IINH NUTRITION & HEALTH





BTEC DIPLOMA IN PROFESSIONAL NUTRITION & HEALTH COACHING



WORLD LEADING. LIFE CHANGING.

WWW.IINH.NET



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TURNING PASSION FOR WELLNESS INTO REWARDING CAREERS

Our mission at IINH is to cultivate a culture of wellness far and wide, by training passionate, caring people to help others restore and sustain optimal health.

Our students receive comprehensive education and practical training in food, nutrition and lifestyle to optimise their own and others' health.

Our graduates leave with globally recognised professional qualifications to build rewarding careers as Nutrition & Health Coaches and Nutritional Therapists.

IINH was founded in 2002 by Richard Burton, a Nutritionist with four decades of experience in clinical work and education.



Richard Burton
Founder and Director of IINH

"Those who have no time for healthy eating will sooner or later have to find time for illness."

- Edward Stanley

WHY IINH?

QUALIFICATIONS

As a pioneering provider of nutrition education and training, we were:

- 1st - to graduate Nutritional Therapists in Ireland (2004)
- 1st - to graduate Nutrition & Health Coaches in Europe (2013)
- 1st - with globally recognised qualifications in this field
- 1st - with a dedicated cooking school in Ireland

This award winning qualification is recognised by professional insurers and taught through a fully accredited institution, so your clients can rest assured they are in the hands of a trained and trusted professional.

ONLINE & ATTENDANCE

Courses delivered fully online (flipped classroom), using Brightspace learning platform, weekly live Zoom sessions, forums, personal mentors.

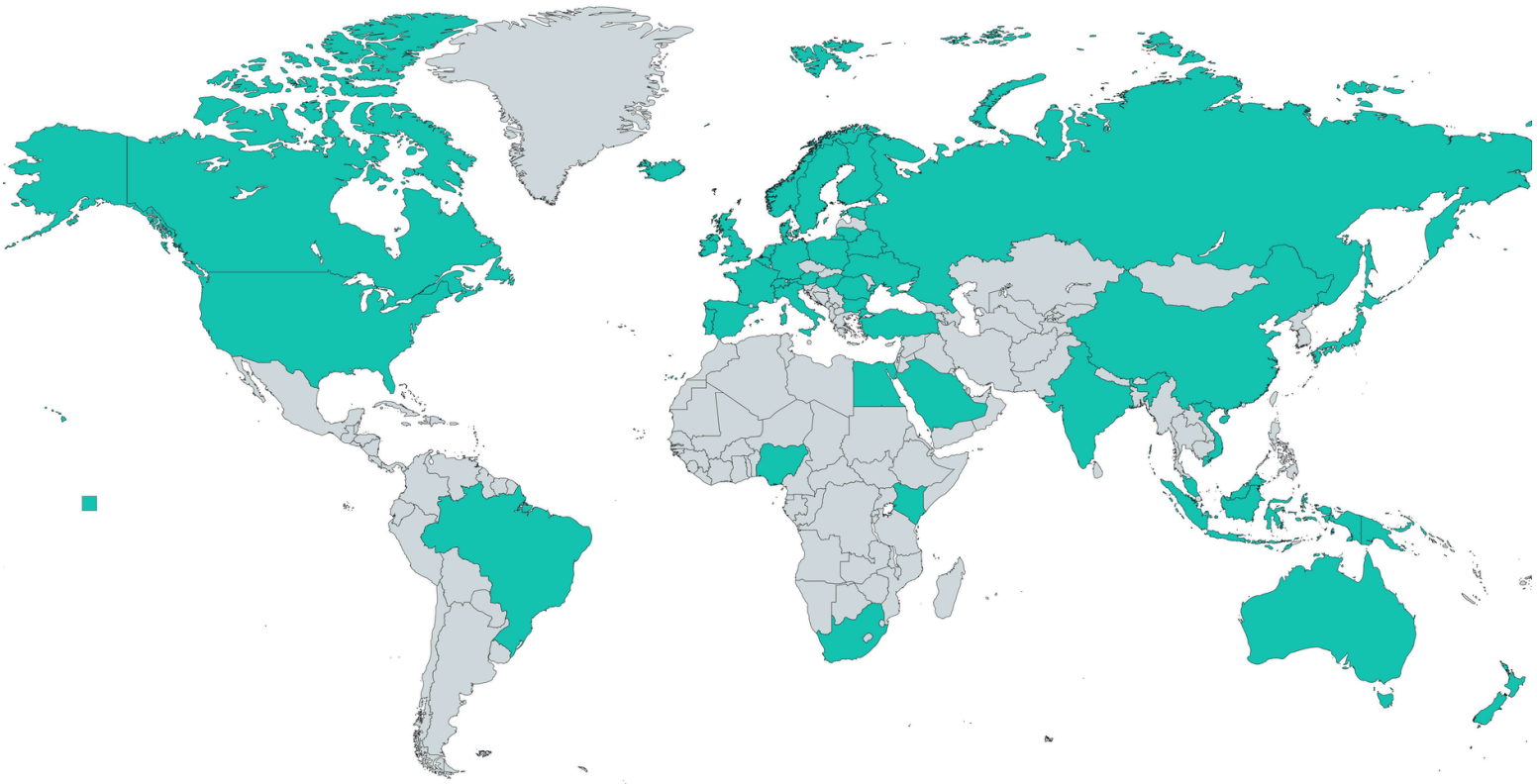
COOKING CLASSES

Demonstration classes (live online and attendance) in our purpose built kitchen are an integral part of our courses.

ONLINE COMMUNITY

Graduates who join our new IINHub community can access specialist live webinars on trending topics; forums, client support tools and advice; Q&As; CPD and refresher courses; Maggie's recipes and tips; business tools; special events... with more to come.

JOIN THE GLOBAL MOVEMENT TO NURTURE WELLNESS & TRANSFORM HEALTHCARE



JOIN OUR IINH GLOBAL COMMUNITY

- Our Nutrition & Health Coaches active in over 55 countries - and counting!
- Most graduates aged 18-70 years with no science or healthcare background

"The course has totally changed the way I practice medicine and made myself be able to reverse chronic illnesses. Thank you."

