

SEPTEMBER 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



Elisa Ciuffarella

Power of Breathwork



Dr Rosy Daniel

Cancer Coaching for
Health Coaches



Victoria Perkins

UKIHCA



Eavan Fitzsimons

Sports Nutrition, Nutrition &
Health Coach, Performance Coach

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--|---------|-----------|--|--------|----------|
| | | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 LIVE SESSION: INTRODUCTION & INDUCTION (7PM-8.30PM GMT) | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 LIVE SESSION: REVIEW BIG ISSUES (7PM-9PM GMT) | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 LIVE SESSION: REVIEW ESSENTIALS OF NUTRITION (7PM-9PM GMT) | 25 | 26 |
| 27 | 28 COACHING SKILLS & PRACTICE: INTRODUCTION TO COACHING SKILLS (7PM - 9.00PM GMT) | 29 | 30 | 1 | 2 | 3 |



LIVE SESSION



COACHING SKILLS



MINDFUL SELF-COMPASSION



COOKING DEMO

OCTOBER

2026

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|---|--|--------|---|
| 27 | 28 | 29 | 30 | 1 LIVE SESSION: RESEARCH, REFERENCING & RESOURCES (7PM-9PM GMT) | 2 | 3 |
| 4 | 5 | 6 | 7 SELF-COMPASSION PROGRAMME SESSION 1 (7PM-8.30PM GMT) <i>*OPTIONAL ATTEND* NOT RECORDED</i> | 8 LIVE SESSION: REVIEW CARBOHYDRATES (7PM-9PM GMT) | 9 | 10 COOKING DEMO ONLINE (10.30AM - 12.00PM +1GMT APPROX) <i>*OPTIONAL*</i> |
| 11 | 12 | 13 | 14 SELF-COMPASSION PROGRAMME SESSION 2 (7PM-8.30PM GMT) <i>*OPTIONAL ATTEND* NOT RECORDED</i> | 15 LIVE SESSION: REVIEW SWEETENERS & PROTEIN (7PM-9PM GMT) | 16 | 17 |
| 18 | 19 | 20 | 21 SELF-COMPASSION PROGRAMME SESSION 3 (7PM-8.30PM GMT) <i>*OPTIONAL ATTEND* NOT RECORDED</i> | 22 LIVE SESSION: REVIEW FATS & OILS (7PM-9PM GMT) | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 LIVE SESSION: REVIEW VITAMINS & MINERALS (7PM-9PM GMT) | 30 | 31 |

 LIVE SESSION
  COACHING SKILLS
  MINDFUL SELF-COMPASSION
  COOKING DEMO

NOVEMBER

2026

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

DECEMBER

2026

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--------|---------|-----------|--|--------|----------|
| 29 | 30 | 1 | 2 | 3 ● LIVE SESSION: REVIEW INSULIN RESISTANCE & DIABETES, LCHF (7PM-9PM +1GMT) SESSION 1 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 ● LIVE SESSION: REVIEW INSULIN RESISTANCE & DIABETES, LCHF (7PM-9PM +1GMT) SESSION 2 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
|  CHRISTMAS BREAK  | | | | | | |
| 27 | 28 | 29 | 30 | 31 | 1 | 2 |
|  CHRISTMAS BREAK  | | | | | | |

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--------|---------|-----------|--|--------|--|
| 27 | 28 | 29 | 30 | 31 | 1 | 2 |
|  <h2 style="margin: 0;">CHRISTMAS BREAK</h2>  | | | | | | |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| | | | |  <p>LIVE SESSION: PREPARING FOR CASE STUDIES & REVIEW COACHING SKILLS & PRACTICE (7PM-9PM GMT) SESSION 1</p> | | |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| | | | |  <p>LIVE SESSION: PREPARING FOR CASE STUDIES & REVIEW COACHING SKILLS & PRACTICE (7PM-9PM GMT) SESSION 2</p> | | |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| | | | |  <p>LIVE SESSION: DEMONSTRATION CONSULTATION (7PM-9PM GMT) SESSION 1</p> | | |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| | | | |  <p>LIVE SESSION: DEMONSTRATION CONSULTATION (7PM-9PM GMT) SESSION 2</p> | |  <p>COACHING SKILLS & PRACTICE: COACHING SKILLS DAY 3 (10AM-5PM GMT)</p> |

FEBRUARY

2027

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------------------|--------|---------|-----------|--|--------|---|
| 31 | 1 | 2 | 3 | 4 LIVE SESSION: REVIEW LIFE STAGES (7PM-9PM GMT) SESSION 1 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 LIVE SESSION: REVIEW LIFE STAGES, STRESS & SLEEP (7PM-9PM GMT) SESSION 2 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| MID-TERM BREAK | | | | | | |
| 21 | 22 | 23 | 24 | 25 LIVE SESSION: REVIEW ALLERGIES & INTOLERANCES (7PM-9PM GMT) | 26 | 27 COACHING SKILLS & PRACTICE: COACHING SKILLS DAY 4 (10AM-5PM GMT) |
| 28 | 1 | 2 | 3 | 4 | 5 | 6 |

