



NUTRITION NETWORK ADVISOR TRAINING

THE NUTRITION NETWORK IS EXCITED TO ANNOUNCE
THE LAUNCH OF ITS NEW ONLINE TRAINING

Latest LCHF Science

This course is developed to provide you with the latest, evidence-based science and research in low carbohydrate nutrition, as well as essential coaching and motivation-driving skills to help get your clients the results they've been yearning for!



As a **Nutrition Advisor**, you will be skilled in offering your clients individualised and personal guidance to achieve their health/weight goals. You will be equipped with a specific set of skills to help guide, motivate and inspire lasting change

Why the Nutrition Network?

- A trusted and credible source of science,
- Our medical advisors are internationally recognised LCHF experts,
- Access to a private forum for members
- Form part of our NN referral database
- Access to the globally represented private forum – join and collaborate with hundreds of medical professionals trained in LCHF practice
- All unique content- developed specifically for the Nutrition Network,
- Course adherence is closely monitored to maintain the integrity of the completion certificate



Certificate

On completion of the course, participants will be issued with a **Certificate of Completion**. Completion of this training ensures your eligibility into other Nutrition Network trainings.



ABOUT THE ADVISOR TRAINING

Training content:

The training is presented by leading experts in their relevant fields. From world-class scientists, specialist doctors, academics, ICF accredited life coaches, and internationally renowned motivational speakers, the course is jam-packed with outstanding educational content.

The training is separated into scientific and coaching modules, covering all the information needed to kick-start your Nutrition Advisor career. Additional reading materials are supplied should you wish to further your knowledge. The scientific module provides a sound, foundational knowledge base of LCHF nutrition as supported by the latest and most up to date international research. The coaching module provides complimentary coaching and motivation-driving skills presented by leading experts.

The course is presented as a series of online, self-study lectures.

Each lecture includes:

- Topic outline, learning objectives and lecture summary
- Expert speaker presentation
- Downloadable resources and references for relevant journal articles and literature



Who should do this course:

Do you

- ✓ Have a passion for nutrition and helping others to change their lifestyle?
- ✓ Have a deep desire to change people's perceptions on health?
- ✓ Have a passion for inspiring others, motivating them to attain their health and body goals?
- ✓ Want to turn your passion into a job/ career, earning an income while you do it?
- ✓ Want to work with medical professionals to change sick-care into healthcare?
- ✓ Want to qualify to do advanced trainings in LCHF and join a global network of healthcare professionals?

Timeline & testing

You have 3 months to complete the training. You may start at any time, and work through the content completely at your own pace, as long as you finish within the 3 month time frame.

Testing is done via Feedback Forms at the end of each section which require you to reflect on the content and describe how you would apply what you have learnt. Compliance and viewing is regulated and audited.

Enrolment

Register for the course by visiting www.nutrition-network.org/apply-now/ and select 'Pre-Register: Advisor Training' from the drop-down menu on the application. We will notify you whether your application has been successful. If your application has already been accepted, please pay the enrolment fee and send proof of payment to accounts@nutrition-network.org. Your enrolment link will be sent to you.



LECTURER TOPICS

01. INTRODUCTION TO LCHF - THE BASICS

02. OBESITY, METABOLIC SYNDROME AND INSULIN RESISTANCE

03. MANAGING DIABETES

04. CHOLESTEROL, HEART HEALTH & STATINS

05. LCHF HOW TO'S

06. BIOMETRICS

07. LOW CARB ON A BUDGET

08. UNDERSTANDING AND OVERCOMING SUGAR/ CARBOHYDRATE ADDICTION

09. BASIC COACHING SKILLS:

- POSITION OF NON-JUDGEMENT
- EFFECTIVE QUESTIONING
- GOAL SETTING
- ACTION PLANNING

10. DEFINING YOUR WHY

11. OVERCOMING OBSTACLES

12. FOOD MOVEMENT REWARD TRIAD

13. HIGH-INTENSITY EXERCISE





EXPERT LECTURERS



Prof Tim Noakes



Dr Hassina Kajee



Dr Neville Wellington



Dr Robert Cywes



Bitten Jonsson, RN



Tyron Hatch



Maria Emmerich



Bruce Fordyce



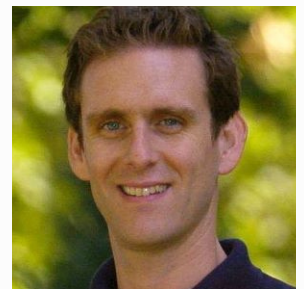
Luc Van der Hofstadt



Andre Obradovic



Colleen Joy Page



Donal O'neil

LECTURE TOPICS

01. LCHF - AN OVERVIEW

02. OBESITY, METABOLIC SYNDROME AND INSULIN RESISTANCE

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