

FEBRUARY 2026 TIMETABLE

BTEC Diploma in Professional
Nutrition & Health Coaching



Please note that timetables may be subject to change due to unforeseen circumstances. We will do everything we can to avoid changes to the timetable.

This course is delivered in a flipped classroom format, this means that course material is released ahead of the live learning sessions. Please review content before the session and bring any questions you have to your tutor.

You are strongly encouraged to take part in as many of the live learning sessions as you can. We will be tracking attendance.

The purpose of the live learning sessions is for the tutor to give support and to answer any questions our students may have.

How will we support you in your learning?



**Live learning sessions
(weekly / monthly)**



**One-to-one support
from tutors, mentors**



**Easy contact with peers,
support team, tutors**



Personal mentor



Moderated online forum



**Support sessions with
Course Co-ordinator**



Your Support Team



Pauline Dwyer



Angela Lee



Denise Dalton



Eva Campbell



Helen Mallaburn

Your Teaching Team



Jo Sayers



Ciara Beaugé



Richard Burton



Julia Sweetman



Maggie Lynch



Petra Fulham



Chen Saat-Murphy



Shane Pearson



Lynne Dalton

Your Guest Speakers



Vicky Shilling

Business Coach & Author of
'Just Start Now'



Robert Notter

Marketing & Mindset Coach



Rachel Crowder

IINH Graduate & Award Winning
Nutrition & Health Coach



Pippa Dennehy

IINH Graduate &
Transformation Coach



Elisa Ciuffarella

Power of Breathwork



Victoria Perkins

UKIHCA

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23 LIVE SESSION: ● INTRODUCTION & INDUCTION (7PM-8.30PM GMT)	24	25 LIVE SESSION: ● REVIEW BIG ISSUES (7PM-9PM GMT)	26	27	28



LIVE SESSION



COACHING SKILLS



MINDFUL SELF-COMPASSION



COOKING DEMO

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4 LIVE SESSION: ● REVIEW ESSENTIALS OF NUTRITION (7PM-9PM GMT)	5	6	7
8	9	10	11 LIVE SESSION: ● REVIEW RESEARCH, REFERENCING & RESOURCES (7PM-9PM GMT)	12	13	14
15	16 COACHING SKILLS: ● INTRODUCTION TO COACHING SKILLS (7PM-9PM GMT)	17	18 LIVE SESSION: ● REVIEW CARBOHYDRATES (7PM-9PM GMT)	19	20	21
22	23	24	25 LIVE SESSION: ● REVIEW SWEETENERS & PROTEIN (7PM-9PM GMT)	26	27	28
29 *GMT CLOCKS FORWARD 1 HOUR*	30	31	1	2	3	4



LIVE SESSION



COACHING SKILLS



MINDFUL SELF-COMPASSION



COOKING DEMO

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1 LIVE SESSION: ● REVIEW FATS & OILS (7PM-9PM +1GMT)	EASTER BREAK		
EASTER BREAK						
EASTER BREAK		14 SELF-COMPASSION PROGRAMME ● SESSION 1 (7PM-8.30PM +1GMT) <i>*OPTIONAL* NOT RECORDED</i>	15 LIVE SESSION: ● REVIEW VITAMINS & MINERALS (7PM-9PM +1GMT)	16	17	18 COACHING SKILLS: ● COACHING SKILLS & PRACTICE & CASE STUDY PREPARATION (10AM-5PM +1GMT) DAY 1
		21 SELF-COMPASSION PROGRAMME ● SESSION 2 (7PM-8.30PM+1GMT) <i>*OPTIONAL* NOT RECORDED</i>	22 LIVE SESSION 1: ● REVIEW DIGESTION (7PM-9PM +1GMT)	23	24	25 COOKING DEMO ONLINE ● (10.30AM - 12.00PM +1GMT APPROX) <i>*OPTIONAL*</i>
26	27	28 SELF-COMPASSION PROGRAMME ● SESSION 3 (7PM-8.30PM +1GMT) <i>*OPTIONAL* NOT RECORDED</i>	29 LIVE SESSION 2: ● REVIEW DIGESTION (7PM-9PM +1GMT)	30	1	2

