporate entity.

# Your ever-growing career opportunities

In the rapidly growing field of health coaching, new opportunities are constantly emerging, allowing you to creatively tailor your approach and make a meaningful impact in diverse areas, for example:



## Healthcare Facilities

Work in hospitals, clinics, wellness centres, rehabilitation centres, and private practices to support patients in recovery, chronic condition management, and overall wellness.



## Non-profit Organisations

Collaborate with community health organisations, public health departments and charitable organisations to improve public health through education and tailored wellness programmes.



## Private Practice

Offer personalised, flexible, one-to-one services to clients, addressing their specific health and wellness needs, online or in-person.



## Educational Institutions

Implement health education, support student wellness, and lead public health workshops at schools, colleges and universities.



## Corporate Settings

Develop wellness programmes, collaborate with HR departments, and provide employee assistance to improve workplace health and productivity.



## Keynote Talks / Workshops

Deliver keynote talks and workshops at conferences, corporate events, and community gatherings on various health and wellness topics.



## Fitness & Wellness Centres

Create personalised fitness and wellness plans, providing guidance on exercise techniques and nutrition, setting and tracking goals, and offering motivation and accountability.



## Beauty & Holistic Therapies

Collaborate with beauty and holistic therapy centres to offer clients personalised wellness plans that complement their beauty treatments.



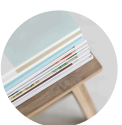
## Health & Wellness Retreats

Guide participants through a range of health and wellness activities such as mindfulness, meditations, fitness activities, cooking demonstrations and more.



## Use Data-Driven Insights

In today's tech-driven world, Health Coaches can help clients make informed health decisions by interpreting and taking action on data from wearable devices



## Books / Publications

Contribute to magazines, online publications and blogs, providing valuable insights, practical tips and inspiring stories to motivate readers towards healthier lifestyles.

You are only limited by your  
*Imagination...*

# Where will health coaching take you?

Every day we are hearing different stories about new and unique ways that HCA graduates are supporting others through health coaching covering a whole range of areas including:

Menopause  
Neurodiversity  
Weight loss  
Trauma-informed  
Diabetes  
Gut health  
Heart health  
Healthy ageing  
Cancer care  
Mental health  
Infertility  
Cardiometabolic health

I loved how the course was structured to carefully guide us through the process of learning and development. I'm now working with another Health Coach delivering group coaching and training domestic workers to prepare healthy meals for their employers. We are also collaborating with a psychologist and doctor who are creating a holistic clinic and are now a key part of their offering.

**Lisa, South African HCA Graduate**





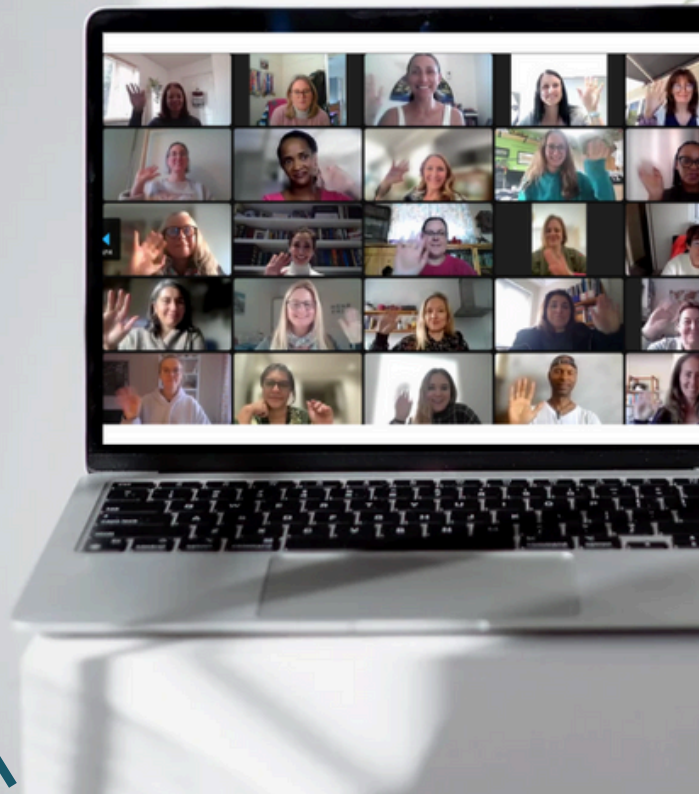
# What is it like to train with HCA?

