



NUTRITION NETWORK ADVISOR TRAINING

FOR HEALTH ENTHUSIASTS WISHING TO UPSKILL AND ACQUIRE
A PROFESSIONAL TRAINING IN KETO NUTRITION COACHING

Latest Keto 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
- Become part of a network of over 8000 trained NN professionals and form part of our referral database
- Access to the globally represented private forum - join and collaborate with hundreds of medical professionals trained in Keto 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** and will be listed on our website Wall of Practitioners. 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 Keto 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 change their lifestyle?
- ✓ Have a deep desire to change people's perceptions of health?
- ✓ Have a passion for inspiring others, and 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 Keto 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.

Enrolment

Follow this link to enrol: <https://nutrition-network.org/online-training/advisor-training-and-essential-coaching-skills/>

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



Tamzyn Murphy RD



Bridgette Allan, RN



Dr Laurie Rauch



Doug Reynolds



Luc Van der
Hofstadt



Andre
Obradovic



Colleen Joy
Page



Donal
O'neil