

GROUP FACILITATION TRAINING

PROFESSIONAL ONLINE TRAINING FOR ESTABLISHED AND ASPIRING HEALTH COACHES FOR THE IMPLEMENTATION OF GROUP COACHING USING THE EAT BETTER MODEL

Presented by The Noakes Foundation team and an IFP Accredited coach, this training will give you an exact blueprint and roadmap to coach clients in a group setting. The training will provide all the tools necessary to launch your coaching business and walk clients through their lifestyle transformations.

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
- Quiz to assess what you've learned



Certificate of Completion awarded on completion of the Training



Toolbox

The training contains a toolbox of resources to kickstart your group coaching business, including:

- Sugar demo - video
- Infographics
- Posters
- Guide book
- Food diary
- PDF's for weekly meetings
- Measurement tracker
- Group Intervention Checklist
- BMI tracker
- Coaching tools
- FAQ's

LECTURERS & TOPICS

YOUR LECTURERS



JAYNE BULLEN

Managing Director of
Nutrition Network



PROF TIM NOAKES, PHD

Emeritus Professor &
Author



TAMZYN MURPHY

Registered
Dietitian



DR HASSINA KAJEE

Specialist
Physician



GEORGINA PUJOL-BUSQUETS GUILLÉN

PhD Researcher

YOUR LECTURER



AMANDA STRYDOM

IFP Accredited International Master Coach

MODULE 1 - THE STORY

This section walks you through the foundations of how Eat Better South Africa was formed, and why the program is so effective within a variety of social, economic and territorial settings.

Topics

1. Eat Better South Africa's Story and Evolution - Jayne Bullen
2. Eat Better South Africa From The Ground Up - Prof Tim Noakes
3. My Low Carbohydrate Plate - Tamzyn Murphy, RD
4. The Doctor's Role - Dr Hassina Kajee
5. Mixed Method Evaluation of Nutrition & Health Education Program on Woman from Under-Resourced SA Communities - Georgina Pujol-Busquets Guillén

MODULE 2 - COACHING SKILLS

This section focuses on the essential skills needed to effectively coach clients in a group setting.

Topics

1. Qualities of a Facilitator
2. Quality Relationships
3. Listening and Questions
4. Leadership
5. Layers and Worldview
6. Culture
7. Groupthink
8. Managing Expectation
9. E-connect

YOUR LECTURER



JANA RETIEF

Senior Operations Manager for
The Noakes Foundation

MODULE 3 - PRACTICAL TOOLS

Practical demonstrations of presentations, tool and information that can be used in a group coaching setting.

Topics

1. Chronic disease
2. Social events
3. Sugar addiction
4. Sugar demo

ABOUT THE TRAINING

Training format

The training is made up of:

- Video lectures presenting:
 - Physiology and scientific evidence
 - Practical implementation guidelines
 - Toolbox of resources
- Supporting documents, including:
 - PowerPoint presentations
 - Reference lists
 - Patient education resources to use in your practice
 - Checklists, guidebooks, FAQ's and much more.

Enrolment

Follow this link to enrol:
courses.nutrition-network.org/p/group-coaching-the-eat-better-model

Timeline & testing

You may start the course at any time, and work through the content completely at your own pace.

Before being awarded your certificate:

- You will need to answer the quizzes that appear in the training.

Who is eligible to do the course?

- The course is open to anyone who has an interest in coaching.

Giving Back

The majority of proceeds from this course will contribute towards The Noakes Foundation and the research work they are doing.

