



LEVEL 2 MASTER HEALTH COACHING CERTIFICATION

UNPARALLELLED **MENTORSHIP**

UNBRIDLED **CONFIDENCE**

UNPRECEDENTED **RESULTS**



APPROVED
TRAINING
PROGRAM



“THIS PROGRAM IS LIFE-CHANGING”



THAT'S WHAT WE HEAR—over and over—from graduates of the Precision Nutrition Level 2 Master Health Coaching Certification.

And they don't just mean it teaches them how to change lives. It does that, for sure.

They say it improves their *own* lives, profoundly.

“L2 is 100% worth it,” says Maria Alejandra Rondon, a graduate who earned her Certified Master Health Coach credentials in 2022. “It took my coaching to a new level and made me a better person.”

Jessica Kilinski, another one of our graduates, says, “I feel I'm not only a better coach but also a better human being. I'm more able to hold difficult conversations, find compassion, and just listen.”

Says Ginger Carter Wanko, yet another one of our grads: “If you have the opportunity to do this, jump on it. If you dig in and do the work, it will change your life.”

Honestly, that's the kind of feedback that makes us *really* proud of what we do.

Here's a funny story, though:

We didn't set out to make the industry's best health coaching certification.

Originally, this program was created to train new, in-house PN coaches for our own coaching program, where we coach thousands of clients who want to improve their health, fitness, and nutrition.

PN Coaching cohorts can be *huge*—up to 300 clients per coach—so we needed an efficient method to prepare our

coaches to handle a wide variety of clients, each with unique challenges and goals.

We were blown away by the results.

Already great coaches became *10 times better* at creating connection, overcoming obstacles, and helping clients make the kind of progress that previously seemed impossible.

After seeing the results with our own coaches, we knew we had to share this with *everyone* who had a passion for helping people change.

So, twice per year, we accept a dedicated group of students into our exclusive mentorship program. Then, over the course of 20 weeks, we help them become among the top 1% of coaches in the world.

In the following pages, we'll sneak you into our “classroom.”

We'll tell you more about what makes our program so special, introduce you to your instructors and a few of our successful grads, and give you a thorough overview of the Master Health Coaching curriculum, as well as what a typical week looks like as a student.

Just like our clients and the coaches we train, we're always changing, too. Our program is constantly updated and supported by the most recent research, and what we learn from working with clients in *today's* world.

We're confident this program will help you change lives—including your own.

Warmly,

TIMOTHY JONES
Precision Nutrition CEO





TABLE OF CONTENTS

- > 5 reasons to become a Level 2 Master Health Coach [1](#)
- > Become a Board-Certified Coach [9](#)
- > Which coaching path is right for you? [10](#)
- > What does coaching success look like these days? [12](#)
- > Why choose PN? [17](#)
- > Meet your instructors [21](#)
- > Who is the Level 2 Master Health Coaching Certification for? [25](#)
- > Program overview [28](#)
- > A week in the life of an L2 student [32](#)
- > Course syllabus: What you learn in 20 weeks [34](#)
- > Course completion requirements [39](#)
- > Our team: Here to help [40](#)

5

Reasons to Become a Level 2 Master Health Coach

The Precision Nutrition Master Health Coaching Certification is unlike any program of its kind. It stands out in the industry—so you can stand out, too.

What makes it so special?

1 GET HANDS-ON COACHING EXPERIENCE AND LIVE FEEDBACK

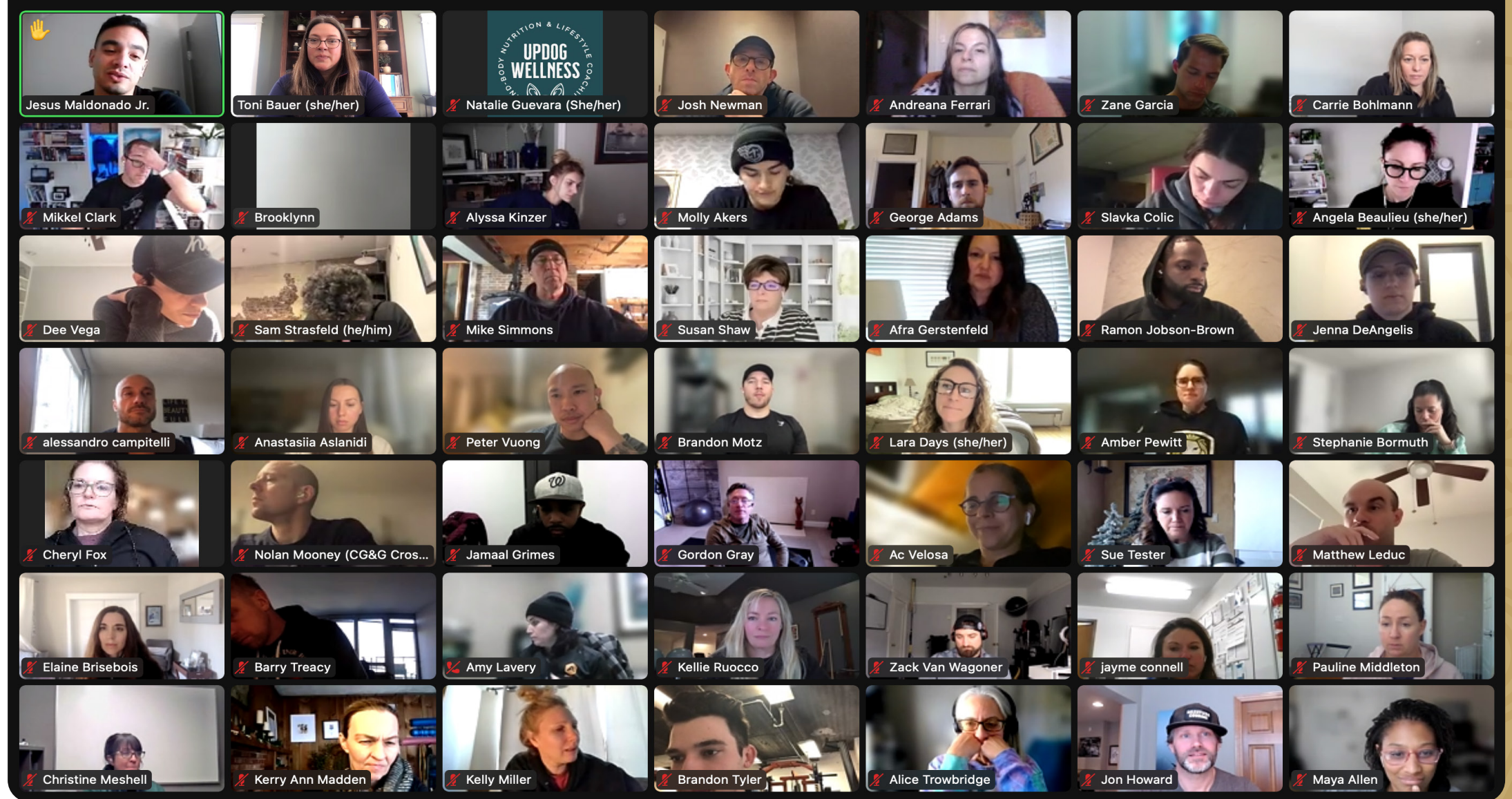
In the L2 Master Health Coaching Certification, you'll learn new coaching skills, but you'll also get to *practice* them—in real time.

