

BECOME A
certified
HOLISTIC
HEALTH COACH
IN 60 DAYS

Monaco Holistic Health Coach Course Syllabus

Week 1: Welcome Future Holistic Health Coaches

Lesson 1: The MMODLS P.S Method

Lesson 2: Mindset

Lesson 3: Obstacles to Cure

Week 1 Homework

Week 1 Quiz

Week 1 Coaching Call

Week 2: Holistic Modalities

Lesson 1: Human Anatomy Overview

Lesson 2: Holistic Modalities

Lesson 3: Supplement Fundamentals

Week 2 Homework

Week 2 Quiz

Week 2 Coaching Call

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Week 3: Food is Medicine

Lesson 1: Nutritional Foundations

Lesson 2: Nutrition for Disease

Week 3 Quiz

Week 3 Case Study

Week 3 Coaching Call

Week 4: Inflammation and Detoxification

Lesson 1: Inflammation - The Root of Chronic Illness

Lesson 2: Detoxification and Digestion - The Reset Button

Week 4 Quiz

Week 4 Case Study

Week 4 Coaching Call

Week 5: Immunity, Sleep, and Energy

Lesson 1: How to Support Your Client's Immune System Naturally

Lesson 2: Natural Solutions for Insomnia and Fatigue

Week 5 Quiz

Week 5 Case Study

Week 5 Coaching Call

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Week 6: Male and Female Balance

Lesson 1: Male and Female Natural Support

Lesson 2: Holistic Mental Health

Week 6 Quiz

Week 6 Case Study

Week 6 Coaching Call

Week 7: Coaching Strategy and Planning

Lesson 1: Create a Holistic Coaching Plan

Lesson 2: Holistic Strategy Canvas

Week 7 Quiz

Week 7 Case Study

Week 7 Coaching Call

Week 8: Holistic Health Coach Certification

Lesson 1: How to Coach Holistically

Lesson 2: Lollipop Leadership

Certification Exam

Week 8 Coaching Call