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	1	2
3	4	5	6  LIVE SESSION: REVIEW DIGESTION (7PM-9PM +1GMT)	7	8	9  COACHING SKILLS: COACHING SKILLS & PRACTICE & CASE STUDY PREPARATION (10AM-5PM +1GMT) DAY 2
10	11	12	13  LIVE SESSION: REVIEW WEIGHT MANAGEMENT SOLUTIONS (7PM-9PM +1GMT)	14	15	16  IN PERSON COLLEGE ATTENDANCE DAY *OPTIONAL* FINAL DATE TBC
17	18	19  SELF-COMPASSION PROGRAMME SESSION 4 (7PM-8.30PM +1GMT) *OPTIONAL* NOT RECORDED	20  LIVE SESSION: INSULIN RESISTANCE & DIABETES, LCHF (7PM-9PM +1GMT)	21	22	23
24	25	26  SELF-COMPASSION PROGRAMME SESSION 5 (7PM-8.30PM +1GMT) *OPTIONAL* NOT RECORDED	27  LIVE SESSION 2: INSULIN RESISTANCE & DIABETES, LCHF (7PM-9PM +1GMT)	28	29	30



LIVE SESSION



COACHING SKILLS



MINDFUL SELF-COMPASSION



COOKING DEMO

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1	2  SELF-COMPASSION PROGRAMME SESSION 6 (7PM-8.30PM +1GMT) <i>*OPTIONAL* NOT RECORDED</i>	3  LIVE SESSION 1: PREPARING FOR CASE STUDIES & REVIEW COACHING SKILLS & PRACTICE (7PM-9PM +1GMT)	4	5	6
7	8	9	10  LIVE SESSION 2: PREPARING FOR CASE STUDIES & REVIEW COACHING SKILLS & PRACTICE (7PM-9PM +1GMT)	11	12	13
14	15	16	17  LIVE SESSION 3: DEMONSTRATION CONSULTATION SESSION 1 (7PM-9PM +1GMT)	18	19	20  LIVE SESSION: COACHING SKILLS & PRACTICE 10AM-5PM +1GMT) DAY 3
21	22	23	24  LIVE SESSION 4: DEMONSTRATION CONSULTATION SESSION 2 (7PM-9PM GMT)	25	26	27  COOKING DEMO IN PERSON EVENT DAY (10AM-5PM +1GMT) <i>*OPTIONAL*</i>
28	29	30	1	2	3	4



LIVE SESSION



COACHING SKILLS



MINDFUL SELF-COMPASSION



COOKING DEMO

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	1 LIVE SESSION: REVIEW LIFE STAGES (7PM-9PM +1GMT)	2	3	4
5	6	7	8 LIVE SESSION: ALLERGIES & INTOLERANCES (7PM-9PM +1GMT)	9	10	11
12	13	14	15 LIVE SESSION: CHOLESTEROL, HEART HEALTH & DIFFERENT DIETS (7PM-9PM +1GMT)	16	17	18
19	20	21	22 LIVE SESSION: CASE STUDY - 1 (7PM-9PM+1GMT)	23	24	25 COACHING SKILLS: COACHING SKILLS & PRACTICE - DAY 4 (10AM-5PM +1GMT)
26	27	28	29 COACHING SKILLS: FACILITATING INSIGHT & LEARNING (7PM-9PM +1GMT)	SUMMER BREAK		



LIVE SESSION



COACHING SKILLS



MINDFUL SELF-COMPASSION



COOKING DEMO

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SUMMER BREAK						
SUMMER BREAK			12 LIVE SESSION: REVIEW STRESS & SLEEP (7PM-9PM +1GMT)	13	14	15
16	17	18	19 LIVE SESSION: ELISA CIUFFARELLA POWER OF BREATHWORK (7PM-9PM +1GMT)	20	21	22 COACHING SKILLS: COACHING SKILLS & PRACTICE (10AM-5PM +1GMT) DAY 5
23	24	25	26 LIVE SESSION 1: REVIEW EXERCISE & SPORTS (7PM-9PM +1GMT)	27	28	29
30	31	1	2	3	4	5



