

Natural Lifestyle

LOVE LIFE, LIVE WELL — NATURALLY

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May 2021



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Health Coach

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- Change Career
- Help others



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Best College

2021

"I'm now able to support and empower clients to make positive changes"

Izzy Walton, CNM Health Coach Graduate, explains the motivation behind her health coach training.

Most people already know the answers and what changes they need to make, but they don't know how. As a health coach, I help facilitate change using all my coaching, nutrition and fitness knowledge.

I've always had a strong interest in natural health, which evolved alongside my interest in yoga. Many years ago, I studied complementary therapies, reflexology, reiki and aromatherapy. These brought me closer to my interest in nutritional therapy. I was already working in wellness running corporate wellness events, yoga retreats and wholefood catering, so studying to become a health coach was another step towards practicing naturopathic wellness. I wanted a course that offered holistic health, comprising both food, nutrition and mindful movement for physical and mental health support.

For the first time, I feel I've found where all my previous studies and qualifications have been leading me to. I always knew I wanted to help people achieve optimum health, whether through diet or yoga practice. Now, with all my competencies, I have the skills and knowledge to do this with health coaching.

The content on CNM's Health Coach diploma was very in-depth and each module explored all parts of health coaching, including business, marketing and promotion modules; this is something other courses didn't seem to cover. The course was immersive, and I got to experience everything first-hand. When we explored a topic, such as fasting, cleansing or fitness routines, we completely embedded ourselves in that topic and were encouraged to experience and practice

for ourselves. This experience was invaluable and helped cement the knowledge.

Since graduating, I've been working with clients remotely and I have a few collaborations lined up. I'm also still teaching my regular yoga classes.

What I love most about practicing is being able to offer my clients' space. Many people just don't honour themselves the time to really enquire into their own health and understand why they are manifesting their symptoms. As a health coach, I help facilitate change, and use all my coaching, nutrition and fitness knowledge to best support and empower them towards achieving their health goals.

CNM's Health Coach diploma is a unique course which has naturopathic principles at its heart, something most health coaching courses don't offer.



Become a health coach – enrolling now

Turn your passion into a career. CNM Health Coaches are trained in nutrition and health, fitness and exercise, how the body works, coaching, marketing and business promotion.

Visit thehealthcoach.com or call 01342 777 747 to find out more. CNM has an exceptional 22-year track record training successful natural health practitioners online and in class, with over 80 per cent of graduates practising. To book, call 01342 777 747.

CNM Health Coach



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