Dr. Nizaa Hary

Nutrition & Health Coaching Graduate



Joanne B

thehealthcoachandtherapist.co.uk

Before I signed up with IINH I researched other courses: there are plenty out there and it can be tricky to work out which is the right one but I kept coming back to IINH. The heritage of the college, the wealth of experience and the emphasis on nutrition. I felt a connection with the IINH 'family' and this has remained with me post qualification. So if this appeals to you, and this is what you are looking for, you have come to the right place!"

Nutrition & Health Coaches – Bringing Wellness to Life

What is a Health Coach?



Health coaching is a profession that uses lifestyle and behaviour change to help inspire and establish life-long habits for optimum health and wellness. Health coaches work with clients directly or alongside doctors or other healthcare professionals. Clients are empowered to focus on creating health rather than avoiding symptoms and illness. Health coaching is a 'client-centred' approach that respects and addresses lifestyle factors unique to each individual. A health coach sees the client as the 'expert' in their own life, offering non-judgmental support, education and motivation as they find practical, sustainable ways to overcome obstacles and stay on their path to health and wellness.

So what is a Nutrition & Health Coach?

All of the above! - but with special emphasis on food, nutrition and eating habits. Many people struggle with health issues where diet is a central problem. A Nutrition & Health Coach has the expertise to support clients to control weight, reduce stress, optimise diet, establish suitable exercise habits – as well as manage conditions such as diabetes, obesity, digestive and autoimmune disorders, among other chronic health conditions.



Is this the same as what a dietician or nutritionist does?

No – A Nutrition & Health Coach does not simply instruct or advise clients what to eat. Instead, using careful questioning, deep listening and learning resources as needed, the coach motivates, educates and empowers the client to achieve their health goals through sustainable behaviour change around diet and lifestyle.

Is Nutrition & Health Coaching a 'Functional' approach?

Yes – As with Functional Medicine and Nutritional Therapy, Nutrition & Health Coaching has a 'root cause' perspective on clients' health issues. Rather than simply addressing diagnoses and symptoms, the functional approach explores further clues in the person's unique background, traits and life situation, in order to help them reach their health goals.

What kinds of health goals do Nutrition & Health Coaches help with?

- Successful weight control
- More energy
- Better digestion, sleep, immunity, skin, joints, etc
- Interactive experiences with your own real clients
- Nourishing foods for kids; reducing sugar
- And many other goals…
- Resolving a food sensitivity
- How to source wholesome foods and ingredients
- Finding healthy but inexpensive foods
- Meal plans and recipes
- Healthy pregnancy

Why is Health Coaching now the fastest growing health profession?

Because it works so well! The persistent health problems endured by so many people largely result from daily habits of diet and lifestyle that gradually erode health and vitality. Most people have a good idea of what they need to do to improve their health, but often find it impossible to sustain progress without reliable, consistent encouragement and support. Changing habits - and keeping the change - is hard! Clients often fail when they have a setback – they feel disempowered and without anyone to support them. Doctors and other healthcare professionals are often not given the time needed to address the client's unique background and issues. This is where the Health Coach makes the difference!

Health Coaching is now recognised by the NHS, which already employs IINH Nutrition & Health Coaches registered with the UKIHCA, the professional body for Health Coaching.

UK & INTERNATIONAL HEALTH COACHING ASSOCIATION
Approved Training Programme
IINH
BTEC Diploma in Professional Nutrition & Health Coaching

Is this a flexible career option?

Yes, if you want to work with private clients at home or in a clinic you can choose the hours and days that suit you best. If you look for employment with an organisation like the NHS in UK, or with a private health insurance provider, a corporate or a local authority, for example, you will generally be able to negotiate your days and hours.

A diploma in Nutrition & Health Coaching can lead to a fulfilling standalone career while also complementing many existing roles. Our graduates frequently find that their newly learned skills enhance and enrich their professional lives in ways they hadn't anticipated - visit our Student Spotlight page to see their stories.





BTEC DIPLOMA IN NUTRITION & HEALTH COACHING

HOW THE COURSE WORKS

Course content is accessible on our learning platform 24/7, to enable you to fit your learning around your busy schedule. Content for modules is released in the form of handouts, podcasts and videos, ahead of the live learning sessions, so that you can review all of the content in your own time and come to the sessions with any questions you may have for our expert tutors.

This vocational qualification offers practical, hands-on learning, engaging case study work, and interactive experiences with real clients, so that you can feel confident as you set out as a newly qualified Nutrition & Health Coach.

HOW DO WE SUPPORT YOU?

At IINH, we prioritise a personalised approach to education, providing individualised attention and support to every student. During the course you will be supported with:

- Live learning sessions via Zoom*
- One-to-one support from tutors, mentors & course coordinator
- Personal mentor for your case studies
- Moderated online forum
- Dedicated weekly support sessions via Zoom
- Ongoing alumni support after graduation

** Live Learning Sessions are recorded for those unable to attend*

Enrolment Open Now
Course runs for 10 months.
This course is delivered fully online for all students. There are optional additional days in the cooking school.

Time Commitment
Most students report devoting between 8 and 12 hours a week to the course, including study time, tutorials, further reading, assignments and case studies.

Globally Recognised
BTEC Diploma in Professional Nutrition and Health Coaching is a higher education award accredited by Pearson (BTEC), the world's largest awarding body for education.

BTEC are vocational qualifications, this means that you will gain hands-on experience with real clients during your case studies, giving you practical experience before you have qualified. You are supported throughout this portion of your studies with a personal mentor.



PROFESSIONAL RECOGNITION & ACCREDITATIONS

AWARDING BODIES

PEARSON BTEC

Our internationally recognised BTEC Nutrition & Health Coaching programme is accredited by **Pearson** the world's largest awarding body for education. Pearson approve and monitor the curriculum and assessment standards, and routinely audit students' work.