Through case studies, live online workshops, small-group discussion, and opt-in office hours with your instructors, you'll *apply* what you're learning with peers, get expert feedback, troubleshoot, and hone your skills.

This is unique among coaching certifications, which tend to be theory-based, and can leave you feeling unprepared for clients in the “real world.”

As one of our grads said, “If Level 1 was like learning how to do surgery, the Level 2 Master Class is like standing beside a world-class surgeon while they help you *perform* surgery.”

We hear this feedback often: Our students tell us that applying what they learned in this kind of challenging, yet supportive environment is what truly got their coaching chops ready for the real world.



—ZOE GEORGAS JOHNSON
Level 2 Master Health Coaching Certification Graduate

“PN2 will teach you how to mobilize your personal strengths in ways that will place you among the elite in your field. The program’s coaches are fantastic resources, providing spot-on insights, valuable information, and just the right touch of supportive mentoring.”

2 UNLOCK THE POWER OF CHANGE PSYCHOLOGY

Coaching certifications often focus on teaching clients what to *do*. However, being a highly-effective coach requires helping people actually *follow through*.

This is where clients really struggle.

That’s why our curriculum will help you master behavior change psychology. This will equip you with the knowledge and tools to help your clients take action, even when motivation flounders and life gets messy.

When clients can do this, they flourish, and can experience results they haven’t been able to achieve before.

The obvious benefit to you: Ecstatic clients, which means more incredible testimonials, more word-of-mouth referrals, and a more rewarding career.



3 LEARN VIA A STRATEGIC CURRICULUM

We don't just train Master Health Coaches. We also coach our own clients every day. In fact, over the last 15 years, we've worked with 100,000 people.

That gives us deep insights into how to solve their most frustrating problems, which we integrate into this program. From working with difficult clients, to using special techniques like Motivational Interviewing, you'll learn how to handle the most complex coaching scenarios.

And to maximize learning and retention, our curriculum is structured with weekly coaching focuses and habits you can apply immediately with your clients (and yourself).

The result: You become a better coach every single day.

—KEITH COUNTESS
Level 2 Master Health
Coaching Certification
Graduate

“This course has made me realize that there is no end to the skills and knowledge that can be acquired to make yourself better. These concepts are ones that you can read in the morning and use in the afternoon.”



4

DISCOVER HOW TO TRANSFORM LIVES (NOT JUST BODIES)

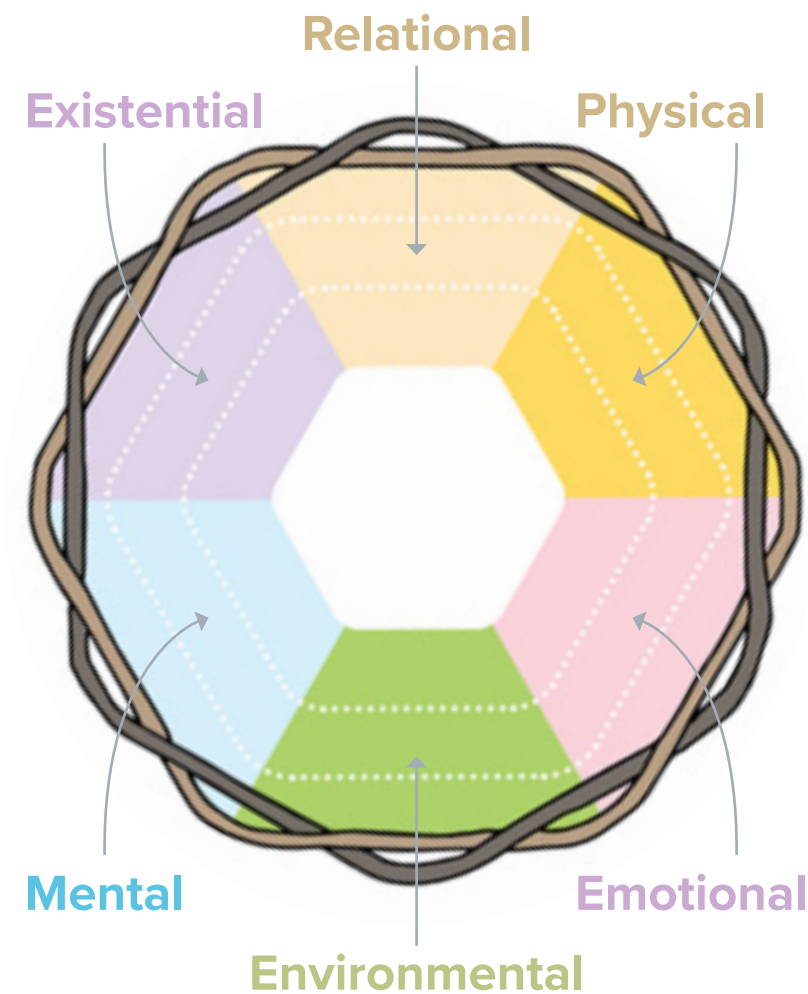
It sounds like a health and fitness platitude, but our coaching method can truly transform every aspect of a person's life.

(Even if they're "only" coming to you for six-pack abs.)

The Level 2 Master Health Coaching Certification stands out by helping you master "Deep Health" coaching—a holistic method that focuses not just on physical health, but also on a person's emotional well-being, mental clarity, social connections, everyday environment, and overall sense of purpose and meaning in life.

This rare, indispensable skill can help you improve how clients feel, think, and act. And that's an incredibly powerful formula for dramatic and lasting change.

THE SIX ELEMENTS OF DEEP HEALTH



—MICHELLE MOBLEY SIMPSON
Level 2 Master Health
Coaching Certification Graduate

“I find that I am becoming equipped to coach clients from all different walks of life. This isn't 'surface' coaching, it gets to the core of human nature, habits, and emotion. Best thing I've done for myself as a coach thus far.”

5 A GUARANTEED RETURN-ON-INVESTMENT

Ninety-five percent of our graduates rate our program as “the best course I’ve ever taken in my coaching career.”

Plus, recent data from over 100,000 coaching clients shows that the average Precision Nutrition Level 2 coach:

Gets and retains **10 times as many clients** vs. the average L1 coach

Gets **better results** with those clients

Reports having **more fun and enjoyment** in their coaching practice



We stand by this program.

So, when you make a commitment to learn from us—we make a commitment to you: **You’ll have the best coaching experience of your life—or your money back.**

That’s our promise.

