

# Certified Transformational Nutrition Coach (CTNC) Program



INSTITUTE OF TRANSFORMATIONAL NUTRITION

COURSE FACT SHEET

The Certified Transformational Nutrition Coach (CTNC) certification program blends physical nutrition, mental nutrition, and spiritual nutrition into one science-based, proven system.

It's the most comprehensive coaching certification available and everything you need is included in your tuition. If you're committed to becoming a world-class coach, this is the path.

WEEK 01 - ORIENTATION  Orientation Week	WEEK 02 - SCIENCE  Introduction to the Transformational Nutrition Model	WEEK 03 - COACHING  Introduction to Coaching, Conducting your First Coaching Session	WEEK 04 - INTEGRATION  Integration Week	WEEK 05 - SCIENCE  Characteristics of Life and Biology Basics, Biochemistry and Biomolecules
WEEK 06 - COACHING  Scope of Practice, and The Top 5 Coaching Mistakes So You Can Avoid Them	WEEK 07 - SCIENCE  Anatomy and Physiology, Metabolism, All Systems of the Body	WEEK 08 - SCIENCE  Anatomy and Physiology, Part 2, All Systems of the Body	WEEK 09 - COACHING  What to Know Before Starting to Coach, Active Listening, The HUNGRY Method	WEEK 10 - INTEGRATION  Integration Week
WEEK 11 - SCIENCE  Nutrients and Macronutrients, Carbohydrates, Proteins, Lipids, Air, and Water	WEEK 12 - SCIENCE  Micronutrients: Vitamins and Minerals, Macrominerals, Microminerals	WEEK 13 - COACHING  Types of Coaching Sessions, Focus & Refocus the Conversation	WEEK 14 - SCIENCE  Reading Labels, Dietary Systems, Life Stage Health and Meal Planning	WEEK 15 - INTEGRATION  Integration Week
WEEK 16 - SCIENCE  Personalized Nutrition, Genetics, The Exposome, Modern Wellness	WEEK 17 - COACHING  Critical Coaching Skills, Client's Freedom of Choice, Intrinsic Motivation	WEEK 18 - SCIENCE  Hormones, Liver Health, Detox, Kidney and Bladder, Cardiovascular	WEEK 19 - COACHING  Coaching Skills, Part 2, Client Active Experimentation & Self-Discovery	WEEK 20 - INTEGRATION  Integration Week
WEEK 21 - SCIENCE  Lifestyle, Toxins, Supplements, Early Life Stage Health Factors, Environment	WEEK 22 - COACHING  The Transformational Nutrition Coaching Method	WEEK 23 - PSYCHOLOGY  All About the Brain, Mind, and Nervous System, Neurological Disorders	WEEK 24 - PSYCHOLOGY  Up Close and Personal with Mental Disorders and Potential Causes	WEEK 25 - COACHING  Psychology in Coaching, Positive Psychological Resources
WEEK 26 - INTEGRATION  Integration Week	WEEK 27 - PSYCHOLOGY  The Fascinating Psychology Pillar of The Transformational Nutrition Model	WEEK 28 - COACHING  Discovering Trauma and The Transformational Trauma Technique	WEEK 29 - PSYCHOLOGY  Emotional Intelligence, Self-Care, and Emotional Hygiene	WEEK 30 - COACHING  Positive Psychology, Coaching Processes

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WEEK 31 - SPIRITUALITY Spirituality, Holistic Health and Transformation	WEEK 32 - INTEGRATION Integration Week	WEEK 33 - COACHING Motivational Interviewing, Client-Centered Relationships	WEEK 34 - SPIRITUALITY Spiritual Awakenings, Consciousness, Upper Limits, and Letting Go	WEEK 35 - SPIRITUALITY Flow, The Shadow, Spiritual Freedom, and Transformation
WEEK 36 - COACHING Spirituality and Spiritual Practices in Coaching	WEEK 37 - INTEGRATION Integration Week	WEEK 38 - SPIRITUALITY The Most Popular and Effective Spiritual Rituals and Practices	WEEK 39 - COACHING The Transformational Nutrition Coaching Method	WEEK 40 - COACHING What to Do When Your Client Isn't Making Progress, Goals, Accountability
WEEK 41 - GRADUATION Graduation Week	WEEK 01 - SPECIALIST Specialist Course Lesson 1	WEEK 02 - SPECIALIST Specialist Course Lesson 2	WEEK 03 - SPECIALIST Specialist Course Lesson 3	WEEK 04 - INTEGRATION Integration Week
WEEK 05 - SPECIALIST Specialist Course Lesson 4	WEEK 06 - SPECIALIST Specialist Course Lesson 5	WEEK 07 - INTEGRATION Integration Week	WEEK 08 - SPECIALIST Specialist Course Lesson 6	HAVE QUESTIONS? Click here to speak with an Advisor who can help!

TITLE AWARDED: CERTIFIED TRANSFORMATIONAL NUTRITION COACH	COURSE LENGTH: 9 MONTHS
SPECIALIST TITLE AWARDED: BASED ON SPECIALIST COURSE CHOSEN	COURSE ACCESS: 12 MONTHS
TUITION: 1 PAYMENT OF \$9,997 OR 10 MONTHLY PAYMENTS OF \$1,100	PREREQUISITE: DIPLOMA

## SPECIALIST CERTIFICATION

Certified Autoimmune Coach  
 Certified Diabetes Coach  
 Certified Cancer Coach  
 Certified Hormone Coach  
 Certified Holistic Health Coach  
 Certified Weight Loss Coach  
 Certified Mental Wellness Coach  
 Certified Life Coach

You'll also receive full access to our Business Building Blueprint Course which includes everything you need for success! You can go through this course at any time during the CTNC program. For more details, please visit [www.transformationalnutrition.com/ctnc](http://www.transformationalnutrition.com/ctnc)

Are You Ready to Enjoy a Fulfilling Career Where You Help Others, Are Seen as a Confident Leader, and Define Success on Your Terms?

APPLY NOW!