



ADAPT Health Coach Training Program Overview

We call this the ADAPT Health Coach Training Program for a few reasons. Naturally, ADAPT refers to the fact that we must address the mismatch between our genetic code and the modern world we live in by adapting—by aligning our bodies with our environment.

But ADAPT also refers to another thing that must change: our entire medical system. The sickcare model that evolved to address acute issues (infection, broken bones, etc.) is not equipped to address the greater threat of chronic disease.

We not only need to adapt our individual behaviors; we need to adapt as a society so that we can more effectively address the issues posing the largest threat to our health and our lives. ADAPT is about making positive changes that last ... and when you're trained in this approach, you become a change agent.

The ADAPT Health Coach Training Program is designed specifically to:

- **Uphold** high, evidence-based standards
- **Directly address** the steep rise in chronic disease nationwide
- **Close the frightening gaps** in the current healthcare system
- **Equip, support, and train** health coaches to do paradigm-shifting work

WHAT'S INCLUDED IN THE ADAPT HEALTH COACH TRAINING PROGRAM

This comprehensive program ensures that you receive everything you need to establish and grow your coaching career.

EDUCATION & TRAINING

Top-notch content on the art and practice of coaching, Functional Health, and professional development, delivered in a way that informs—without overwhelming.

COMMUNITY

A tight and connected group of ambitious and health-minded professionals like you dedicated to maintaining supportive relationships with their clients and each other.



PRACTICE & SUPERVISION

Our emphasis on practical application, mentorship, and practice coaching means that you'll have plenty of focused feedback and guidance and never be left to fend for yourself.

CAREER DEVELOPMENT

Health coaching doesn't start with serving clients, but with finding them. We help you set up, establish, and structure your practice so that you can run it as a profitable business.

Pre-Practicum: dedicated to acquiring the knowledge and skills to become a successful health coach.

- The estimated time commitment is 10 to 12 hours per week, depending on learning style, experience, and past education.
- The curriculum is designed and optimized to maximize learning and retention, based on cutting-edge learning theory.
- The Pre-Practicum will focus on developing coaching skills (core competencies as the building blocks of coaching, motivational interviewing, stages of change, strengths, mindfulness, etc.) and acquiring knowledge and understanding in Functional Health.

Practicum: dedicated to applying and fostering coaching skills by practicing what you learned in the Pre-Practicum and even working with actual clients.

- During the Practicum, you will continue to focus on building the core skills that you acquired during the Pre-Practicum. You will learn how to deepen your coaching conversations while guiding your clients toward growth and change.
- Smaller group sessions will provide both time and guided feedback from Mentor Coaches to continue to grow your skills into effective coaching conversations with your clients. You will have the opportunity during the Practicum to begin sourcing and working with real clients.
- Additionally, during the Practicum, you have the opportunity to participate in two individualized Practical Skills Development (PSD) sessions. These sessions provide both written and verbal feedback in a one-on-one format to launch your skills to the next level.
- The culmination of the course is the Practical Skills Assessment (PSA), which is similar to a university oral final exam. Successful completion of the PSA is a requirement for ADAPT certification and for the National Board certification as well.