We’ll coach you for 20 weeks. If you commit to the program, finish all 20 weeks of coaching, and do at least 75% of the program (live sessions, self-study lessons, case studies, quizzes, and final exam) and *still* don’t think it was the best coaching experience ever, we’ll give you a full refund. No questions asked.

—CHRISTOPHER LITTEN
Level 2 Master Health Coaching Certification Graduate

“I’ve been PN2 certified since 2015. Prior to that, I had been a personal trainer since 1994. Will you make more money? Absolutely! Hard numbers? I’ve coached 50+ clients utilizing ProCoach* at an average price point of \$100/month. My depth of knowledge gained from PN2 has supported all of them, my personal training clients, my relationships with family, my interactions as a leader of 6 staff at my facility and on and on.”

*Precision Nutrition’s professional coaching software, available to all PN-certified coaches

“I used to be a nurse—and now I help people stay out of the hospital.”

JEN GERASIMAS

Master Health Coach, Master Trainer

Title: Founder and Owner of 7Core Wellness

Age: 42

Location: Washington, DC

The PN L2 Master Health Coaching Certification helped me go from working as a registered nurse to running my own fitness and nutrition coaching business.

I always dreamed of helping people improve their wellness, but I didn’t know exactly how to do it.

As a nurse, I noticed that most people knew they needed to make healthy lifestyle changes; they knew they should eat better, move more, and so on. But these same people struggled to make those changes in their daily lives. I wanted to be the kind of coach who could help people make sustainable changes in a way that works for them.

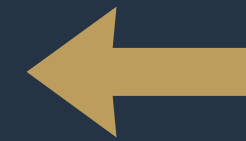
The PN L2 Certification showed me how to do exactly that. The Cert gave me a path forward to coach the way I really wanted to coach, beyond personal training.

Now I’m able to help people not just with their nutrition but their sleep, their stress, their fitness, and all the things that support their deep health.

Today, I can proudly say that my coaching services help people stay healthy—and stay out of the hospital.



Become a Board-Certified Coach



The Precision Nutrition Master Health Coaching Certification is an approved training program recognized by the National Board for Health and Wellness Coaching (NBHWC).

When you graduate from an approved program like ours, you qualify to apply for the NBHWC National Board Certification Examination and have the opportunity to earn the designation, National Board Certified Health and Wellness Coach (NBC-HWC).

Why should you care about this designation?

Board-certified coaches have access to...



Increased Job Opportunities

The research is clear. Health and wellness coaches help patients avoid hospitalizations, directly reducing healthcare costs. That's probably why many healthcare organizations are adding coaches to their payrolls.

However, many companies will only hire folks with the NBC-HWC credential. So receiving this credential can put your resume at the top of the pile.

More Clients

The media frequently cautions consumers to look for the NBC-HWC designation as a way to distinguish "legit" coaches. As a result, potential clients will be more likely to choose YOU over someone without it.

Your certificate also gets you a complimentary listing in the National Directory of Board-Certified Health & Wellness Coaches. Clients and organizations can search for coaches by state, city, or zip code.

Insurance Coverage for Clients

Coming soon: The NBHWC is working on getting codes approved for insurance reimbursement. Once in place, clients can submit their coaching sessions for insurance coverage. That means more consumers will be able to afford health coaching—and that's good for everyone.

Which Coaching Pathway Is Best For You?

When you enroll in the Precision Nutrition Master Health Coaching Certification, you can choose between three professional development options.

In the below chart, you can compare the requirements and time frame associated with each option.

	OPTION #1 PN Certified Level 2 Master Coach	OPTION #2 PN Certified Master Health Coach	OPTION #3 National Board Certified Health & Wellness Coach (NBC-HWC)
1 week orientation	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
20 weeks core curriculum	<input checked="" type="checkbox"/> (Students must complete >75% of the course material, pass all 3 case study assignments, and pass the final exam with a score of >75%. Participation in weekly live sessions is highly encouraged, but <i>optional</i> .)	<input checked="" type="checkbox"/> (Students must complete >75% of the course material, pass all 3 case study assignments, and pass the final exam with a score of >75%. Participation in weekly live sessions is <i>mandatory</i> .)	<input checked="" type="checkbox"/> (Students must complete >75% of the course material, pass all 3 case study assignments, and pass the final exam with a score of >75%. Participation in weekly live sessions is <i>mandatory</i> .)

	OPTION #1 PN Certified Level 2 Master Coach	OPTION #2 PN Certified Master Health Coach	OPTION #3 National Board Certified Health & Wellness Coach (NBC-HWC)
0-2 weeks final exam prep and completion	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
4-12 months Self-paced Health Conditions & Preventive Care units and quizzes • 3 x 90-minute mentoring sessions • Practical skills oral exam <small>(All the above are included in the cost of your L2 program)</small>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
5+ weeks 50 health and wellness coaching sessions <small>(Time allotted largely depends on how many clients you can see each week)</small>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
3-4 months Board exam application and completion <small>(PN students have an above average pass rate at 92%)</small>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

You can read more about the NBHWC exam application requirements here: <https://nbhwc.org/become-a-board-certified-coach/>

The Demand for Health Coaches Is Booming

We get it: You want to pursue a career you feel passionate about... but you also want to make money.

And good news:

People are investing in their health more than ever.

34%
growth

According to LinkedIn, based on year-over-year growth and volume of job offerings, the need for healthcare support staff—which includes health coaches—has grown an impressive **34 percent since 2019**.

▲ **2031**
● **12%**
● **2023**


Research from the Bureau of Labor Statistics predicts that demand isn't diminishing either: Employment opportunities in health education professions are projected to grow by **12 percent between now and 2031**—a much faster rate than the average for all occupations.



Based on industry reports, our internal data, and interviews with several coaching companies:

What's the average health coach salary?

The amount of money you make depends on many factors:

-  Whether you're self-employed or work for a company
-  How much you charge each client
-  Your levels of interest and motivation
-  The time you can commit
-  The results you can deliver




\$40,000 to \$240,000+

Estimated yearly income for a **self-employed coach**

\$40,000 to \$75,000

Estimated yearly income for a **full-time, company-employed coach**

If self-employment isn't for you, you can work for a company that employs health and nutrition coaches. Although the earnings tend to cap a little lower, you can still make a great living.

 Note: All monetary figures are in US dollars.



Secrets of Super Earners

Super Earners—the top 10 percent earners among our grads—charge, on average,

\$120
per hour

with some earning more than **\$240,000 per year**



What does it take to join those ranks?

Our data shows that Super Earners were more likely to...

- 1** Have a nutrition degree or advanced certification such as Precision Nutrition Master Health Coaching Certification
- 2** Have more than two certifications
- 3** Have at least 3-5 years of coaching experience
- 4** Work in a more specialized environment, such as in corporate wellness
- 5** Work with special populations, like with seniors or elite athletes
- 6** Offer a mix of in-person and online coaching, rather than one or the other
- 7** Work in nutrition coaching full-time (as opposed to part-time or “side hustle”)

While Super Earners were statistically more likely to have those seven traits, not every Super Earner had all seven. For example, just because you lack a nutrition degree doesn't mean you can't reach the Super Earner level. Focus on what you have control over, and watch your earnings grow.

