



healthcreation

# Health Creation Coaching and Mentorship Academy

## Diploma Prospectus

*For a profession that transforms lives*

### Our syllabus includes

The Holistic  
Approach to  
Health and  
Illness

Mentorship  
and  
Coaching  
Skills

Keys to  
Health  
and  
Wellbeing

Professional  
Mentorship  
Practice

[www.healthcreation.co.uk](http://www.healthcreation.co.uk)

# A very warm welcome to Health Creation from Founder Dr Rosy Daniel

We welcome greatly your interest in becoming a Health Coach and Mentor using the Health Creation Methodology. Never has there been a better time to train in this subject as Health Coaching becomes valued as an important new profession within healthcare and business, and when training standards are so well defined and upheld by the UK and International Health Coaching Association who have approved our Diploma Course. We look forward to meeting you and to exploring your training needs.

With my warmest good wishes,  
**Dr Rosy Daniel**



Watch our short film:

**[Click here!](#)**

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Want to book an introductory chat?

**[Click here!](#)**

**The Health Creation Mentorship Diploma is a comprehensive training to become a professional Health Coach and Mentor.**

The Diploma is:

- Medically led by dedicated Holistic Health pioneer Dr Rosy Daniel, based on 30 years of holistic medical practice
- The UK's earliest health coaching and mentorship course, being founded in 2000 as Rosy predicted the need for health coaching to shift us from 'passive healthcare to proactive health creation' in an empowered, preventive approach to illness, health and wellbeing
- Heart-based, emphasising the importance of loving kindness as the guiding principle in effective self-care, healing and compassionate coaching and mentorship
- Based upon the mind-body connection, spiritual and environmental health alongside care for the body in truly holistic health coaching which gets to the very heart of where dis-ease lies
- Based on Rosy's inspiring Health Creation Programme with its 7 steps, 12 Principles and Breakthrough keys for working with resistance
- The first coaching approach to offer a beautiful online platform for Client and Mentor to record the outcomes of all self-assessments and goals and to map personal progress
- Designed to prepare you to work with physical health, mental health, performance improvement and life-enhancement in healthcare, community and business settings
- As valuable personally as professionally as we guide you to apply the Health Creation Principles in your own life so that you become a great role model for those you are helping!



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# What is the Health Creation Mission?

Health Creation Mentorship moves people out of passive reliance on doctors and medicine into a dynamic, proactive relationship with their health and wellbeing. Based on the whole-person holistic approach, our Mentors take people out of a dependent relationship with their health to become empowered, proactive and responsible. We witness profound shifts in physical and mental health as people learn to nourish themselves at all levels and address the root causes of illness and unhappiness.

We support people from whatever starting point to become involved in the creation of their optimum health, motivating and guiding them to change risky draining health behaviors for those which nourish, uplift and energise them. In this way, people can experience full-potential living, improved physical and emotional health and greatly enhanced life energy which we measure as it grows with our **'Picture of Health'** assessment tool. With this tool and the 6-month Health Creation Programme, people can see quickly the root cause of their dis-ease and imbalance and then, with sensitive Mentor support, we help them to change their beliefs, patterns, habits and health-defining behaviours step by step to achieve big changes in their health and happiness.

*'Changing our focus from **PASSIVE** Healthcare to **PROACTIVE** Health Creation; catalysing a wave of positive health and wellbeing through holistic health coaching, mentorship, training and consultancy'.*





# UKIHCA Course Approval and Membership

The Health Creation Diploma was approved by the UK and International Health Coaches Association (UKIHCA) in 2023 and is designed and delivered to meet rigorous standards to ensure that trainees receive comprehensive professional training in coaching and mentorship skills, today's physical and mental challenges, effective holistic health and wellbeing assessment and modalities, and professional practice.

We uphold the UKIHCA values that Health Coach Training must be grounded in these basic principles:

- To create an evidence-based foundation for a safe and effective practice
- To define and articulate a clear scope of practice for health coaches and mentors
- To establish the core competencies or performance criteria expected at graduation
- To set a clear benchmark to align all education and training provision for 'health' or 'health and wellbeing' coaches
- To ensure education and training provision for HWC is delivered to a minimum standard of safety and effectiveness
- To ensure institutions and organisations delivering HWC have appropriate quality assurance processes in place
- To secure and optimise the investment made by students when embarking on HWC education and training programmes occupational standards
- To cultivate confidence in defining and articulating the profession of HWC and the role of its professionals
- To ensure that professional standards are culturally understood and represent an industry benchmark
- To cultivate a collective understanding of the nature and quality of education and training, and its provision across multi professional contexts and industry stakeholders
- To support the NHS in developing a Register for Health and Wellbeing Coaches working in the public sector
- To secure a robust base for growth of the profession and ultimately the development of national occupational standards.