This way you can be assured that the content you are learning is up to date and of the highest standard.

BTEC awards are highly respected vocational qualifications delivered in over 70 countries.

PERSONALISED CARE INSTITUTE

PCI – The **Personalised Care Institute** officially sets the standards and validates evidence-based training programmes for personalised care in England.



PROFESSIONAL RECOGNITION & ACCREDITATIONS

PROFESSIONAL BODIES

UKIHCA

The **UK & International Health Coaches Association** is the the global professional body for Health Coaching. Promoting and supporting accredited Health Coaches in their vital work of educating, motivating and guiding others towards improved health and quality of life.

UK & INTERNATIONAL HEALTH COACHING ASSOCIATION
Approved Training Programme
IINH
BTEC Diploma in Professional Nutrition & Health Coaching

CMA

Students and Graduates are eligible to apply for **CMA Membership** (The Complementary Medical Association) as they have demonstrated their commitment to excellence by choosing to train with IINH.

CMA
THE COMPLEMENTARY MEDICAL ASSOCIATION
CMA ACCREDITED COURSE

IICT

At IINH, we are proud to now be a member of (**International Institute for Complementary Therapists**). This partnership means our students and graduates can access comprehensive insurance packages that provide real peace of mind and professional security as they begin their careers.

PIONEER TRAINING PROVIDER
INTERNATIONAL INSTITUTE FOR COMPLEMENTARY THERAPISTS

SEAL of EXCELLENCE
2025

COURSE OUTLINE



UNIT 1: PRINCIPLES OF NUTRITION

This unit will introduce you to historical developments, current challenges and recent advances in nutrition and health. Concepts, terms and tools used in nutrition research, in public health and by the diet and food industry are explored.

- **Health & Sickness –** trends & challenges in chronic non-infectious diseases; promising developments & innovations in prevention & treatment
- **Nutrition –** Key developments, concepts, terms & tools in nutrition science, public health nutrition & agri-food industry; dietary guidelines, food pyramids & plates – origins & limitations
- **Personalised nutrition –** exploration of individualised vs traditional one-size-fits-all approaches. Concept of 'literacy' in health, food, nutrition
- **Nutrients & Foods –** nutrient profiles of food groups; deep dive into protein, fats, carbs, vitamins, minerals, antioxidants etc, incl. deficiency & excess issues; impacts of food refining & processing
- **Online tools –** food metrics, incl. nutrient composition & density; tracking dietary intakes
- **Reliable Resources & Research** – locating trustworthy information on nutrition & health topics; evaluating resources, publications, research



UNIT 2: COACHING COMPETENCIES & PRACTICE FOR THE NUTRITION & HEALTH COACH

This unit will equip you with the knowledge, skills and practice to create and develop a client-led collaborative health coaching relationship. This includes facilitating learning and achieving results with the client through communicating effectively while fostering learner competency. You will demonstrate coaching competence when working with volunteer clients through genuine case studies as well as reflecting on your growing competence by tracking your own skill development.
In this unit as a learner coach, you will become familiar with the principles, processes and competencies of health coaching, through a framework for developing coaching skills.

- **Discovery Calls -** Identify and source three case study volunteers, and conduct a discovery call with each client, from which you will decide whether they are appropriate for you to work with as a client.
- **Health & wellness coaching (HWC)** – background, evolution, future prospects & potentials; HWC principles, processes, competencies; framework for developing coaching skills in client-led process.
- **Structured interview & protocol to establish coaching agreement;** Using a structured health coaching protocol, you practise establishing a coaching agreement, eliciting client goals and relevant background information, prior to conducting your first and second health coaching sessions.
- **The Nutrition & Health Coaching process;** You will work with clients in a collaborative, client-led process, helping them set realistic goals and co-creating personalised action plans that account for real-world constraints such as time and financial pressures. Through effective coaching conversations, you will share relevant knowledge, skills and mindset tools, while building accountability and guiding clients toward meaningful progress in their nutrition and lifestyle goals. Together you will explore practical adjustments across diet, eating habits, exercise and stress management, supported by ongoing feedback and a fluid, responsive relationship between you and your client.
- **Case study reports** – work with three volunteer clients: establish suitability, realistic goals; record detailed interview; develop, justify & agree plan with client, including behaviour change around food, lifestyle, sleep, relaxation, exercise; provide motivation, education, advice, tips, other support as needed; complete follow-up meetings, submit detailed case study reports for evaluation.

COURSE OUTLINE contd.

UNIT 3. DIGESTION

This unit will provide you with an understanding of the importance of the digestive system and how it functions.

Good eating supports health and well-being, while a poor diet has the potential to create digestive disorders and ill health. This unit covers digestion and absorption processes, including key factors of appetite, hunger and satiety. You will appreciate how dietary habits and other lifestyle factors, such as chronic stress, can impact digestive activity and how appropriate dietary adjustments may benefit health. You will develop an understanding of the importance of nurturing a healthy microbiome by consuming a diverse diet of minimally processed foods. The background knowledge and understanding this unit provides will help you to develop the knowledge and skills they will need to safely and effectively propose suitable dietary and lifestyle adaptations to support optimum digestive processes.

- **Digestion** – anatomy and physiology of digestive system & component organs; detailed digestion & absorption; hormonal regulation of appetite, hunger & satiety; common digestive problems & solutions
- **Microbiome –** importance, latest findings & implications; how to restore & nurture healthy microbiome & gut
- **Digestive Issues –** alleviating common digestive complaints by adjustments to diet & eating habits; how stress impacts digestion

UNIT 4. FARM TO FORK

Since the 1950s, intensive industrial farming of crops and animals has largely come to replace traditional agricultural practices, with impacts on the environment and human health.

You will investigate sustainable developments in crop production and animal husbandry, including organic farming, and how these contrast with industrial farming in terms of soil quality, productivity, environmental impacts, food miles, animal and worker welfare.