JONNY LANDELS

Master Health Coach, Certified Nutritionist

Title: Owner of Next Step Nutrition

Age: 32

Location: Leeds, England

Before I took the PN L2 Master Health Coaching Certification, my coaching practice revolved around short-lived body transformations using techniques like counting calories or macros.

I used this approach on myself for years, and I knew a lot about sports nutrition, but my clients weren't getting results. They struggled with consistency and adherence, and any changes they achieved were often short lived.

Truth is, I struggled too: I would lose fat, and gain it back. I couldn't figure out what I was doing wrong.

The PN L2 Certification transformed the way I coach. It taught me how to understand what a client really wants, and how to create action steps with them so they stay committed and actually change—as opposed to just giving clients a plan and insisting they stick to it.

Since getting certified as a Master Health Coach, I also discovered a whole new client base. Most people don't want (or need) a strict plan. They just want to lose fat, keep it off, and stay healthy. So, I shifted my focus to serve people who want to get results without obsessing over their diets.

Now I have more clients—happier, healthier clients—than ever before.

And to be honest, I'm happier and healthier too.

“I changed how I coached—and my clients changed too (for the better).”



Why Precision Nutrition?

Over the past 15 years, we've coached over 100,000 clients to make massive, meaningful changes to their lives.

And, we've educated over 150,000 health and fitness professionals—in over 150 countries worldwide—so they can do the same transformative work we do.

Our coaching program has been validated in multiple peer-reviewed journals, and we've been featured in top publications like *The New York Times*, *The Huffington Post*, *Women's Health*, and *Time*.

Some of the world's biggest companies, professional sports teams, and premier athletes have consulted with us.



The New York Times



Women'sHealth



TIME



It's been an honor to have so many people and institutions trust our programs and certifications.

But maybe more importantly, why should *you* trust us?



THE PN DIFFERENCE

1

We rigorously test our methods. Every year we test and validate our coaching methods with close to 1,000 people who want to improve their health in our personal coaching program.

2

We make the certification even better. Then, we refine and update our certification based on the latest scientific research and our clients' results.

3

We share all our secrets—with you. We teach you all of our proven, cutting-edge coaching methods, tools, and strategies. Based on real people and data. We're the only program that does this.



TONI BAUER
BA, NASM-CPT, PN2-MHC, NBC-HWC, Director of Coaching and Education Operations



TREY RECK
PN2-MHC, Curriculum Writer



JOHN BERARDI
PhD, CSCS, Co-Founder

PLUS, OUR PROGRAM WAS CREATED BY SOME OF THE SHARPEST MINDS IN THE INDUSTRY.

Coaching isn't just what we do; it's who we are.



BRIAN ST-PIERRE
MS, RD, CSCS, Director of Nutrition and Performance



KARIN NORDIN
PhD, Curriculum Advisor



KRISTA SCOTT-DIXON
PhD, Program Creator



Meet Your Instructors

DOM MATTEO

Title at PN:

Level 2 Master Health Coach Instructor

Education and Coaching Credentials:

BA, NASM-CPT, Mayo Clinic Certified Wellness Coach, PN2-MHC, NBC-HWC



Dom has been a Level 2 Master Health Coach instructor for seven years and has worked with corporate clients such as Nike, Lifetime Fitness, and Equinox. He also played over a decade in nationally competitive men's rugby. And as a health coach and personal trainer, he's got nearly 15 years of experience working directly with clients.

Along with his impressive professional credentials, Dom's personal journey has greatly contributed to his exceptional abilities as a coach and instructor.

Many years ago, Dom was classified with "morbid obesity." Having lived in a larger body—and then eventually losing over 100 pounds—gives Dom a deep understanding of the change process and enables him to connect with clients on a profound level.

"I've been on both sides of the spectrum of physical health," says Dom. "My life has been full of extremes, and this allows me to have great empathy and perspective as a coach."

But Dom's most potent coaching "superpower"? Listening. "I try to hear not just the words people are saying, but also the thoughts and feelings they're trying to express," he says.

As a Level 2 instructor, Dom is passionate about empowering others to achieve their full potential. "I love helping coaches recognize their abilities—and their value," says Dom. "This program can shave off at least 3 to 5 years of learning for students. I love being part of something that has that kind of impact."



TONI BAUER

Title at PN:

Director of Coaching and Education Operations

Education and Coaching Credentials:

BA, NASM-CPT, PN2-MHC, NBC-HWC

With over 20 years of coaching experience and a wealth of knowledge in the industry, Toni Bauer is a trusted and deeply experienced master coach.

After running her own successful personal training company for several years, Toni has spent the past 11 years with Precision Nutrition, working with thousands of clients and students. Plus, as a mother of two, Toni understands the challenges of balancing work, family, health, and personal growth.

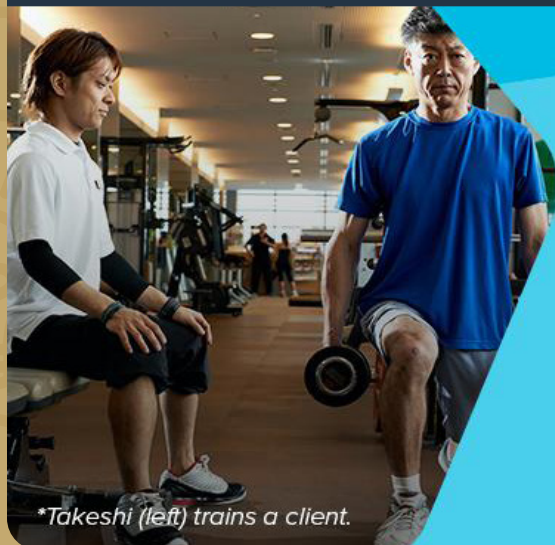
As a coach, Toni is known for her non-judgmental approach. She normalizes the awkwardness and growing pains that tend to come with change and growth, and meets all students and clients with compassion and firm support.

When asked to describe her favorite part about coaching, Toni says, “I love that moment where people begin to feel empowered, when they really start to believe in themselves and their ability to define and create a life they’ll thrive in.”

Helping clients and students envision—then take action to create—a better future is what Toni lives for. But according to Toni, better futures don’t require heroic effort.

Says Toni, “A little effort each day goes a long way. People who practice consistency through small actions tend to get the most out of the program. It’s the turtle, not the hare, that gets ahead.”

HEAR FROM A GRAD



*Takeshi (left) trains a client.

Coaching is an art form. The dynamic between a coach and a client is the key to success. Now that I’m Level 2 certified, I feel clients trust me more. And I know I am offering value, and giving as much as I can. I feel I can truly impact someone’s life, and my own life means something.

