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ICI Standards & Curriculum for: ICI accredited "Health Coaching (HC), ICI"

The qualification for "**Health Coaching (HC), ICI**" is accredited by the ICI. The member of the ICI as "**Coach Master Trainer, ICI**" : **Dr. Seyed Reza Sohrevardi (MD)** , who developed the curriculum, have the right to seal the certificates of this certification course with an ICI seal. If you have any questions, please contact dr.reza.sohrevardi@gmail.com, our ICI member directly.

Introduction to "Health Coaching (HC), ICI"

Health coaching is a two-way process that helps clients (coaches) to achieve their health goals, and clients need a health coach to help them maintain healthy behaviors in order to change and improve their lifestyle, habits, and health behaviors.

In health coaching, in addition to the fact that the coach helps his clients to grow and mature in this way, health coaching can be a window to entrepreneurship for coaches.

Duration & procedure :

Duration & procedure of the training of the 120 hours 60 days:

- a minimum of 3 hours training in a day.
- a minimum of 90 hours of theoretical online trainings/practice and 30 hours online group exercise.

Training Program:

Health Coaching, ICI module 1		30 Hrs
Type	Topics	Hours
Trainings	Introductions and history of coaching	3
Trainings	Coaching Tools according to ICI standard.	3
Trainings/Practice	Coaching method in theory and practice.	3
Trainings/Practice	Solution-oriented coaching tools.	3
Trainings/Practice	Wonder questions and questioning techniques.	3
Trainings/Practice	VAKOG. - Sub-modality transfer.	3
Trainings/Practice	Definitions and importance of health coaching.	3
Trainings/Practice	Roles of health coach.	3
Trainings/Practice	Self Confidence & Self Steam	3
Trainings/Practice	Health components	3

	Health Coaching, ICI module 2	30 Hrs
Type	Topics	Hours
Trainings/Practice	The wheel of health	3
Trainings/Practice	Stress management	3
Trainings/Practice	NLP techniques in coaching	3
Trainings/Practice	Timeline Therapy	3
Trainings/Practice	Self-coaching tools	3
Trainings/Practice	Coaching tools in work-life balance	3
Trainings/Practice	SCORE Model & Motivation techniques	3
Trainings/Practice	Success Anchor	3
Trainings/Practice	Modelling	3
Trainings/Practice	GROW Mode	3
	Health Coaching, ICI module 3	30Hrs
Type	Topics	Hours
Trainings/Practice	levels of prevention (primary, secondary, tertiary)	3
Trainings/Practice	Overview of chronic diseases	3
Trainings/Practice	Integration of inner conflicts	3
Trainings/Practice	Resource Trance	3
Trainings/Practice	Gain health coaching skills	3
Trainings/Practice	In-depth learning of new health coaching topics	3
Trainings/Practice	- A new opportunity to create entrepreneurship and earn income in the role of health coach	3
Trainings/Practice	- Helping improve the health of the community	3
Trainings/Practice	Mental training	3
Trainings/Practice	Anxiety management	3
Trainings	Group exercise	30
	Total Hours	120

Target group:

with powerful NLP and Coaching techniques: for physicians , nurses, treatment staff, medical and hygiene students, trainers, coaches ,managers, and all those interested in physical and mental health.

This training enables people to:

- 1 - Helping to prevent chronic diseases, including diabetes, cardiovascular disease, hypertension, and cancer, cigarette smoking and alcohol addiction , etc.....
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- 2- Helping to carry out persistent and continuous self-care in the case
- Improving the health of society.
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- 3- Helping to change lifestyle in terms of changing habits.
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- 4- Entrepreneurship and earning more income by becoming a professional in advanced health coaching
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The ICI certificate for: "Health Coaching (HC), ICI" must include:

1. the correct title of the qualification: "Health Coaching (HC), ICI"
2. the duration of the course with precise information regarding training days and hours (at least 120 hours including 30 hours online group exercise and 90 hours online Trainings/Practice)
3. the date of the first and last day of the training

4. a statement that all ICI guidelines have been met
5. the ICI seal (sticker with ICI logo and seal number)
6. the signature of the "Coach Master Trainer, ICI"

The following statement is optional for an ICI sealed certificate:

"Because of the high quality of this training it may be recognized as ECTS credit points in academic studies in Psychology with a Focus on Coaching.

For more details, please refer to "ICI Certification Guidelines"