







Questions to Ask Before Choosing a Health Coaching School

AREA OF INQUIRY	QUESTIONS TO ASK
 <p>Personal Motivation</p>	<ul style="list-style-type: none"> • What sparked my interest in becoming a Health Coach? (Did something happen with my health, or the health of someone I love, that made me want to go into this profession?) • Are there changes I'm interested in making in my own life? • Does this program's tone and philosophy jibe with my interests?
 <p>Cost</p>	<ul style="list-style-type: none"> • How much are you willing to invest in this new path? • How much does the program cost? • Does it offer payment plans? Refunds or money-back guarantees?
 <p>Curriculum</p>	<ul style="list-style-type: none"> • What is the scope and breadth of the program's curriculum? Is it comprehensive, addressing the full spectrum of health concerns? • Do I like what the program is planning to cover? Does it jibe with what I would like to focus on, and what I want to be able to offer my clients? • Is there anything that is missing, or comes up short?
 <p>Mode of Education</p>	<ul style="list-style-type: none"> • How does the program train its students, and does the structure work for me? • Is the program online, in class, or some combination of the two? • Do I like to read material, listen to it, or some combination of the two? • Who are the founders and teachers, and how much access to/involvement with them would I have? • Does the overall length of the program work for me? • Does the geographic location of the program—and the amount of required travel—work for me?
 <p>Practical Training</p>	<ul style="list-style-type: none"> • Does the program offer hands-on, practical training (beyond practicing on family and friends)?
 <p>Endgame</p>	<ul style="list-style-type: none"> • Does the training seem complete? • What kind of certification does the program offer?