## 3-Day Live Training Events

We run unique in-person 3-day training events, twice a year in London, UK, and once a year in South Africa, providing the opportunity to meet the leaders of our academy, practise with peers and fully immerse yourself in the world of Health Coaching for an experience that has been described as 'life-changing'.

## Weekly Mentoring

You'll receive weekly mentoring with our specialist professional mentors in close-knit, supportive groups of up to 18 students.



## TUITION FEES

Registration:  
R3,000

Course Fee:  
R37,450

MONTHLY PAYMENT PLAN  
AVAILABLE

## Quarterly special live events

We host quarterly 1-Day Special Live Events online with highly respected guest speakers from the health and wellbeing industry to enrich your studies, including Michael Arloski, Patrick Holford, Dr Indra Barathan, TedX speaker Darryl Edwards, and many more.



# Our 3-Day Live Health Coach Training Events

We are the only Diploma training course that offers the unique opportunity to experience Health Coaching live with the leaders of our Academy, across three dynamic days: twice a year in London, UK, and once a year in Johannesburg, South Africa.

Our 3-Day Live in-person events encourage students to fully immerse themselves into the world of Health & Wellness Coaching, providing the chance to:

- Meet and get to know the HCA central team in person, including our very own directors
- Connect with like-minded, passionate students from different stages of the course
- Hear and learn from expert speakers in the Health, Nutrition, Wellbeing, Health Coaching and Business and Marketing industry
- Take part in interactive breakout sessions, putting newfound knowledge and skills into practice with peers
- Graduate LIVE with the HCA team including our Director of Studies, Nikki, & Head of Live Supervision, Mary
- Bring your learning to life!





# Become part of the HCA family

At HCA, we believe that a supportive community can truly transform your learning journey. That's why we offer a robust support system comprising mentors, expert guidance, and opportunities for meaningful interaction with peers and the HCA team at our numerous live and in-person events.

A unique feature of our course is that you receive weekly group mentoring with specialist mentors in Coaching, Health & Wellness, Nutrition, Health Coaching and Marketing. It is within these sessions that long-lasting friendships among students are often made as you go through the course together.

Always someone on hand to support you, whether it's your amazing student support team, group mentor - we've got you!

## What students say about HCA's Diploma:



### Kate Whitfield

"HCA is SO supportive, you never feel alone - such a great community. I love how connected you feel with all the online mentor sessions. I really don't believe that you can become a Health Coach by just learning theory without any practical work and this is where HCA really stands out.

HCA really prepares you, helps you to feel confident and grow as a person! I am so grateful for the HCA team and for helping me chase my dreams."