LIVE SESSION



COACHING SKILLS



MINDFUL SELF-COMPASSION



COOKING DEMO

SEPTEMBER

2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1	2 LIVE SESSION 2: REVIEW EXERCISE & SPORTS (7PM-9PM +1GMT)	3	4	5
6	7	8	9 LIVE SESSION: CASE STUDY 2 (7PM-9PM +1GMT)	10	11	12 COACHING SKILLS: COACHING SKILLS & PRACTICE (10AM-5PM +1GMT) DAY 6
13	14	15	16 LIVE SESSION: REVIEW FARM TO FORK (7PM-9PM +1GMT)	17	18	19
20	21	22	23 LIVE SESSION 1: REVIEW FOOD LABELLING (7PM -9PM +1GMT)	24	25	26
27	28	29	30 LIVE SESSION 2: REVIEW FOOD LABELLING (7PM -9PM +1GMT)		2	3

OCTOBER

2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	1	2	3
4	5	6	7 LIVE SESSION: ● REVIEW PRESENTATION MATERIAL (7PM-9PM +1GMT)	8	9	10 COACHING SKILLS: ● COACHING SKILLS & PRACTICE (10AM-5PM +1GMT) DAY 7
11	12	13	14 LIVE SESSION: ● REVIEW SETTING UP TO PRACTICE SHANE PEARSON (7PM-9PM +1GMT)	15	16	17 BUSINESS ● WORKSHOP DAY
18	19	20	21 LIVE SESSION: ● GUEST SPEAKER- ROBERT NOTTER (7PM-9PM +1GMT)	22	23	24
MID-TERM BREAK						

NOVEMBER

2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 *GMT CLOCKS BACK 1 HOUR 25.10.2026*	2	3	4 ● LIVE SESSION: GUEST SPEAKER- VIKKI SHILLING (7PM-9PM GMT)	5	6	7 ● COOKING DEMO: ONLINE (10.30AM-12PM GMT) *OPTIONAL*
8	9 ● UKIHCA WEBINAR TBC	10	11 ● LIVE SESSION: GENERAL WRAP UP OF THE COURSE WITH TEAM (7PM-9PM GMT)	12	13	14 ● COOKING DEMO: IN PERSON EVENT DAY (10AM-5PM GMT) *OPTIONAL*
15	16	17	18	19	20	21
22	24	24	25	26	28	28
29	30	1	2	3	4	5

Nutrition & Health Coaching February 2026 Assignment Dates

Assignment	RELEASE DATE	DUE DATE	ASSESSED & RETURNED
Interview	20/2/2026	13/3/2026	3/4/2026
Diary & App	20/2/2026	13/3/2026	3/4/2026
Essentials of Nutrition, Food Groups, Carbs, Protein, Fats, Minerals, Vitamins Quiz	13/3/2026	10/4/2026	24/4/2026
Digestion Quiz	17/4/2026	8/5/2026	12/6/2026
Coaching Competency Tracker 1	8/5/2026	17/7/2026	21/8/2026
Weight Issues	11/5/2026	5/6/2026	26/6/2026
Managing Metabolic Issues	11/5/2026	12/6/2026	3/7/2026
Case Studies	3/6/2026	20/11/2026	8/1/2027
Life Stages	26/6/2026	17/7/2026	14/8/2026
Intolerance Issues	3/7/2026	24/7/2026	21/8/2026
Different Diets Comparison	17/7/2026	14/8/2026	11/9/2026
Coaching Competency Tracker 2	25/7/2026	4/9/2026	9/10/2026
Exercise and Sports	21/8/2026	11/9/2026	2/10/2026
Farm to Fork	11/9/2026	2/10/2026	23/10/2026
Product Comparison – Food Labelling	11/9/2026	9/10/2026	30/10/2026
Presentation	2/10/2026	2/11/2026–13/11/2026	13/11/2026
Setting up to Practice	9/10/2026	6/11/2026	27/11/2026
Coaching Competency Tracker 3	10/10/2026	13/11/2026	18/12/2026