# Questions to Ask Before Choosing a Health Coaching School

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<th>AREA OF INQUIRY</th>
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| **Personal Motivation** | • 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? |
| **Cost**               | • 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? |
| **Curriculum**         | • 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? |
| **Mode of Education**  | • 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? |
| **Practical Training** | • Does the program offer hands-on, practical training (beyond practicing on family and friends)? |
| **Endgame**            | • Does the training seem complete?  
  • What kind of certification does the program offer? |