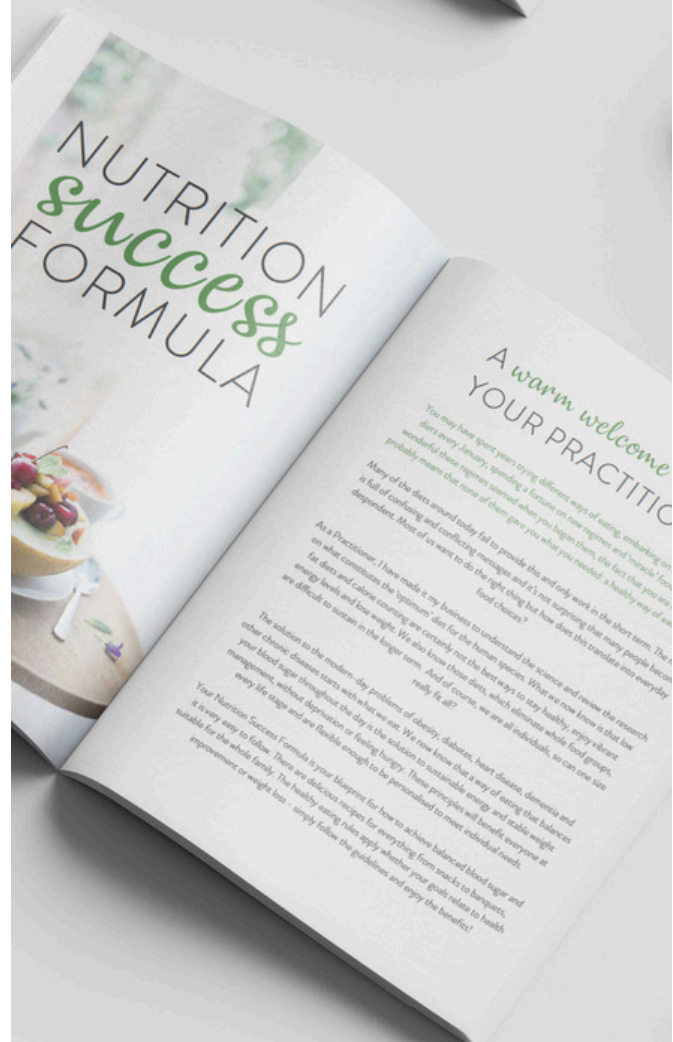


# Post-graduation support

We care about you as a student with us during your studies and we also care about your results practising out there in the world; we have our very own Health Coaches Hub **EXCLUSIVELY** for HCA graduates to keep you motivated, building on your skillset and moving forward with your business.

When you graduate you will have the opportunity to join the HUB providing you with a new community of like-minded professionals and business club membership, giving you access to:

- Special guest events with international speakers
- Monthly coaching clinics
- Group business coaching sessions to show you how to get new clients
- Supportive Hub community (sharing successes and helping you grow)
- Your own profile page on the Hub 'Find a Health Coach' website
- Professionally written and designed marketing materials to help you attract new clients
- Hub Academy with invaluable training and event recordings
- Ideas Hub to inspire and motivate you
- Team Hub Mentors to support you



**Antoinette Freeman**

"I really enjoy the community spirit of the Hub. I love getting ideas and learning from the other Hub members. The team are so kind and caring, you can tell that they genuinely want to help you to succeed as a Health Coach."





**TUITION FEES**

Registration:

R3,000

Course Fee:

R37,450

MONTHLY PAYMENT PLAN  
AVAILABLE

# An overview of our Level 5 Diploma in Health & Wellness Coaching

Our 12-month training course will teach you everything you need to know to become a highly skilled, Professional Health & Wellness Coach and help you to build a thriving practice. Split into four key pillars, you will learn:



## Foundations of Coaching

You will discover the fundamentals of health coaching, including its history, different models, and essential coaching skills. Working with a weekly mentor you learn about coaching versus mentoring, social styles, and client management, while also engaging in personal development and practical exercises.



## Foundations of Health & Wellness

You will explore nutrition fundamentals, blood sugar balancing, dietary models, and lifestyle impacts. Engage in discussions, practical meal planning, and advanced health concepts to enhance your coaching skills.



## Health & Wellness Coaching in Action

You will apply your learning as a Health & Wellness Coach, working with a volunteer through 8 sessions and reflective practice. You'll master the 7 Step Process of Change, gain real-world experience, and utilise a library of done-for-you coaching tools.



## Becoming a Health & Wellness Coach

In this final pillar, you will conduct five case studies, integrating your learning and seeing the transformative power of health coaching in action. You will also create your 'Essential Launch Plan' to establish and grow your own successful health coaching practice.

# Your Diploma Syllabus

The course consists of modules with lots of exciting topics to learn in each one in your own time. Your training builds through the stages of the foundations of coaching, health and nutrition through to the health coaching behavioural change process and right up to expert marketing skills for your business launch plan.