Takeshi Hirata,
Tokyo, Japan



JAY BONN

Title at PN:

Level 2 Master Health Coach Instructor

Education and Coaching Credentials:

MA, PN2-MHC, NBC-HWC

Jay Bonn is a seasoned educator and coach with a passion for helping others reach their full potential. A former elementary school teacher, Jay made the switch to a career in health and fitness in 2008. Since that time, he’s coached thousands of clients and students, through both PN’s Men’s Coaching program and the Level 2 Master Health Coaching Certification.

With all his experience teaching and coaching, you’d think Jay has always been a natural leader. But it wasn’t always that way.

“I used to be known as the ‘shy, quiet one.’ I had to work to be comfortable talking to people,” he says. “But I learned that communication is a skill like anything else, and now I can empathize with people who take a little longer to open up.”

Like his fellow instructors and many of our graduates, Jay also appreciates the scope of the impact the Level 2 Master Health Coaching Certification can have on someone’s life.

“Many of the skills and concepts you learn in this program are things that are applicable to all areas of your life,” he says. “To get the most out of this—and grow as a person and coach—think beyond your coaching role and consider how these apply elsewhere.”

HEAR FROM A GRAD



I spent over 25 years in finance in San Francisco and Silicon Valley. Then I decided to pursue fitness and nutrition. Precision Nutrition’s Level 2 program has been part of this journey. It’s so rewarding to now be able to help others better understand their relationship to food, exercise, others, and the world around them.

Jacqui Leblanc,
San Francisco, United States





Who is the Level 2 Master Health Coaching Certification for?

We'll say this upfront: The PN Level 2 Master Health Coaching Certification isn't for everyone.

This program creates the best health coaches in the world. So the reality is: It can't be for everyone. It's only for those who strive for the highest levels of mastery.

Is it for you? Here's how to know if it's a great fit.

1. You strive for excellence, and you're ready for a challenge.

You're the kind of person who's ready to prioritize your professional and personal development. You're also eager for feedback, and open to mentoring.

With this program, you'll have the support to reach new heights and become a confident, knowledgeable health coach.

Embrace this challenge, dedicate yourself to growth, and see what you're capable of. The rewards are worth it.

—BRONWYN ADAMS-HOOPER
Level 2 Master Health Coaching Certification Graduate

“With 9 years under my belt as a coach, I expected to learn from this course, but not to the extent I have. I have had long-held beliefs challenged and had to re-examine some of my own priorities, making me a better coach and person through increased knowledge and a supportive system.”

2. You're passionate about health, and helping others.

Our most successful Level 2 students have already completed PN's Level 1 Nutrition Certification or a similar program, and bring experience from working with clients or patients.

But those aren't prerequisites.

The most important factor: You're the kind of person who wants to make a lasting impact in the lives of others.

—LEANN HATLER
Level 2 Master Health Coaching
Certification Graduate

“ I LOVED the Master Health Coaching Certification. L1 gave me a ton of information that was great for getting me started in coaching nutrition. L2 taught me so many different aspects of bringing this coaching to life. The case studies helped me define my perspective as a coach as well as learning to flow with the client's needs and goals. There isn't enough room to expound on the value of the mentoring that you receive.”

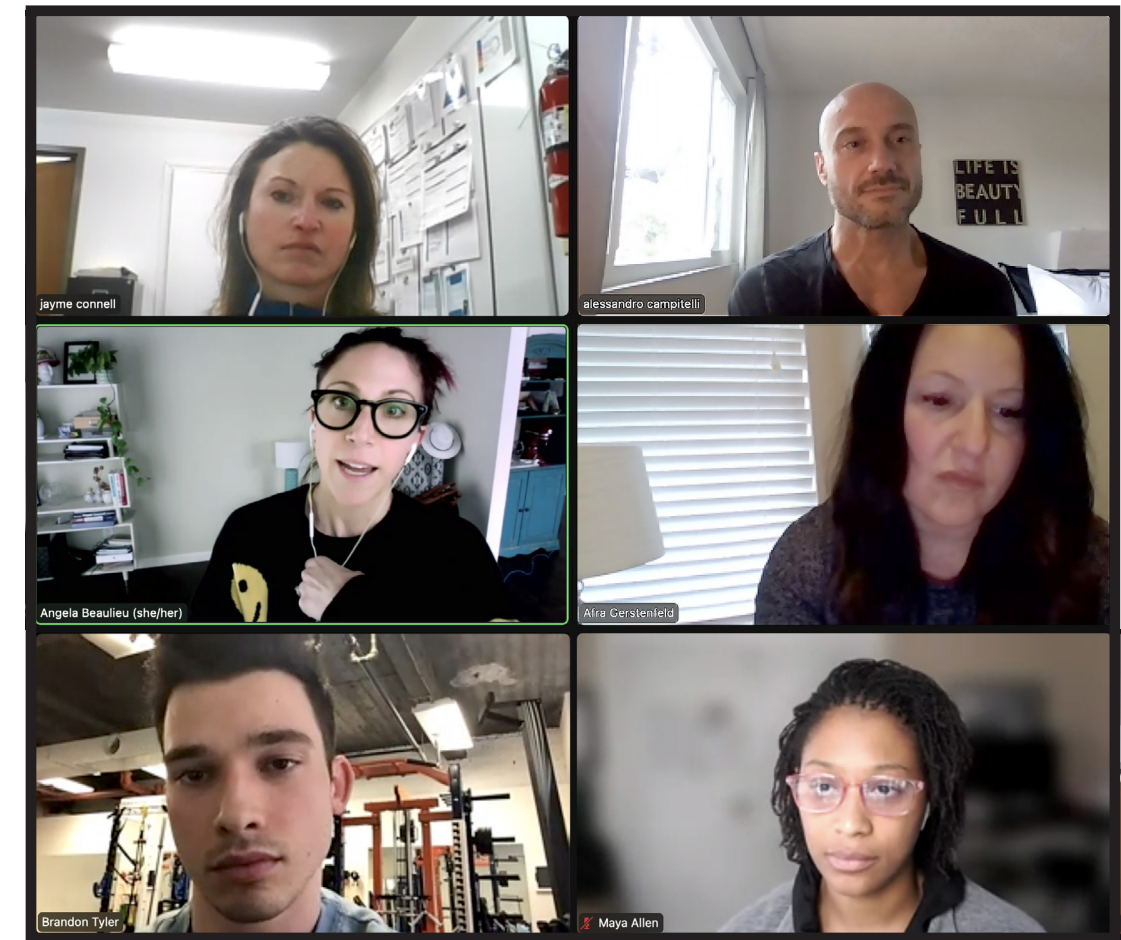
3. You love learning, and want to invest in the highest quality education.

You're the kind of person who wants to continuously improve and believes in investing in yourself. You have a hard time settling for mediocrity.

And, you're ready to dedicate 5-8 hours a week participating in live online learning sessions, practicing your new skills through coursework and case studies, and connecting with a supportive community of fellow health and fitness professionals.

