



# Program Guide



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## Questions?

Drop us a line at [info@nestedhealthcoach.com](mailto:info@nestedhealthcoach.com)

# THIS CERTIFICATION WILL TRANSFORM THE WAY YOU PRACTICE.

## Reignite your passion for helping people

You've dedicated your life to helping others feel healthy and happy.

But it's tough to stay inspired and energized when the weight of helping someone change their health rests on your shoulders.

We're here to provide a breath of fresh air. With our unique trauma-informed coaching model, you'll be able to unlock a new level of connection with your clients, rediscover your passion for health and wellness, and build a more rewarding, sustainable practice with less burnout.

Learn a functional, root-cause approach to mental and physical health from experts in health coaching and functional nutrition.



# nested health coaching<sup>®</sup>

**/nes-tid hēlth koch-ing/** noun

the practice of radically client-centered, trauma-informed health coaching that accelerates client behavior change through evidence-based approaches.





# What makes us unique?



**Finish in 12 Weeks**

Learn the material, and apply it to your practice in **just 12 weeks**.



**Open to Providers**

Exclusive to therapy, nutrition, and other healthcare providers and providers-in-training so you will **learn with peers**.



**100% Live Delivery**

This course is delivered 100% live, which means **no homework** and **no watching hours of videos on your own**.



**Live Feedback**

We provide **twice the amount of live faculty feedback required** by the NBHWC board so you can get rock-star confident with your skills



**Clients Provided**

To get the faculty feedback described above, you'll need clients. **We provide them!**



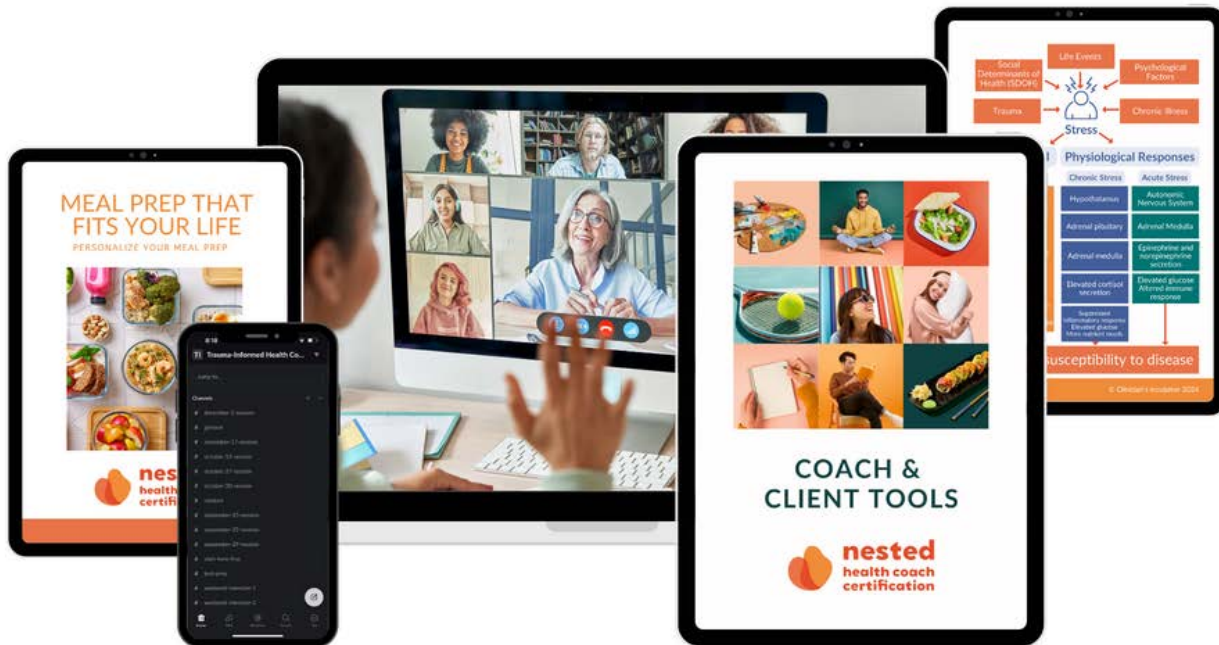
**CEUs Available**

**75 CEUs** are available for 14 different healthcare professions including nutrition, therapy, and allied health.



**Turnkey Launch Support**

We include a fully customizable **client lead magnet, client onboarding program + 6 email nurture campaign** as well as all the forms and notes you'll need.