You will gain an overview of how key food items are produced, processed and brought to market. Exploring refining processes used to make sugar, wheat flour and cooking oils will offer insights into nutritional quality concerns about the modern diet.

- **Intensive Farming** – Origins, growth and practices used in industrial agriculture; impacts on soil, water, air, wildlife, worker & animal welfare, crop diversity, food quality, among others
- **Food & Climate –** Food miles & transportation, packaging, plastics, food waste; carbon emissions, pollution & diversity loss in rivers & oceans
- **Regenerative Agriculture –** Exploring worldwide initiatives promoting genuinely sustainable farming and food production
- **Organic Farming & Food –** Background, philosophy, practices, certification bodies, environmental & health benefits, affordability, comparison vs industrial practices
- **GMOs –** Background & developments in gene modification of crops & animals; environmental impacts, health implications, regulations, future trends
- **Food Processing & Refining –** Impacts on nutritional quality of staple foods & ingredients (wheat flour, sugar, seed oils); Ultra-processed foods & NOVA classification; ingredients & additives, fortification; shelf-life.

COURSE OUTLINE contd.

UNIT 5. FOOD LABELLING

The aim of this unit is to provide you with awareness of food product marketing messages, as well as the nutrition and health claims, ingredients and nutrition data provided on food labels, in order to inform choices for healthy and lower-cost options. By failing to use information on food packaging labels, shoppers may not realise that healthy food products can also be inexpensive. You will develop knowledge and skills to evaluate the nutritional profiles and nutritional value for money of food products based on marketing, ingredients, nutrition data, health and nutrition claims and cost, in order to facilitate better informed choices when shopping.

You will explore categories of additives and their use, with special focus on those that may lead to health problems in some individuals.

- **Food labels** – terms, regulations, health & nutrition claims
- **Ingredients** – disguised sugars, NOVA system, ultra-processed items
- **Additives –** categories, uses, potential hazards, 'clean label' trend
- **Smarter choices –** Compare similar products for healthier choices, using ingredients, nutrition data, health & nutrition claims, other messaging, etc
- **Nutritional value for money –** identify cheaper products that are healthy

UNIT 6. DIET & LIFESTYLE THROUGHOUT LIFE

This unit addresses some key nutrition and health concerns at different stages of life, from preconception through to old age. It also looks at how chronic stress can be managed to reduce the impact on people's lives.

Cultivating sound dietary and lifestyle behaviours supports health and life quality from preconception through to old age. Continuing to prioritise healthier habits as we age helps to reduce lifestyle-related chronic illness and maintain quality of life during the later years.

- **Preconception & Childhood** - This unit begins by exploring how dietary and lifestyle habits before conception can influence the future health of offspring, via epigenetic and nutrigenomic effects. Optimal nutrition for mother and baby during pregnancy, breastfeeding and weaning is then explored. Common food-related challenges during childhood and adolescence are addressed.
- **Adulthood** - In the busy lives of many adults, persistent stress and time pressures can undermine healthy eating and lifestyle behaviours, often contributing to weakened immunity, digestive problems and low energy, among other complaints.
- **Senior Years** - The senior years come with distinct health challenges. Typically, there is a preference for smaller, monotonous meals and processed foods with low nutrient density. Malnutrition is now recognised as a serious and widespread problem among elderly people. Learners will understand how to support seniors with ideas for better quality, nutrient-dense foods.
- **Stress Management & Sleep** - Learners study the autonomic nervous system in order to understand how the experience of chronic stress can undermine both physical and mental health. They will learn about the restorative power of sleep and how to improve sleep quality. Learners will explore how chronic stress can create a downward spiral of health, and how to help reverse this trend. They will explore approaches for reducing stress and how to suggest them appropriately.

COURSE OUTLINE contd.

UNIT 7. DIET & CHRONIC DISEASE

This unit looks at food consumption trends and the rise of metabolic diseases. How these disorders develop is examined, along with diet and lifestyle factors to help address them. You will be taught to assist clients to identify and manage food sensitivities. You will examine evidence for and against popular diets used for health and weight issues.

- **Metabolic illness** – growth of non-infectious diseases associated with shifting consumption patterns of staple foods; future trends
- **Insulin resistance (IR)** – role of insulin in metabolism, managing glucose & fat stores, etc; hyperinsulinaemia, diabetes T2, other long-term impacts; potential to reverse IR with appropriate changes to diet, eating behaviours & exercise, etc.
- **Ultra-processed foods** – how they damage health in different ways
- **Snacking** – rise of frequent eating culture, negative impacts on weight & chronic health conditions
- **Dietary upgrades** – to improve or reverse IR-related conditions; low-carb & ketogenic approaches; healthy fats & nutrient dense diet
- **Fasting & time-restricted eating –** how it helps improve insulin sensitivity and promote metabolic flexibility
- **Chronic inflammation** – signs & symptoms, blood markers, lifestyle factors promoting inflammation; pro- & anti-inflammatory lifestyle factors & foods, including fish oils
- **Detoxification –** role in maintaining cellular health & overall; autophagy and its optimisation; supporting detoxification with nutritious foods & drinks, meal-spacing, exercise, etc
- **Food Intolerances** – mechanisms of allergy vs intolerance/sensitivity; rising incidences, background causes, incl. hygiene & 'old friends' hypotheses
- **Unmasking culprits –** intolerance testing; use of Elimination protocol to identify problem foods or ingredients
- **Stress triggers** – chronic stress can weaken digestion, promote 'leaky gut'
- **Autoimmune (AI) disease** – how some AI conditions may be caused by an immune response to certain foods or ingredients
- **Managing wheat & dairy –** tips & swaps for avoiding these common problem foods

UNIT 8. WEIGHT MANAGEMENT SOLUTIONS

This unit looks at weight management problems. You will understand problems and models of weight control. You will be taught to assist clients to use a personalised diet and exercise in successful weight control.

Weight management problems remain the dominant reason for interest in diet and nutrition. With so many people struggling to manage their weight, a nutrition and health coach needs to understand the obesogenic environment. You should be familiar with key dietary, epigenetic and lifestyle factors driving the obesity epidemic.