*The Health Creation Mentorship Diploma is approved by the UK and International Health Coaches Association.*

*Those achieving the Diploma will become Members of UKIHCA, able to access all of the career development and support that this Lead Body provides.*



UKIHCA have put great thought into the question of defining what we mean by health and wellness. Their outputs can be found in the paper: [\*\*Towards defining Health and Wellness Coaching in the UK and Ireland\*\*](#). They define Health and Wellness Coaching as a client-led, collaborative, active process which aims to equip, enable and empower an individual to respond and adapt positively to challenges in their internal and external environment, and to create and sustain a state of resilience through the pursuit of activities, choices and lifestyle that cultivate that individual's whole-health continuum.

They concur with Health Creation that a 'whole-health' approach, rooted in each individual finding purpose, meaning and community is fundamental to sustaining lifestyle and behavior change. They feel that as we better understand the impact of context, nutrition and lifestyle on every aspect of our health, a professional Health and Wellbeing Coach equipped with a 360-degree lens, with a broad base of health knowledge and an understanding of the power of nutrition-and-lifestyle-as-medicine, together with highly skilled coaching techniques for behavior change, is a critical resource in the task of empowering people to participate in and sustain their own whole-health creation.

# Dr Rosy Daniel's Background

Health Creation was founded by UK Health Leader Dr Rosy Daniel in 2000. After 15 years of working with people with cancer, successfully pioneering the holistic health approach at the Bristol Cancer Help Centre (now Penny Brohn UK) she felt that she must focus all she had learned into the prevention and reversal of lifestyle illness.



First, she wrote the Health Creation Programme, a six month wellness journey and then she created the Mentor Training, realising that people who are ill need support, guidance and motivation to change the health habits of a lifetime, as well as a navigator to help them understand their state and needs and guide them to the right resources and therapies to help them to heal, grow and develop.

Qualifying as a doctor in 1983, and a GP in 1990 she wove her training in holistic healthcare around her medical training, helping to lead the British Holistic Medical Association and supporting the work of HRH The Prince of Wales's Foundation for Integrative Medicine. Later she won the Patronage of Prince Charles for the Bristol Cancer Help Centre and presented her research findings on 'Meeting the Needs of People with Cancer' from his home in Highgrove House.

Over four decades Rosy has taught and broadcast nationally and internationally, authored 7 books on holistic and preventive healthcare, and offered consultations to those seeking to integrate the best of all worlds, orthodox, complementary, psychological, spiritual, nutritional and self-help. Now she seeks passionate trainees to share what she has learned and to help catalyse a huge wave of positive, healthy change for individuals, organisations and society as a whole.

**Dr Rosy Daniel says:** "I have now worked with thousands of people to help them identify the root cause of their illness, unhappiness or stress. I have witnessed the most profound transformations as people have developed the courage to change habits, beliefs and patterns which deplete and sicken them, for those which nourish, uplift and regenerate. I see people come home to themselves, as they receive permission to live true to themselves, express their true nature and do what they really love. I now wish to share all that I have learned with my Health Creation Trainees to catalyse a most wonderful wave of wellness in their own lives and in the lives of all those they serve."

# Why join Health Creation...

At this moment in time we are experiencing a pandemic of extremely costly lifestyle illnesses; costly to the individuals whose lives are overshadowed with pain, anxiety, fear of premature death and constant medical interventions; costly to the government as NHS expenditure rises to a third of GDP; costly to employers paying to support their staff with long-term illness, anxiety and depression. However, the risk factors for all of these illnesses overlap and they can be prevented and reversed through the new profession of health coaching and mentorship.

