

How to Choose the Right Health Coaching School for You

— Evaluation Checklist —

	Key Considerations
✓	What is the program's approach to nutrition, and how is it rooted in evolutionary science or evidence-based research? <ul style="list-style-type: none">Ensures the school provides solid, scientifically-backed nutritional education.
✓	Does the curriculum include education on fitness, sleep optimization, stress management, and other lifestyle factors? <ul style="list-style-type: none">Verifies that the school takes a holistic approach to health coaching.
✓	How up-to-date are the coaching methods and tactics taught in the program, and does it include practicum or real-world coaching experience? <ul style="list-style-type: none">Ensures the school teaches modern coaching techniques and provides practical, hands-on learning.
✓	Does the program provide training on business, marketing, and sales to help me build a successful coaching practice? <ul style="list-style-type: none">Validates that the school supports students in becoming successful entrepreneurs.
✓	Is the program accredited by reputable bodies like NBHWC, and does it follow industry standards? <ul style="list-style-type: none">Ensures the school is recognized by top organizations and meets established standards.
✓	How flexible is the program in terms of pace? Can I complete it on my own schedule, or is it structured with fixed start dates and attendance requirements? <ul style="list-style-type: none">Helps determine if the program fits into the student's lifestyle and commitments.
✓	What support will I have access to after graduation? <ul style="list-style-type: none">Identifies whether the school offers career support, mentorship, or additional resources after certification.
✓	Can I interact with faculty members directly, and how accessible are they for questions or guidance during the course? <ul style="list-style-type: none">Ensures that students will have the support they need from instructors.
✓	What is the school's track record? Are there success stories or testimonials from graduates that demonstrate the effectiveness of the program? <ul style="list-style-type: none">Helps gauge the program's success rate and real-world impact.
✓	What is the school's track record? Are there success stories or testimonials from graduates that demonstrate the effectiveness of the program? <ul style="list-style-type: none">Clarifies the full financial commitment and ensures there are no surprises.

Visit primalhealthcoach.com/call