We know you want to get started using coaching tools right away. That's why we've included turnkey practice and marketing tools:

- Client lead magnet + 6 email nurture campaign
- Client onboarding program
- Client intake and legal forms
- Charting note template
- 200+ page coach workbook
- 200+ page client tools workbook



Get the Nested Nutrition for Mental Health online course, a \$2,995 value, FREE with Nested Health Coach Certification enrollment.

The course is segmented into 1-2 hour modules and also includes client handouts with each module:

- Intro to Functional Nutrition
- Nutrition for Neurotransmitters
- Nutrition for Inflammation
- Nutrition for the Gut-Brain Axis
- Nutrition for Stress Hormones
- Nutrition for Trauma
- Planning Meals for Mental Health
- 100+ Client Interaction Worksheets
- 20 Recipe Packs

We know it's essential to stand out from your peers. That's why the Nested Health Coach training program is backed by the National Board for Health and Wellness Coaching (NBHWC), the national gold standard in health coach training.

Gain a distinguished credential to help you stand apart from other health coaching peers and get your NBC-HWC.

Clinician's Incubator -Nested Health Coach Certification is an Approved Health and Wellness Coach Training & Education Program by the National Board for Health and Wellness Coaching (NBHWC). Graduates of this program are eligible to apply for the HWC Certifying Examination to become National Board Certified Health & Wellness Coach (NBC-HWC).



**APPROVED  
TRAINING  
PROGRAM**

## To get your NBC-HWC, you'll need to:







Nested Health Coach Certification has been approved for up to 75 CEUs  
The continuing education hours listed below are provided by the  
Continuing Education Institute of Illinois for the following disciplines with  
sponsor license numbers:

- Acupuncturist
- Athletic Trainer
- CHES/MCHES
- Dentist/Dental Hygienist
- Dietitian/Nutritionist (RD/CNS)
- LMFT
- LCPC
- Nurse (APN, RN, LPN)
- Nursing Home Administrator
- Occupational Therapist/COTA
- Physical Therapist/PTA
- Psychologist
- Respiratory Therapist
- Social Worker/LCSW

Check out [the website](#) then check your local board requirements to  
determine if these CEU's will serve your needs.



**Nested**

mindbodygreen

wellcoaches

Duke

**ACCREDITATIONS:**

Approved by NBHWC



**100% LIVE DELIVERY**

No online videos to watch



**FLEXIBLE PAYMENTS**

From \$192/month with early bird discount



**PROGRAM LENGTH**

Completion in 12 weeks



**CLASSMATES**

Learn only with healthcare peers



**CLIENTS**

Clients provided for in-class assignments



**FREE EXAM PREP**

Included



**TWICE THE FACULTY FEEDBACK**

Required by the NBHWC



**FUNCTIONAL MENTAL HEALTH NUTRITION**

Training bundle included, with a value of \$2,995



## September

Mo	Tu	We	Th	Fr	Sa	Su
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

## October

Mo	Tu	We	Th	Fr	Sa	Su
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

## November

Mo	Tu	We	Th	Fr	Sa	Su
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

## December

Mo	Tu	We	Th	Fr	Sa	Su
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

We plan every single class session so you can master health-focused behavior change & pass the NBHWC exam.

The curriculum is intentionally designed for maximum understanding and application and is taught in a series of weekend intensives + weekly workshops.

During the weekend intensives, you'll have the opportunity to dive deep into evidence-based theory and application of behavior change, which you'll then reinforce at each weekly meeting.

If you will be absent during some of the meetings, you will be able to make up that time by watching the recordings. Please discuss any planned absences with the program director to ensure NBHWC requirements are still being met.



# FALL 2024 SCHEDULE

September 13-December 13  
ALL TIMES LISTED IN EST

Please note: We do not anticipate dates or starting time to shift, there may be small 5-10 minute shifts in ending times.