- **Overweight & obesity** – BMI, other measures, prevalences & trends worldwide
- **Genetic influences –** also epigenetic and social class effects, among others
- **Origins of problem** – shifts in consumption of staple foods and macros since 1970s; changes in physical activity; sedentary lifestyles; influence of time-poverty & convenience factors; rise of snacking, ultra-processed foods
- **Weight control models** – origins & dominance of calorie-in, calorie-out (CICO) model, uses & limitations, low-calorie diets, bariatric surgery; 'set-point' homeostatic theory of weight control; low-carb & ketogenic approaches & successes – recent research & future trends
- **Personalised weight control** – how use of individualised approaches to diet and lifestyle can effectively result in sustainable weight loss & maintenance.

COURSE OUTLINE contd.

UNIT 9. DIET & LIFESTYLE IN EXERCISE & SPORTS

- **Exercise benefits physical health** – improved energy, immunity, skeleton, muscle tone, balance, coordination, movement confidence, etc
- **Exercise benefits mental health** – improved sleep & mood, less depression, slower cognitive decline, relieves stress-related conditions, etc
- **Supporting health span & longevity –** combatting the hazards of sedentary living with suitable exercise habits
- **Exercise aids weight loss** – though diet is the master key to long-term success
- **Types of exercise** – benefits of: cardio & other aerobic training, strength work, high intensity (HIIT), balance & flexibility training; finding suitable exercise for client
- **Over-exercising** – health issues from excessive exercise, including fatigue, poor immunity & post-viral delayed recovery, mood swings, altered menstruation. Prioritise adequate recovery & rest, choose best healthy foods, drinks, snacks for training demands; don't skip meals; possibly monitor heart rate, heart rate variability
- **Sports performance** – how body energy systems work; fuelling for different sports; optimising hydration for performance & health; foods & drinks suitable – or not – for performance & training days; potential benefits of safe & legal supplement use for athletes

UNIT 10. THE NUTRITION & HEALTH COACH IN PRACTICE

The aim of this unit is to provide learners with the knowledge and skills required to set up a practice, and deliver presentations, as a nutrition and health coach.

For success as a nutrition and health coach it is vital for you to develop effective communication, business and organisational skills. This unit will guide you on the essential legal, administrative and professional aspects that must be considered for setting up a nutrition and health practice.

- **Planning to Coach –** basic business plan using SMART goals or other model; hours per week, full- or part-time? – financial commitment needed to launch business
- **Location –** own home, rented space, client's home, online only or hybrid
- **Preferred clients –** individuals or groups?; all-comers or certain issues only?
- **Requirements for practising –** legal, professional & insurance requirements & any limitations in your country or state
- **Professional membership –** fees, benefits, opportunities & obligations of joining a professional coaching body; organisations for Health and Wellness Coaches in UK/Ireland, USA, Australia
- **Marketing –** branding, building website &/or blog & SM following; promotions, offers, freebies, testimonials, sponsors, collaborations, free talks, fees
- **Connecting, improving –** developing links & networks with health professionals, organisations, movements, communities; seek out regular continuous professional development in areas of interest
- **Deliver presentations –** how to plan & deliver an informal talk, presentation, class or course, online or in-person; building confidence: practise in front of friend, phone or computer; other tips & techniques for interesting, confident delivery & flow
- **Preparing presentation** – make plan to suit audience, venue & duration; allow time for Q&A; source & reference facts, other materials; prepare handout with own contact details; practise & time the presentation beforehand, get feedback, adjust as needed
- **Presentation aids** – PowerPoint or similar, handouts, slide printouts, questionnaires, flip charts, posters, samples, personal stories, demonstration; animations, video clips
- **Structure & style –** welcome, introduce self, background, topic overview, deliver main content, conclusion, Q&A

BUSINESS GROWTH

SUPPORTING YOUR CAREER BEFORE AND AFTER GRADUATION

CORE LEVEL - INCLUDED WITH BTEC PROFESSIONAL NUTRITION & HEALTH COACHING DIPLOMA

Where you master the essentials to launch with confidence.



Materials and Live Sessions covering:

- Business Planning & Goals
- Income & Pricing
- Time Management
- Job Opportunities
- Marketing Strategies
- Practitioner Responsibilities
- Business Set-Up
- Clinic & Client Management
- Client Records
- Accreditations & Regulatory Bodies

Business Online Workshop Day

Students explore practical tools, strategies and insights to help their coaching business flourish.
Online Event Day, exclusive for IINH Students. Learn from key industry speakers covering subjects such as:

- Networking for Nutrition Coaches and Pricing Your Worth
- Personal Branding in the Nutrition & Health Arena
- Confidence & Business Growth Essentials

ADDITIONAL GUEST SPEAKER LIVE SESSIONS

GROWTH LEVEL - ALUMNI IINHUB

Where our graduates: Stay connected - Stay supported - Keep growing.



After Graduation

Quarterly live sessions in our Business Club. Hear from industry experts and award-winning IINH graduates—offering insights, guidance and real graduate success stories. Alumni members also have access to a library of recordings from top business mentors Vicky Shilling & Robert Notter, covering essential topics like converting discovery calls, using social media effectively and setting and achieving business goals.

The Grow Your Business Hub

A practical resource hub designed to support your success in the health and wellness industry. Here you'll find useful tools such as client contracts, lead magnet templates and the Food Matters course—complete with slides and presenter notes for you to deliver confidently in group settings. Whether you're just starting out or ready to take your business to the next level, this hub offers the practical tools to support your growth.

ADVANCED LEVEL - EXECUTIVE COACHING PROGRAMMES

For our graduates who want to deepen their business coaching expertise



Build Your Practice™ – 8-week paid programme

With a maximum of 12 participants, this small-group experience gives you personalised coaching and mentoring from Shane Pearson — ICF Certified Coach, multi-award-winning coach, and Nutritional Therapist with nearly two decades of experience in coaching and facilitating positive, lasting change. Shane has helped so many practitioners grow successful, sustainable businesses and is recognised for his ability to combine clear strategies with empowering personal support.

