



THE INSTITUTE FOR
FUNCTIONAL HEALTH COACHING™

The information below is pulled from the schools websites or customer support pages and is NOT an opinion based on bias. We strongly encourage anyone considering health coaching as a career to contact each organization to determine the best fit for you. All schools offer something different and all have value.

IFHC does NOT teach nutrition or dietary theories or medical approaches. We believe that coaches can and should learn as they go when it comes to the ever-changing world of health and wellness and that focusing on finding clients and building a sustainable business should be their intention. After extensive research and surveying coaches we know that having a system in place that is safe and within the health coaching scope are key to success and confidence in your practice.
Carmen Hunter Founder of IFHC®



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SCHOOL NAME	CURRICULUM	AVERAGE TUITION	COMPLETION TIME
INSTITUTE FOR FUNCTIONAL HEALTH COACHING™	<ul style="list-style-type: none"> • Teaches coaches how to be an entrepreneur and also how to collaborate with other wellness practitioners • Teaches coaches an investigative technique that allows them to help clients get to the root of their problems, regardless of the client’s health condition or goals • Keeps coaches within their scope of practice by showing them how to operate reduced-liability businesses • Fosters a collaborative learning environment where “No question goes unanswered and no need goes unmet” (this is our motto) (come into The Wellness Business Solutions Center for more live support). • Simplifies the coaching experience by providing a step-by-step method for coaching success that can be repeated with every client • Signature 3-step method reduces stress on the client and sets them up for success by ensuring they can sustain lifestyle changes after the coaching relationship ends • Large focus given to show coaches how to build a referral-based practice • Proven business-building techniques and actionable how-tos you can begin using immediately • Expert interviews, webinars, and training on hormones, business, tech help, and much more • Education and training directly from the founder, who has over 22 years of self study experience, 11 years of experience working with chronically ill clients, 8 years of training and mentoring wellness coaches and practitioner • Marketing and tech training, how to work with labs safely, how to work with clients one-on-one and in groups, courses and classes and how to scale a business with a low budget for investment. 	\$1,297	Evergreen Course Open enrollment
INSTITUTE FOR INTEGRATIVE NUTRITION	<ul style="list-style-type: none"> • Emphasis on bio-individuality and primary foods, relationships, work, spiritual, exercise • 100 different dietary theories presented • Personal development philosophy • Coaching techniques; holistic concepts; marketing materials; business training 	\$6,795	12 months
FUNCTIONAL DIAGNOSTIC NUTRITION	<ul style="list-style-type: none"> • A science-based system of functional lab work • A holistically grounded, multi-faceted, customized lifestyle and behavioral coaching program • Lab and Functional Health Coach Training • Focus on labs and assessment • Optional add-on advanced training in specific areas of interest 	\$6,495	3-4 months

FUNCTIONAL MEDICINE COACHING ACADEMY	<ul style="list-style-type: none"> • Curriculum integrates the art of coaching with principles of Functional Medicine, nutrition, the psychology of eating, mind-body medicine and positive psychology • Emphasis on case studies, personal exploration, and practical application of concepts • Must possess a certificate, associate or bachelor degree in healthcare or wellness-related field; others must petition for application 	\$7,997	12 months
DR. SEARS WELLNESS INSTITUTE	<ul style="list-style-type: none"> • Certified Health Coach or Master Certified Health Coach training • Choose one, two, or three areas of focus: Families; Adult/Seniors; or Pregnancy • Science-based nutrition; psychology of coaching; lifestyle; marketing; role of exercise 	\$945 - \$1,645	6-12 weeks
INSTITUTE FOR TRANSFORMATIONAL NUTRITION	<ul style="list-style-type: none"> • Emphasis on science, psychology, and spirituality along with business skills and coaching methods • Nutrition coaching program • Combines numerous modalities, methods, and techniques including biochemistry balancing, identifying psychological triggers, using aromatherapy, blending herbal treatments, integrating NLP for coaching 	\$7,997	8 months Self Paced
BAUMAN COLLEGE	<ul style="list-style-type: none"> • Nutrition Consultant Training Program provides students with in-depth knowledge of whole-foods nutrition as it contributes to the prevention of illness and the promotion of optimal health • Business curriculum, delivered through the Bauman Business Institute, is integrated into the program • By the completion of the program, students are prepared to work as nutrition professionals and provide expert evaluation of and recommendations for diet, targeted nutrients, and lifestyle that will support their future clients to slow or reverse the progression of chronic illness and obtain optimal health 	Classroom: \$10,608.95 Online CA Resident: \$7,683.95 Online out-of-state: \$7,708.95	Classroom: 15 months Online: 18 months
HEALTH COACH INSTITUTE	<ul style="list-style-type: none"> • Curriculum covers nutrition, health and wellness education, transformational coaching skills training, personal growth, and business and marketing system 	\$6,450	6–12 months
HOLISTIC MBA	<ul style="list-style-type: none"> • Holistic MBA and HCI have merged 		

At IFHC we are focused on training coaches on how to help people get well in a low stress way financially, physically, emotionally and mentally. We believe it is up to the client to trust their own instincts and intuition about what is best for them and we guide coaches on how to help the client depend on themselves for sustainable change. We promote a referral based practice to help coaches keep marketing spend down and encourage an organic back to basics approach to health coaching so our coaches can help ANYone with any problem or health goal.