	FOUNDATIONS OF COACHING		COACHING MODELS & WORKING WITH DIFFERENT PERSONALITY TYPES
	FOUNDATIONS OF HEALTH AND WELLNESS		THE BUILDING BLOCKS OF NUTRITION
	WHY CHANGE IS A MUST, A CLIENT CENTRED APPROACH		CLIENT PROFILING AND GETTING CLEAR ON WHAT NEEDS TO CHANGE
	DIFFERENT DIETARY MODELS		DIETARY & LIFESTYLE INTERVENTIONS TO SUPPORT GOOD HEALTH
	LIFESTYLE FACTORS THAT PROMOTE GOOD HEALTH		ACHIEVING SUCCESS AND MAINTAINING SUCCESS
	BODY SYSTEMS AND DISEASE		BLOOD SUGAR BALANCING NUTRITION PLAN
	TAKING COMMITTED ACTION, SEEING REAL RESULTS		OVERCOMING BARRIERS AND CHALLENGES
	CREATING YOUR PERSONALISED HEALTH STRATEGY		GETTING READY TO COACH
	ESSENTIAL LAUNCH FORMULA FOR HEALTH COACHES		DONE FOR YOU BONUS HEALTH COACHING PROGRAMMES & RESOURCES

[VIEW FULL SYLLABUS HERE](#)



# Your Health Coaching Diploma

## Study mode:

Part-time, flexible hours to fit around work, family and other commitments

## Learning hours:

600 total learning hours (including 120 live training hours)

## Blended learning:

Online live training, 3-day in-person training, inspiring webinars and workshops, weekly mentoring, coaching clinics, practice coaching TRIPODS and easy-to-follow short videos and presentations on our online Academy.

## Course length:

12-months

## Course intake months:

January, April, July, October



## TUITION FEES:

### **Full Course Fee:**

**Registration Fee: R3,000**

**Course Fee: R37,450**

### **Monthly Payment Plan:**

**Registration Fee: R3,000**

**Course Fee: 12 x R3,500**



# Our Partners & Accreditations

Upon successful completion of the Health Coaches Academy training you will receive our Diploma in Health Coaching and be able to practise as a Certified Professional Health Coach in the UK and worldwide\*. You will also receive a diploma in life coaching, and therefore have a dual award. We have undergone the rigorous approval process with the following Professional Associations. At the end of your training you can choose to join one, or more of these Associations as a professional member.



## APPROVED TRAINING PROVIDER

Approved by the UKIHCA; the professional body for Health and Wellness Coaches internationally.



## ACCREDITED TRAINING PROVIDER

Accredited by The Association for Coaching® (AC); a leading independent, professional body dedicated to promoting best practice and raising the awareness and standards of coaching, worldwide.



## APPROVED TRAINING PROVIDER

Qualifi is a UK awarding organisation regulated by the government body, Ofqual. HCA graduates earn a Qualifi approved Level 5 Diploma, recognised across the European Qualification Framework.



## APPROVED TRAINING PROVIDER

Comensa (Coaches and Mentors of South Africa) is the SAQA recognised professional body for Coaching and Mentoring in South Africa who regulate the coaching and mentoring professions in South Africa.



## ACCREDITED TRAINING PROVIDER

PCI sets the standards for evidence-based training in personalised care within the NHS. Our course has passed their rigorous accreditation process, enabling you to confidently practise as a Health Coach in the NHS.



## APPROVED TRAINING PROVIDER

The Ministry Of Defence Enhanced Learning Credits Scheme promotes lifelong learning and provides financial support for Armed Forces members to pursue our Diploma training course.

\*Please check the requirements for each country where you wish to practise as some may vary (e.g. USA).



# How to get started



## Entry Requirements:

Whilst there are no specific entry requirements, it's important you feel ready to study and are realistic about the commitment and the level of study involved. This course often attracts those who are planning a new career and often have transferable skills which we recognise, whether you are educated at a higher education level or not.

## Prerequisites:

What is vital for us is the commitment you show and the passion behind your desire to become a Health Coach; we therefore like to talk to everyone who is interested in joining us before we can offer you a place. Please follow the link below to book your free personal call with our specialist course consultants.

## Next Steps

If you would like to find out more about starting a new career in health coaching, we invite you to take one of the following options:

Join a **FREE** webinar with the leaders of our Academy

[Join](#)

**Book a Discover Health Coaching call with our specialist course consultants**

[Book](#)