—ASHLEY MILLER HENRY
Level 2 Master Health Coaching Certification Graduate

“I can not say enough positive things about this program. It's totally shifted my ENTIRE PERSPECTIVE ON LIFE. I think that people should take this course to better understand people if nothing else. I'm having post L2 withdrawal. I enjoyed it so much.”



4. You want to optimize your coaching skills—and your ability to deliver client results.

If you're happy with where you are right now—you feel totally confident that you can help anyone who comes through your door—that's awesome. Keep doing what you're doing.

—JAMES HAGGARD
Level 2 Master
Health Coaching
Certification Graduate

But if you want to:

- Take your coaching skills to the highest possible level
- Deliver exceptional results for those you serve
- Make a lasting impact in the health and wellness field

... And you're ready to put your heart and mind into mastering your craft—then you belong here.

The PN Level 2 Master Health Coaching Certification is for *you*.

“I believe there isn't a single person I can't help with the coaching skills I've developed during L2. The confidence to be able to help anyone is both energizing and empowering.”

L2 Program Details

PROGRAM OVERVIEW

The Level 2 Master Health Coaching Certification is a 20-week immersive mentorship. It includes:

Daily coaching practices:

These small tasks are designed to enhance your day-to-day coaching, and can greatly help you gain awareness of and improve your skills. However, you aren't required to do them to pass the course.

20 weeks of core content*

which includes:

Weekly self-study lectures and reflection questions:

This content will explore coaching theories and concepts. Watching and reflecting on these pre-recorded lectures—and answering the weekly reflection questions—help you prepare for your live mentoring sessions.

* You should expect to spend 5-8 hours per week reading course material, reviewing pre-recorded lectures, responding to reflection questions, and attending live workshops.

1 orientation week

where you get organized, familiarize yourself with the platform, and meet your coaches

More info on page 30



Weekly 2-hour live sessions:

Sessions are held over Zoom, where you'll discuss case studies or course materials as a group, then practice what you're learning with your peers in small "break-out rooms."

3 case studies:

Case study assignments are spread out throughout the course. These will explore different coaching themes and help you apply what you've learned to complex client scenarios.

4 quizzes:

You'll complete these approximately every 4-5 weeks. Quizzes help you assess your own learning and progress, and prepare for the final exam.

2 weeks of preparation time for your final exam

(If needed!) You can take the exam at any point during this period.



1 final exam

The exam is a 100 question multiple choice and/or true or false test following the completion of the course.



You'll also have access to:



Weekly "office hours" with your instructors:

Slots are offered several times per week, to suit various schedules. These are excellent opportunities to get more individualized mentorship with your instructors, due to the smaller group setting. Use these to get extra help with the course material, feedback on your coaching skills, or guidance on tricky client situations.

A private Facebook group:

This exclusive and highly supportive group includes your L2 peers and is moderated by your instructors. Use this space to ask questions, network, and create study groups. Many of our students create relationships here that last years to come.

3X 90-minute private coaching sessions with an instructor:

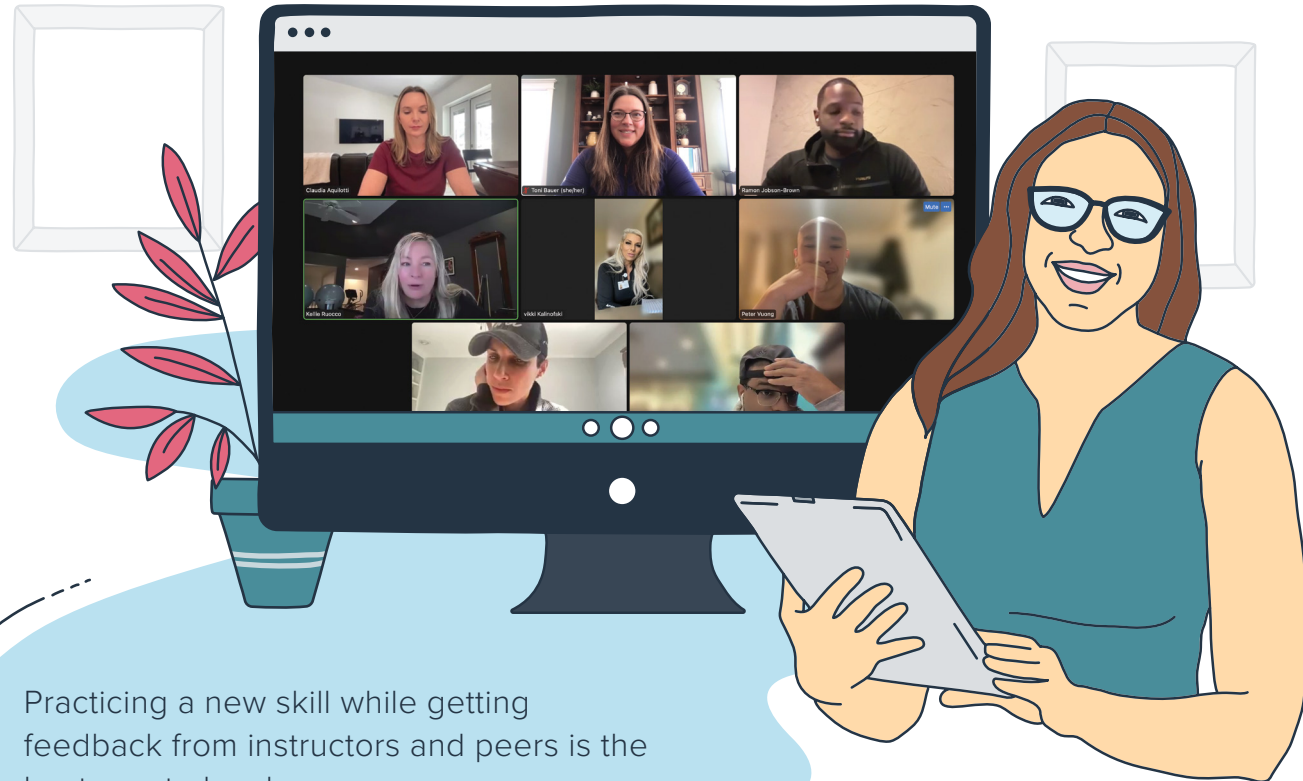
These are offered after completing the core curriculum, if you decide to pursue the Master Health Coach or NBHWC pathway. Some grads say just these three sessions pay for the program themselves!

6 additional intensive science units:

These cover various health conditions and preventive care strategies in more depth, and are also meant for students pursuing either the Master Health Coach or NBHWC pathway.



WHAT'S A LIVE SESSION LIKE?



Practicing a new skill while getting feedback from instructors and peers is the best way to level up.

That's exactly why we offer weekly live sessions during the **Master Health Coaching Certification program**—and we're the only program out there that offers this.


But what do you actually do during these two-hour weekly sessions?

We'll let **Toni Bauer**, Program Director for the Master Health Coaching Certification, explain more.

For example, we might give you a prompt. It could be a client profile or an intake questionnaire, where we pretend you're meeting this client for the first time.