Format: 8 weekly, 2-hour live group coaching & mentoring sessions via Zoom
Price: IINH Graduates: €350 / With Alumni Hub Subscription: €299

Learn More »

HEALTH COACHING & MENTORSHIP FOR PEOPLE WITH CANCER *WITH DR ROSY DANIEL BSC MBBCH*

CORE LEVEL - INCLUDED WITH BTEC PROFESSIONAL NUTRITION & HEALTH COACHING DIPLOMA

Empowering Coaches to Provide Compassionate Support During Challenging Times

Health Coaching & Mentorship for People with Cancer - 2 Hour Q&A Webinar

As part of the BTEC Professional Nutrition & Health Coaching Diploma, students gain exclusive access to a specialist webinar with Dr Rosy Daniel on Coaching for Cancer. Drawing on her experience in integrative cancer care, Dr Rosy shares first-hand insights and explores the vital role Health Coaches can play in supporting those affected by cancer.

For those considering developing their work within cancer support, this webinar provides a meaningful pathway forward — illuminating the opportunities, responsibilities and impact of coaching in this specialist field. It is a powerful example of the calibre of expert insight available to our BTEC Nutrition & Health Coaching Diploma students.

GROWTH LEVEL - IINH ALUMNI HUB

Connect with Pioneers in Cancer Coaching in Our Live Online Webinar

Alumni Guest Webinar Group - Learn from Dr Rosy Daniel

Our engaging 90-minute Alumni webinars are designed to support and inspire our graduates as they move forward in their professional journey.

Together, the sessions for this important area will explore the wide range of opportunities available within Health Coaching in Cancer Care, including potential career pathways, further training options with IINH and beyond, and key considerations for professional development.

The webinars will also highlight the latest developments, emerging research, and current best practices in the field, ensuring IINH graduates remain informed and up to date. In addition, IINH graduates will have access to the online IINH Hub for up-to-date, relevant reports and guided, evidence-based tools to support their ongoing practice.

Exclusive to our Alumni Subscription Students

SPECIALIST LEVEL - CANCER COACHING FOR HEALTH COACHES

Additional Accredited Training - 25 UKIHCA CPD hours awarded

Cancer Coaching for Health Coaches is an advanced specialist programme designed for graduates of our Nutrition and Health Coaching Diploma who wish to deepen their competence in this area.

This training programme equips you with the expertise, confidence and compassion to support people navigating the challenges of cancer.

Topics covered include:

- Orientation for the study of Specialist Cancer Coaching
- Health Coaching Skills and Knowledge
- The Illness Journey
- The Wellness Journey
- Professional, Ethical, and Safety Competence and Personal Development

Price: ~~£650 / €750~~ IINH Graduates: 10% discounted price £585/ €675



Learn More

COMPLIMENTARY EXTRA UNIT: COOKING

(LIVE ONLINE AND/OR ATTENDANCE)

Maggie Lynch, our Director of Cooking, is a qualified chef with over 30 years experience in high-end catering and a qualified Nutrition and Health Coach.

Maggie presents live online cooking classes via Zoom from the IINH Taste Health kitchen. Students attending these classes can get their questions answered by Maggie.

Everyone will receive a comprehensive pack of delicious wholefood recipes, along with other practical information on healing foods, ingredients and better brands, etc.



"Nutrition education without cooking is like driving lessons without a car"
Maggie Lynch

Taste Health Kitchen - Wholesome food needs to be tasty and enjoyable if we want healthy eating habits to stick. Nutrition & Health Coaches and Nutritional Therapists must be able to offer their clients practical guidance in the form of menu ideas, product recommendations, recipes and cooking tips.

Any useful nutrition course should teach practical knowledge and skills for preparing wholesome foods and meals. To serve this vital need we established our own dedicated cooking school and purpose-built 'Taste Health' demonstration kitchen.

Optional Live Attendance Cook Days
We also host two attendance cooking class days during the course at an additional cost of €50 for those who wish to experience the magic of our Taste Health Kitchen in-person. Maggie and her team demonstrate a dozen or more delicious dishes from scratch and provide a wonderful buffet spread at the end.



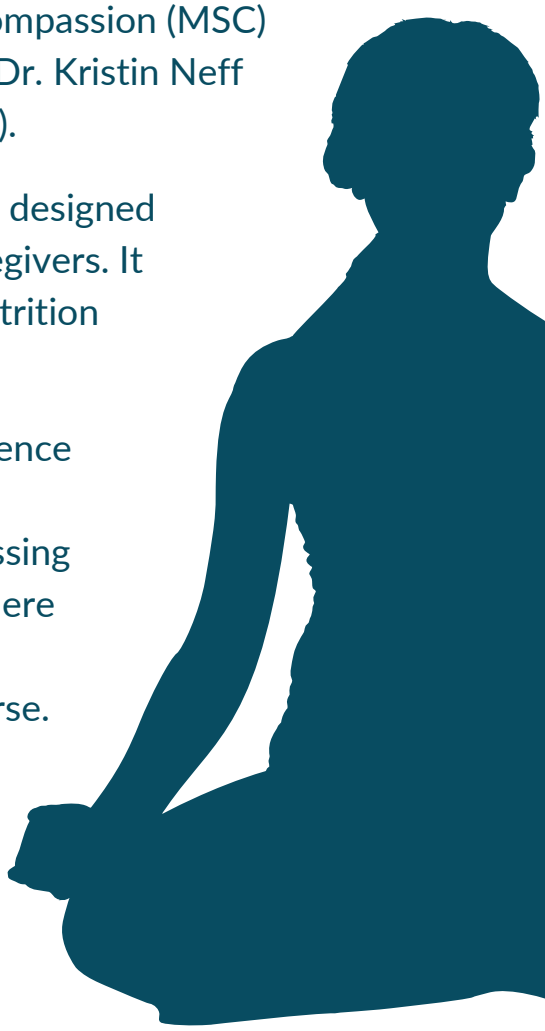




COMPLIMENTARY EXTRA UNIT. MINDFUL SELF-COMPASSION

Self-Compassion Training for Healthcare Communities (SCHC) is a free, 6-week, evidence-based adaptation of the Mindful Self-Compassion (MSC) programme. MSC is the empirically supported program of Dr. Kristin Neff (UT Austin) and Dr. Chris Germer (Harvard Medical School).