Theme	Keypoints	Dates
Week #1: The Trauma-Informed Coaching Relationship	In our first week, you'll learn how the coaching model differs from therapy and nutrition counseling, discover the impact of trauma on health and wellbeing and explore client autonomy and motivation.	Fri., Sept. 13: 12:00-6:00 Sat., Sept 14: 10:00-6:00 Sun., Sept.15: 10:00-2:30
Creating Safety for Change	We'll do a deep dive into the development of client trust and rapport as a way to co-regulate and provide a safe space for pivotal change	Fri., Sept. 20: 12:00-3:30
Coaching Structure	We'll walk though the details needed to prepare for, and conduct a coaching session and also get some practice coaching peers.	Fri., Sept. 27: 12:00-3:30
Health Competencies #1	We'll explore the following health topics: Diabetes, hypertension, heart disease and stroke, as well as lipid abnormalities.	Fri., Oct. 4 12:00-3:30



# FALL 2024 SCHEDULE

September 13-December 13  
ALL TIMES LISTED IN EST

Please note: We do not anticipate dates or starting time to shift, there may be small 5-10 minute shifts in ending times.

Theme	Keypoints	Dates
Weekend Intensive #2: The Science of Happiness	In the second intensive, we seek to understand the evidence-based approaches to creating health and improving mood, all the while upping our behavior change skills.	Fri., Oct. 18 12:00-3:30 Sat., Oct. 19 10:00-6:00 Sun., Oct. 20 10:00-2:30
Health Competencies #2	We'll explore the impacts of alcohol and tobacco on health, and also explore sleep and metabolic syndrome/arthritis.	Fri., Oct. 25 12:00-3:30
Nutrition Basics	We'll explore foundational nutrition concepts and explore how public health nutrition guidelines differ from how we work with individuals.	Fri., Nov. 1 12:00-3:30
Movement & Exercise	In this interactive session, we'll explore how physical activity can support a client's mental and physical health, and discuss the challenges in coaching for movement.	Fri., Nov. 8 12:00-3:30





# FALL 2024 SCHEDULE

September 13-December 13  
ALL TIMES LISTED IN EST

Please note: We do not anticipate dates or starting time to shift, there may be small 5-10 minute shifts in ending times.

Theme	Keypoints	Dates
Weekend Intensive #3: Trauma Informed Coaching + Strengthening a Growing Mindset	In this final weekend intensive, we do a deep dive into how to shift a client's perspective and build the self-efficacy that we know positively impacts health.	Fri., Nov. 15 12:00-3:30 Sat., Nov. 16 10:00-6:00 Sun., Nov. 17 10:00-2:30
Coaching Mastery	Support clients in developing solid plans for ongoing success through motivational interviewing and careful attention to their needs.	Fri., Nov. 22 12:00-3:30
Coaching Mastery	Assist your coaching clients to evaluate and integrate health information from a lens of reducing harm and improving health.	Fri., Dec. 6 12:00-3:30
Graduation	We'll celebrate your learning, and showcase the test preparation tools from Nested.	Fri., Dec. 13 12:00-3:30



## **Kathleen Belonga** **MA, NBC-HWC**

Kathleen is a health and wellness professional with a masters degree in workforce education, development, and leadership offering over a decade of experience in the wellness industry. She has a graduate certification in holistic health, as well as certifications yoga, mindfulness, functional nutrition, and yoga for bone health. Learn more about Kathleen [here](#).



## **Meg Bowman** **MS MA CNS LDN CHES**

Meg is a licensed nutritionist specializing in nutrition for trauma, mental health, and GI conditions. She mentors CNS candidates through [Clinician's Incubator](#), and sees clients through [Nutrition Hive](#). Learn more about Meg [here](#).



## **Emily Cerda** **MS CNS LDN**

Emily Cerda is a clinical nutritionist specializing in pediatric behavior and asthma/allergy. In her private practice, Beyond Behavior Nutrition, she works with children, adolescents and their parents to explore the influence of food on mood and behavior while building lifelong skills for a future of resilience and health. Learn more about Emily [here](#).