“First, we start off with **weekly announcements**, followed by a short review of topics and important information covered in the corresponding self-study material for the week, we follow this with guided discussion, coaching practice, and a variety of other learning activities.



Then, you talk with your peers about this intake. What stands out to you? What's important here? What are some red flags?

Through **role play with your peers**—taking turns playing both coach and client—you'll learn how to take different kinds of clients from a kickoff meeting all the way through helping them overcome real struggles they might face.”

Listen to what Reggie Gentry, a 2022 graduate and Certified Master Health Coach had to say about the live practice sessions:



These live sessions give you a safe place to practice your coaching skills—you can't “fail,” but you'll get crucial feedback on how to improve.

These sessions are also excellent for **crushing “imposter syndrome,”** a feeling of insecurity about coaching skills that many of our new students report struggling with.



“You get tons of practice. You have opportunities to fumble, and pick the ball back up, and run again until you get a lot more comfortable, and say, ‘Hey, I know what I'm doing.’

After you've gone through these sessions, when you're working with clients, there's this sense of comfort and calm. Like, **‘This is nothing new. I've done this many times before. I've got this.’**”

The PN Master Health Coaching Certification also qualifies for continuation education credits with organizations worldwide, including the following:



A TYPICAL WEEK AS A LEVEL 2 STUDENT

DAY	COURSE WORK	TIME SPENT
Saturday	Weekly course material delivered (video lectures, live session prep material, reflection questions)	1-2 hours, which can be spread out during the week
Sunday	Additional self-study and weekly prep, as needed*	0-30 minutes
Monday	Additional self-study and weekly prep, as needed*	0-30 minutes
Tuesday	Office hours with instructor* (opt-in)	1 hour
Wednesday	2-hr live group session*	2 hours
Thursday	Case study work or quiz prep*	1 hour
Friday	Additional self-study and weekly prep, as needed*	0-30 minutes
WEEKLY TOTAL		5-8 hours

*These activities may fall on different days of the week, depending on which live sessions and/or office hours you sign up for, and/or when you schedule your study time.

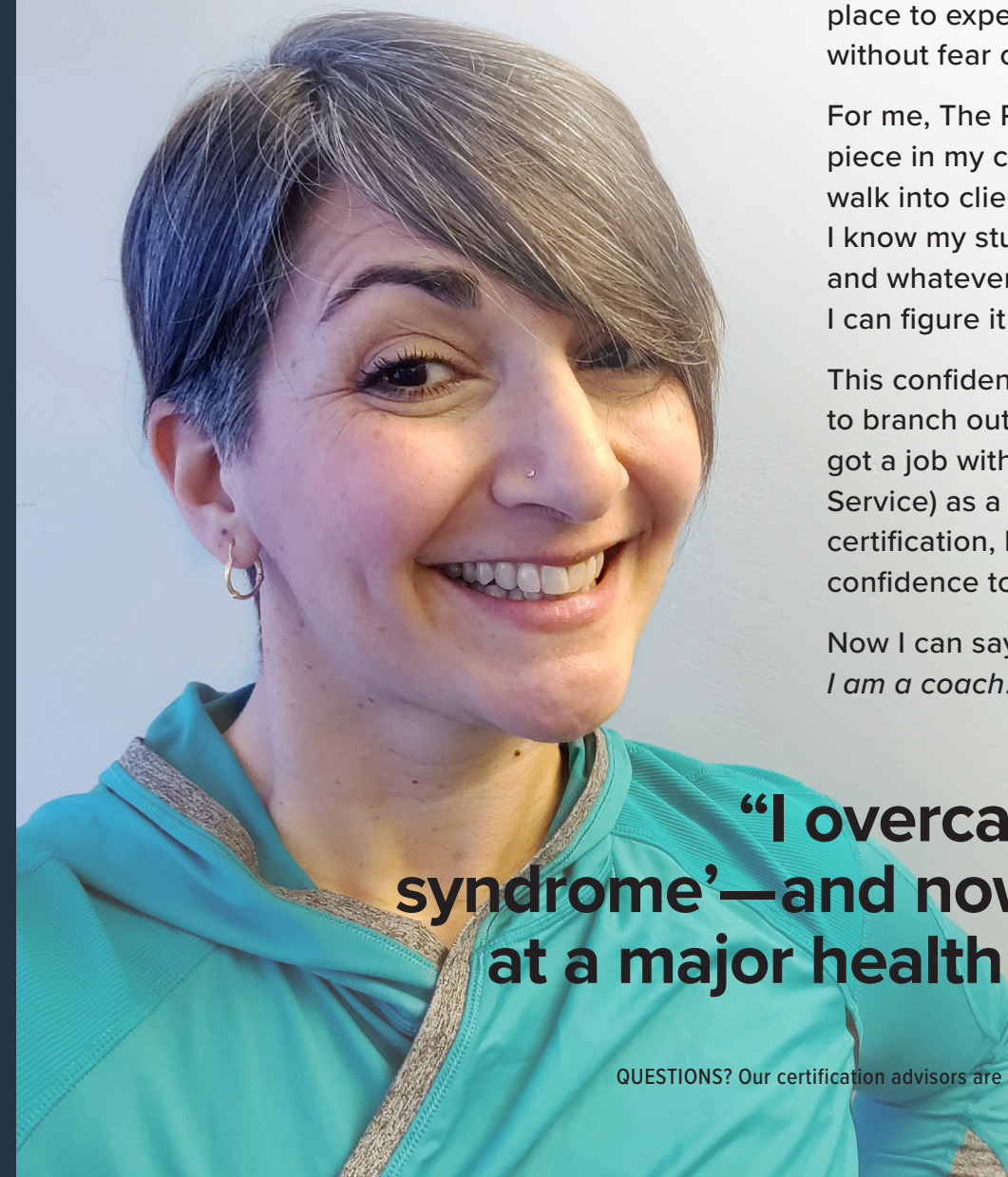
KATYA MOHSEN

Master Health Coach, National Board Certified Health & Wellness Coach, Group Fitness Instructor

Title: Health Coach with the National Health Service

Age: 47

Location: Cambridge, England



When I got into coaching, I had a lot of imposter syndrome.

Sure, I had experience and confidence as a group fitness instructor, but one-on-one coaching was another story. I went into client sessions feeling unsure and a little bit lost. I just didn't feel like a "real coach."

The PN L2 Master Health Coaching Certification changed all that.