This abbreviated MSC training programme was specifically designed for healthcare professionals and is very relevant to all Caregivers. It is therefore something we are delighted to offer to our Nutrition and Health Coaches as part of their studies.



This training aims to improve wellbeing and personal resilience in professionals in the caring professions. It does this by teaching mindful self-compassion skills to deal with distressing emotional situations as they occur at work and at home. Here at IINH we teach the programme in 6 x 90-minute weekly sessions as part of the Nutrition and Health Coaching course.

Burgeoning research is showing that self-compassion skills can be of particular benefit to people in caregiving professions, allowing them to experience greater satisfaction in their caregiving roles, less stress, and more emotional resilience.

As opposed to other self-care techniques, self-compassion practices can be used on the spot at work with clients or colleagues or at home. These skills, although requiring an intentional daily effort to integrate, do not require extra time or formal meditation practice.

Participants of the programme will learn skills and tools to use throughout the day to:

- Care for themselves while caring for others
- Be able to listen with compassion
- Handle difficult emotions with greater ease
- Reconnect to the values that give life and work meaning

COURSE FEES

Early Bird Offer - Ends 3rd August 2026

Enrol before 3rd August 2026 and receive a 15% Discount & FREE Specialised Short Course. Choose one from six specialised short courses (worth up to €349) * CPD Certified

Sports Nutrition to Fuel Performance* / Smart Eating for Perimenopause* / Nutrition & Lifestyle for Mental Health* / Smart Eating for Fetility & Pregnancy*/ Smart Eating for Infants & Children/ Cook ~ Demo ~ Teach*

You'll also recieve:

- Access to 450 Recipes
- 3 Months FREE access to the IINH Alumni Hub

Instalment Options

If you'd prefer to pay in instalments, you can view our 4-month payment plan below: For longer instalment options and costs, please contact admissions@iinh.net.

€ - Euro

BTEC Diploma in Professional Nutrition & Health Coaching			
Course Format	**Tuition fee if paid in full**	**Total fee if paid in 4 monthly instalments**	**Monthly Instalments**
Nutrition & Health Coaching Online	~~€4,500~~ **Early Bird €3,825**	~~€4500~~ **Early Bird €3,825**	~~€1,250 followed by 3 x 1,083~~ **Early Bird: €1,050 followed by 3 x €925**

£- GBP

BTEC Diploma in Professional Nutrition & Health Coaching			
Course Format	**Tuition fee if paid in full**	**Total fee if paid in 4 monthly instalments**	**Monthly Instalments**
Nutrition & Health Coaching Online	~~£4,000~~ **Early Bird £3,400**	~~£4,000~~ **Early Bird £3,400**	~~£1,100 followed by 3 x £967~~ **Early Bird: £920 followed by 3 x £827**

WHAT CAN YOU DO WITH YOUR NEW QUALIFICATION?

FURTHER EDUCATION

At IINH, we support graduates with structured study progression pathways. You can take our Nutrition and Health Coaching or Nutritional Therapy courses independently, or build on your learning by progressing from Coaching into Nutritional Therapy.

For those seeking advanced study, our partnership with CNELM and Middlesex University London provides a route to a Postgraduate or Master's qualification in Personalised Nutrition.

IINH LEARNING PATHS		
BTEC Diploma in Professional Nutrition & Health Coaching 10 Months	**Diploma in Nutritional Science & Therapeutics** ***Nutritional Therapy*** 3 years Part-Time	**MSc or PG Diploma in Personalised Nutrition** 1-3 Years
Awarding Body Pearson BTEC	Awarding Body Crossfields Institute Approved Centre	Teaching Institution CNELM Centre for Nutrition Education & Lifestyle Management Awarding Body Middlesex University London

CAREER OPPORTUNITIES

Our Nutrition & Health Coaching programme opens the door to a vast array of career opportunities. Here are just some of the areas our graduates are working in. View our **Student Spotlight Series** and see what some of our graduates have done with their qualifications.



VIEW OUR STUDENT SPOTLIGHT SERIES

At IINH we love to keep in touch with and support our graduates long after they have finished studying with us. We have created a **Student Spotlight Series** to showcase some of our graduates' experiences and what they have gone on to do with their qualifications.



CATRIONA MCMORRIS

Catriona McMorris is a qualified Nutrition and Health Coach and Beauty & Skin Therapist bringing a compassionate, client-centred approach to her work.



AMELA IVKOVIĆ O'REILLY

Amela runs her own successful nutrition business Nutricioniasta in Sarajevo. She's a regular on TV and has worked with Sarajevo Football Club and was a Jamie Oliver Food Ambassador for Bosnia & Herzegovina



MICHELLE HENNING

Michelle is a certified Nutrition & Health Coach and also the author of the highly-praised book "Grow Healthy Babies: The Evidence-Based Guide to a Healthy Pregnancy and Reducing Your Child's Risk of Asthma, Eczema, and Allergies".



JO B

Jo is a London-based Psychotherapist and Nutrition & Health Coach who supports women in making sustainable lifestyle changes by integrating mental health expertise with holistic nutrition.



OLIVER MCCABE

Oliver is a qualified Nutritional Therapist – Director of Hubble Health, independent Health Food consultancy, Chef, Nutrition Advisor, TV Personality, Writer & Speaker on Health and Nutrition.



DEIRDRE DOYLE

Deirdre is a Health Coach and the founder of The Cool Food School. She promotes healthy eating in a fun and interactive environment for kids of all ages. She travels to schools, preschools, and parties to teach children the value of eating healthily.