## **Ashley Comparin** **MS CNS LDN**

Ashley graduated with a master's in nutrition from American University and works with clients at Nutrition Hive as well as being a clinical supervisor for Clinician's Incubator. She specializes in gut health, intuitive eating, and sports nutrition and enjoys photography, cooking and hiking in her free time.



**Laura Demeri**  
**MS, NBC-HWC, CCP, DipACLM**

Laura is an award winning educator, national board-certified health and wellness coach, and an American College of Lifestyle Medicine Diplomat. Learn more about [her here](#).



**Amber Ferschweiler**  
**MPH, NBC-HWC**

Amber is a national board-certified health and wellness coach, a mindful eating facilitator and a public health professional. She has worked in the field of health care for over 20 years as a health coach, health educator, and environmental health specialist and holds a bachelor's degree in Human Biology and a master's degree in Public Health.



**Alyson Roux**  
**MS MFA CNS LDN**

Alyson is a clinical nutritionist who specializes in working with healing relationship to food and eating disorders, mental health, related gastrointestinal conditions, as well as fertility support for those in recovery from ED. With her background working in the arts and entertainment industry, Alyson has special interest in working with artists and health behaviors. Learn more about Alyson [here](#).

# Nested Investment

Use Affirm to divide  
payments into 6, 12, or  
24 months starting at

**\$225**  
per month

With Affirm, you can choose to divide your enrollment fee for the 12-week Nested Health Coach Certification into 6, 12, or 24 monthly payments with zero interest.



## Enrollment Requirements

The Nested Health Coach Certification is designed for healthcare providers and providers-in-training. Eligible degrees and certifications include, but are not limited to: nutrition providers and students (CNS, RD, LDN, CNS candidate, RD2BE); therapy providers and students (counselors, social workers, marriage and family therapists, psychologists); health education providers (CHES), physicians, nurses, and allied health professionals.



## Graduation Requirements

The Nested Health Coach Certification is granted to those who:

- Complete all program requirements within the 12-week curriculum, including attendance at virtual live lessons. If you need to be absent during a portion of the lessons, please speak to your Program Director. The NBHWC board has strict requirements about how much course time can be missed while still being eligible for board certification.
- Record 6 coaching sessions with clients (provided), and meet with coaching faculty to review these recordings (Practical Skills Assessments or PSAs).
- Pass all comprehension checks, including earning 80% or higher on the final practical skills assessment.





## **What is "Nestled" health coaching and why does it matter?**

Nestled coaching is the practice of radically client-centered, trauma-informed health coaching that empowers whole-person wellness using holistic nutrition, lifestyle, and mind-body practices.

## **Is your program NBHWC certified?**

Yes! Clinician's Incubator - Certificate in Trauma-Informed Health Coaching is an Approved Health and Wellness Coach Training & Education Program by the National Board for Health and Wellness Coaching (NBHWC). Graduates of this program are eligible to apply for the HWC Certifying Examination to become National Board Certified Health & Wellness Coach (NBC-HWC).

## **How long does it take to complete the course?**

Nestled has 12 weeks of curriculum. Depending on holidays, we may deliver the curriculum over 13 or 14 weeks.

## **Can I join the program?**

The program is designed specifically for providers, providers-in-training and health educators, as it has a focus on trauma-informed nutritional approaches for mental and physical health. Other individuals may inquire on a case-by-case basis.

## **Will I have homework between sessions?**

We don't assign reading homework between class sessions, although we will provide optional reading and listening resources. To graduate, you will need to review your recorded client work (accomplished within class time) live with faculty. This happens independently of class time and in total takes about 3 hours total.

## **I need 50 Coaching sessions to sit for the HWC Certifying Exam. Do I get those in this program?**

To be eligible for the HWC Certifying Exam, you'll need to complete 50 coaching sessions of at least 20 minutes each. You'll be eligible to start accruing coaching sessions after completing your sixth faculty coaching review. Completing the 50 sessions is not necessary to become a Nestled Health Coach.

# Become a Certified Nested Health Coach Today



[Schedule an Info Session](#)

We can't wait to have you join our community! Enroll today and transform the way you practice.

Still have questions? Send an email to [info@nestedhealthcoach.com](mailto:info@nestedhealthcoach.com) or schedule a [free info session](#) to chat with a faculty member.