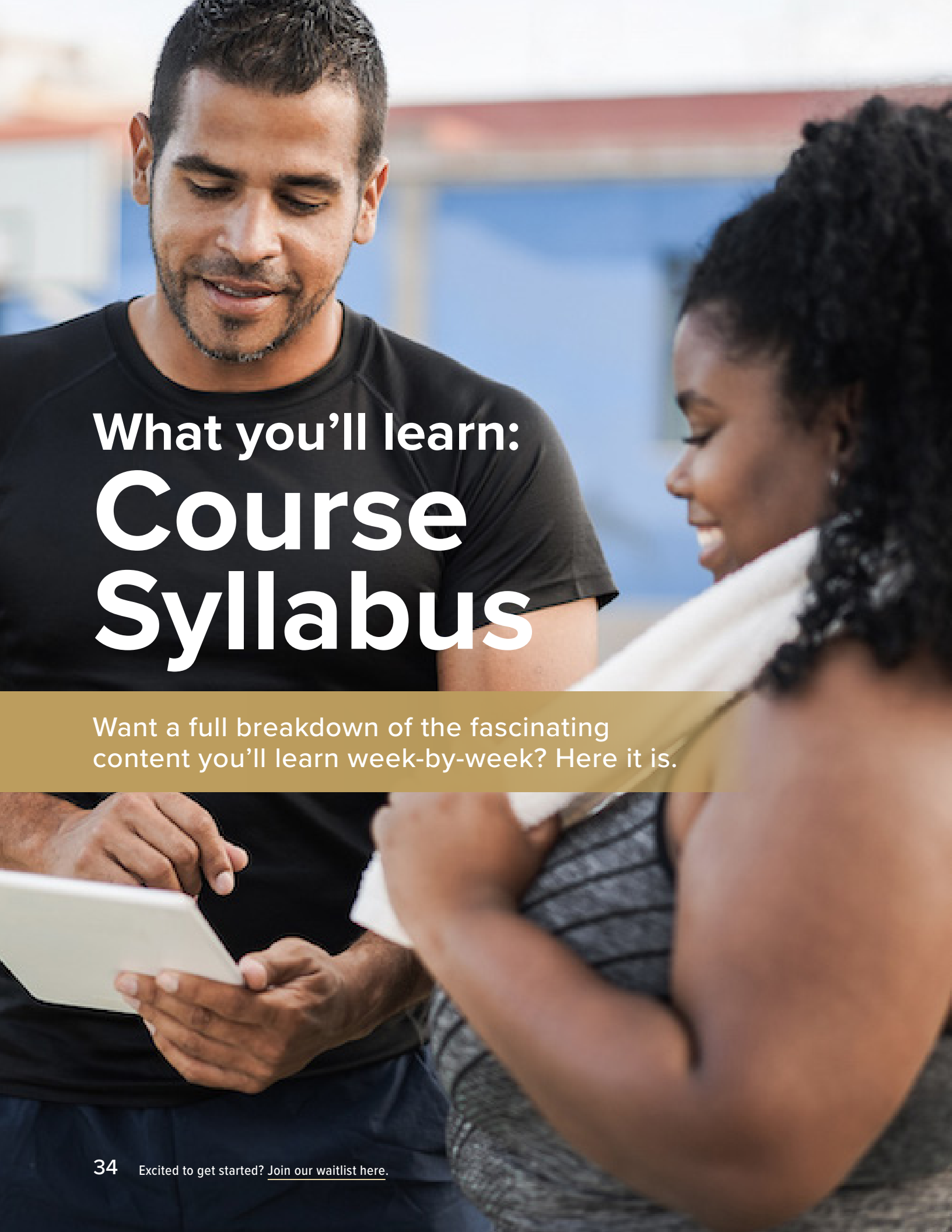
It skyrocketed my coaching skills, and my confidence. The live workshops and practice sessions gave me a safe place to experiment and test things out without fear of making mistakes.

For me, The PN L2 Cert was the missing piece in my coaching puzzle. Now I can walk into client sessions knowing that I know my stuff, I know how to apply it, and whatever comes up, my client and I can figure it out together.

This confidence has given me the courage to branch out further. In fact, I recently got a job with the NHS (National Health Service) as a health coach! Before this certification, I wouldn't have even had the confidence to apply.

Now I can say with complete confidence, *I am a coach.*

"I overcame 'imposter syndrome'—and now I have a job at a major health organization."



What you'll learn: Course Syllabus

Want a full breakdown of the fascinating content you'll learn week-by-week? Here it is.

WEEKS 1-5

Coaching Foundations and the Coaching Process, an Overview

WEEK 1: Introducing coaching and what coaches 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)

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 its 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

COURSE COMPLETION REQUIREMENTS

To successfully complete the L2 Master Health Coaching Certification, you must:

1. **Complete at least 75% of the weekly lessons (15/20)**
2. **Complete at least 75% of the assigned quizzes (3/4)**
3. **Complete and pass all three written case study assignments**
4. **Complete and pass the final exam, with a score of 75% or higher**
5. **Attend and participate in all 20 live sessions (2 hrs each week)***

On your program home 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, 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, and complete your initial attempt. 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 don't wait until the last day to take your initial attempt at the exam.

*NOTE: This requirement only applies to students who select the NBHWC path. Students not on the NBHWC credential path are HIGHLY ENCOURAGED to attend the weekly live sessions, but they aren't mandatory to earn your L2 Master Coach credential through PN.

Have questions? We're here to help!



We want you to feel fully informed (and excited!) when you sign up for this program.

So, if you've still got questions, we'd love to help you get answers.

First, check out our [FAQ page](#). There, we provide in-depth answers to our most commonly asked questions.

If you can't find your answer there, we've got actual humans—who also happen to be experienced coaches themselves—who would love to speak to you.

Connect with one of our Certification Advisors however you prefer:

BY PHONE

+1 (833) 965-2666

Call us

BY LIVE CHAT

Speak to a live representative now!

Live Chat with us

BY EMAIL

certificationadvisor@precisionnutrition.com

Email us

If you're pumped and ready to go, then we'd suggest you join our waitlist—if you haven't already.

YES, GET ME ON THE WAITLIST!

By joining the free waitlist, at no obligation, you'll learn more about the program, access our biggest savings and flexible payment plans, and enroll before the general public.

(That last part is key because historically, spots in our program have sold out within hours.)

JOIN THE SHARPEST MINDS IN THE COACHING INDUSTRY

If you want to master the skills you need to feel 100 percent confident in any coaching scenario, impact the lives of your clients on a deeper level than ever before, build a rock-solid business that lasts for years to come, and forge connections with smart, like-minded coaches... *join us.*

We hope to see you there.

—The PN Team

—KAREN HOLDEN

Level 2 Master Health Coaching
Certification Graduate

“All I can say is DO IT! The best investment decision in myself and my coaching I've made. I've made a few!”

—CURTIS BEAN

Level 2 Master Health Coaching
Certification Graduate

“If you're not sure about PNL2, just do it. Hands down the most impactful coaching program I've ever experienced.”

—MICHAEL ESPINOSA

Level 2 Master Health Coaching
Certification Graduate

“I graduated about two years ago. Best decision ever.”

—CATHERINE KUNST

Level 2 Master Health Coaching
Certification Graduate

“PN has distilled a somewhat magical (previously to me) superpower of helping people achieve THEIR goals. I cannot overstate the awesomeness of this.”

—JOE KETTERLING

Level 2 Master Health Coaching
Certification Graduate

“I wish PN handed out capes when you graduated L2, because that's how you'll feel when you finish!”