NIKKI VIRAG

Nikki is the Lead Health Coach at BeyondBMI, a digitally-delivered obesity clinic. We caught up with Nikki to discuss her interest in nutrition, her nutrition philosophies and her role in BeyondBMI.



PHILLIPA JACOBS-SMITH

Phillipa Jacobs-Smith is a qualified Nutrition and Health Coach specialising in menopause, supporting women through perimenopause and post-menopause to feel more energised, confident and connected to their bodies.



DR SONYA SHAH

Dr. Sonya is a medical doctor and health and nutrition coach who combines medical expertise with evidence-based nutrition, lifestyle medicine, and transformational coaching.

WHAT DO OUR GRADUATE S SAY?

View our student testimonials webpage or click on each name to read their full review.



LIMOR HELFGOTT

Nutrition & Health Coaching Graduate

"The best decision I ever made was to study at IINH – The experience was beyond my expectations – It was fascinating and enjoyable! I gained so much knowledge while meeting the best group of people and having constant support and was looking forward to the learning sessions each week. I loved the way the programme progressed, building my confidence without overloading.

Richard and his team are all amazing people – and they are always there for you along the way, helping you overcome any challenges you might face, while keeping on top of the latest data in nutrition and lifestyle. I couldn't recommend IINH enough. I am so excited to start my journey as an health coach armed with the knowledge and tools they provided me with."



CLARE T

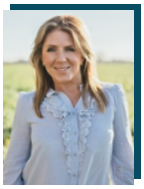
Nutrition & Health Coaching Graduate

"An Exceptional Health Coaching Course"

This course has been an incredible experience from start to finish. The lecturers and guest speakers are not only highly knowledgeable but also wonderfully interactive, making every session engaging and genuinely inspiring. The resources provided are thoughtful, varied, and deeply interesting — you can feel the care that's gone into curating them.

I especially appreciated the live sessions, which are dynamic, practical, and full of real-world insight. They are recorded if you are unable to attend a session meaning you never feel like you're falling behind; it's a truly flexible learning environment. The flipped-classroom approach works brilliantly, encouraging deeper understanding and active participation rather than passive learning.

One of the standout elements for me has been the supportive practice-coaching environment. It's a safe, encouraging space to build confidence, experiment, and grow as a coach. The whole experience has been amazing and has left me feeling inspired, capable, and excited for what comes next.



NATASHA BANKS

Nutrition & Health Coaching Graduate

You can fully immerse yourself in this course, and it's easy to digest even if you are new to the health and wellness industry. The content is easy to access too. I loved the community, connecting with like-minded individuals is wonderful and a great way to bounce ideas or ask questions to those who are going through the same learning journey as you. There is so much covered, you really do feel well equipped to take your knowledge into a professional setting.

Read more on Trustpilot or visit our website for further student testimonials.

IINH ALUMNI COMMUNITY

After graduation, join an exclusive community of alumni who have made their mark in the diverse field of nutrition. Our graduates are trailblazers, shaping the future of health and wellness worldwide. As part of this esteemed network, you'll gain access to a wealth of resources, opportunities, and connections to propel your career forward.

WHY JOIN OUR IINHUB ALUMNI COMMUNITY?

REGULAR LIVE EXPERT GUEST SPEAKER WEBINARS

The latest advancements in nutrition science and industry trends through exclusive workshops, webinars, and nutrition news. Monthly Emerging trends and Quarterly Business Club.

COACHING TOOLS & TOPICS

Resources and insights designed to empower you as a coach. This section is your gateway to an array of tools, strategies, and relevant topics to enhance your existing coaching skills. Find useful Client Diet Handouts and Case Studies. The handouts offer practical guidance which you can rebrand while the case studies provide real-world insights. In addition enjoy 450 + Recipes from Maggie's Taste Health Kitchen.

BROWSE OUR LIBRARY OF 70+ SPECIALIST WEBINARS

The IINH Alumni Hub includes a library of 70+ specialist webinar recordings covering the topics your clients need most, including:

- Business Development
- Marketing Strategies
- Trauma Informed Practice
- Menopause & Hormones
- Stress Management
- Liver Health
- Allergies & Hayfever
- Food Addiction
- Men's Health Andropause
- Gut-Brain Axis
- GLP-1s in Practice
- Brain & Mental Health
- Sports Nutrition
- Skin Health
- Fussy Eating

On demand and always growing. New live events and recordings added every month.

"GROW YOUR BUSINESS" HUB

Your go-to resource for all things business growth in the health and wellness industry.
From forms and lead magnets to insurance providers

CAREER OPPORTUNITIES

Whether you're a recent graduate looking to start your career or a seasoned professional seeking a new challenge, this section is your resource for finding the perfect job.

PRIVATE FACEBOOK GROUP WITH YOUR GRADUATE COMMUNITY

Networking. Discussions. Resource Sharing. Events and Updates

JOIN THE IINH COMMUNITY



I'M READY TO TAKE THE NEXT STEP

BTEC DIPLOMA IN PROFESSIONAL NUTRITION & HEALTH COACHING

You can enrol online by clicking here or contact our admissions team.

I HAVE GOT A FEW QUESTIONS

SPEAK TO A MEMBER OF OUR ADMISSIONS TEAM

Our knowledgeable Admissions Team is here to answer your questions. If you have any questions, we invite you to contact us.

CONTACT US TODAY

Click on the links below to contact a member of our team.

IRISH ADMISSIONS TEAM

Office +353 (01) 525 2511

WhatsApp +353 87 317 8415

Email admissions@iinh.net

UK ADMISSIONS TEAM

Office +44 0203 868 8011

WhatsApp +447586185336

Email admissions@iinh.net

Alternatively click this link to book a 30min Consultation Call with our Admissions Team.





IINH NUTRITION & HEALTH

CONTACT US TODAY

VISIT: WWW.IINH.NET

EMAIL: ADMISSIONS@IINH.NET