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------------|--------|---------|-----------|---|--------|---|
| 28 | 1 | 2 | 3 | 4 LIVE SESSION: ● REVIEW CHOLESTEROL, HEART HEALTH & DIFFERENT DIETS (7PM-9PM GMT) | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 COACHING SKILLS & PRACTICE: ● FACILITATING INSIGHT & LEARNING (7PM-9PM GMT) | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 LIVE SESSION: ● GUEST SPEAKER TBC (7PM-9PM GMT) | 19 | 20 COACHING SKILLS & PRACTICE: ● COACHING SKILLS DAY 5 (10AM-5PM GMT) |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | 1 | 2 | 3 |
| EASTER BREAK | | | | | | |

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------------|--------|---------|-----------|---|--------|---|
| 28 | 29 | 30 | 31 | 1 | 2 | 3 |
| EASTER BREAK | | | | | | |
| 4 | 5 | 6 | 7 | 8 ● LIVE SESSION: CASE STUDY 1 (7PM-9PM GMT) | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 ● LIVE SESSION: REVIEW EXERCISE & SPORTS (7PM-9PM GMT) SESSION 1 | 16 | 17 ● COACHING SKILLS & PRACTICE: COACHING SKILLS DAY6 (10AM-5PM GMT) |
| 18 | 19 | 20 | 21 | 22 ● LIVE SESSION: REVIEW EXERCISE & SPORTS (7PM-9PM GMT) SESSION 2 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 ● LIVE SESSION: CASE STUDY 2 (7PM-9PM GMT) | 30 | 1 |

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|--|--------|---|
| 25 | 26 | 27 | 28 | 29 | 30 | 1 |
| 2 | 3 | 4 | 5 | 6 LIVE SESSION: ● CASE STUDY Q&A (7PM-9PM GMT) | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 LIVE SESSION: ● REVIEW FARM TO FORK (7PM-9PM GMT) | 14 | 15 COACHING SKILLS & PRACTICE: ● COACHING SKILLS DAY 7 (10AM-5PM GMT) |
| 16 | 17 | 18 | 19 | 20 LIVE SESSION: ● REVIEW FOOD LABELLING (7PM -9PM GMT) SESSION 1 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 LIVE SESSION: ● REVIEW FOOD LABELLING (7PM -9PM GMT) SESSION 2 | 28 | 29 LIVE DEMO: ● ONLINE COOKING (10.30AM-12PM GMT) *OPTIONAL* TBC |

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|---------------------------------|---------|-----------|---|--------|---|
| 30 | 31 | 1 | 2 | 3 ● LIVE SESSION: REVIEW PRESENTATION MATERIAL (7PM-9PM GMT) | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 ● LIVE SESSION: REVIEW SETTING UP TO PRACTICE (7PM-9PM GMT) | 11 | 12 ● LIVE SESSION: COACHING BUSINESS WORKSHOP TIME TBC |
| 13 | 14 ● UKIHCA WEBINAR (TBC) | 15 | 16 | 17 ● LIVE SESSION: DR ROSY DANIEL HEALTH COACHING & MENTORSHIP FOR PEOPLE WITH CANCER (7PM-9PM GMT) | 18 | 19 ● LIVE DEMO: ATTENDANCE AT COOKING *OPTIONAL* TBC |
| 20 | 21 | 22 | 23 | 24 ● LIVE SESSION: GENERAL WRAP UP OF THE COURSE WITH RICHARD & JO (7PM-9PM GMT) | 25 | 26 |
| 27 | 28 | 29 | 30 | | | |

Nutrition & Health Coaching September 2026 Assignment Dates

| Assignment | RELEASE DATE | DUE DATE | ASSESSED & RETURNED |
|---|--------------|---------------------------|---------------------|
| Interview | 11/9/2026 | 2/10/2026 | 23/10/2026 |
| Diary & App | 11/9/2026 | 2/10/2026 | 23/10/2026 |
| Essentials of Nutrition, Food Groups, Carbs, Protein, Fats, Minerals, Vitamins Quiz | 2/10/2026 | 6/11/2026 | 27/11/2026 |
| Digestion Quiz | 30/10/2026 | 20/11/2026 | 11/12/2026 |
| Coaching Competency Tracker 1 | 6/11/2026 | 26/2/2027 | 26/3/2027 |
| Weight Issues | 20/11/2026 | 11/12/2026 | 15/1/2027 |
| Managing Metabolic Issues | 20/11/2026 | 18/12/2026 | 22/1/2027 |
| Case Studies | 18/12/2027 | 18/6/2027 | 23/7/2027 |
| Life Stages | 29/1/2027 | 19/2/2027 | 12/3/2027 |
| Intolerance Issues | 12/2/2027 | 5/3/2027 | 26/3/2027 |
| Different Diets Comparison | 12/2/2027 | 12/3/2027 | 9/4/2027 |
| Coaching Competency Tracker 2 | 27/2/2027 | 16/4/2027 | 14/5/2027 |
| Exercise and Sports | 9/4/2027 | 30/4/2027 | 21/5/2027 |
| Farm to Fork | 30/4/2027 | 21/5/2027 | 11/6/2027 |
| Product Comparison – Labelling | 30/4/2027 | 28/5/2027 | 18/6/2027 |
| Coaching Competency Tracker 3 | 17/4/2027 | 12/6/2027 | 16/7/2027 |
| Presentation | 28/5/2027 | 09/06/2027– 18/06/2027 | 25/6/2027 |
| Setting up to Practice | 4/6/2027 | 25/6/2027 | 16/7/2027 |