## Currently in the UK:

- 1 in 2 get cancer during their lifetime
- 1 in 2 heart disease
- 1 in 5 type 2 diabetes
- 1 in 2 are overweight
- 1 in 5 obese
- 1 in 2 are stressed and anxious



**...because lifestyle illness is preventable  
with the right health guidance and  
motivational support!**



At least 75% of the immense lifestyle illness burden is caused by unhealthy health-defining behaviour or bad habits which we can change! Through Health Creation we can identify these habits before illness develops, saving a great deal of suffering, NHS funding and lost productivity in the process.

And when illness has developed, we can help to establish healthy self-care to make a huge difference to health outcomes, using the crisis of illness as an opportunity to learn, grow and become healthier than ever before.

# 75% of illness is preventable through lifestyle change!



## Looking deeper we can see that:

- Smoking causes half of all premature deaths
- Excessive alcohol consumption causes 33,000 premature deaths a year
- Over-eating of junk foods is causing obesity and obesity is linked to cancer, heart disease, diabetes, arthritis and depression
- Half a million people each year now experience stress at a level that is making them ill
- Divorce statistics in the Western world point to a breakdown of emotional support in many families and consequent social and economic pressure
- Anxiety, stress, loneliness, isolation and depression lower our immunity making us vulnerable to infections, inflammation and cancer.

The NHS creaks under the strain of this ever-increasing health burden. Healthcare costs rise rapidly to meet the demand of the public for more and more sophisticated healthcare to pay for largely self-inflicted illnesses in an ageing population full of degenerative illness. It is time for healthy change!!

**YOU can make a world of difference!** As a Health Creation Coach and Mentor, you can educate, coach, and run groups to support people until new healthy habits are established and sustainable. You will witness and share in the deeply heart-warming transformations you catalyse in those you help as they come to live lifestyles true to their authentic selves, with meaning and purpose in a gentle, loving, respectful relationship to themselves, to others and to the planet.

# What has inspired you to become a Health Coach and Mentor?

We are curious to know what has brought you towards the profession of health coaching and mentorship? Perhaps you are longing to help people break out of lifestyles, jobs and relationships that are suffocating them? To help people to reach their full potential? To make a real difference in combating the pandemic of preventable lifestyle illnesses such as diabetes, heart disease, cancer, obesity, anxiety and depression which is ruining lives and pushing the NHS to breaking point? All of this is possible along with the deep privilege of working with people at the heart of their life and soul journey, helping them to learn, grow and make life-enhancing choices. And you can do so working flexibly from your home, in healthcare or business settings; individually, as part of a team or running groups.

Want to book an introductory chat?

**[Click here!](#)**

Want to start your application?

**[Click here!](#)**





# What is Health Creation Mentorship?

A Mentor motivates, guides and supports healthy healing change in a caring compassionate relationship with their client, enabling them to reach their potential for health, happiness and fulfilment. In the health coaching aspect of the role, the client is provided with self-assessment tools to clarify their state and needs, make their Health Creation goals and receive sign-posting to the most effective self-help, therapeutic, community or medical support agencies. In the mentorship aspect of the role, the client receives education, knowledge and new skills to help them establish a healthy and fulfilling lifestyle, and to develop and grow personally.



## The Health Creation Mentor competencies are a combination of:

- Professional coaching and mentorship skills
- Personal warmth, enthusiasm and motivational skills
- In-depth knowledge of the principles and evidence underpinning the holistic model of health and illness
- Proficiency in the use of the Health Creation Programme by Dr Rosy Daniel and its Assessment Tools, READS communication model, breakthrough keys, health and lifestyle goal-setting processes in both the online and hard-back versions
- In-depth knowledge about the individual body, mind, spirit and environmental elements of health and wellbeing as defined in the 12 Health Creation Principles, and the risk factors for physical and mental illness, spiritual malaise, social and environmental illnesses that can be prevented, reversed or coped with more positively through health coaching and mentorship
- In depth knowledge of the evidence-base for Lifestyle Healthcare, and the relationship between our health-defining behaviour, the development of lifestyle illness and the effective primary and secondary prevention of lifestyle illness
- Advanced communication skills to help establish rapport and empathy with the client, elicit their state and needs, facilitate the client to hear their own truths and wisdom, and to make and succeed in achieving their health and lifestyle goals
- Working effectively with resistance to healthy change by understanding the obstacles to change and how to effect breakthroughs in relation to these obstacles
- Good personal modelling of a proactive, responsible relationship to their own health and wellbeing
- Gathering client feedback, reflecting upon it and incorporating the new learning.

# The Health Creation Methodology

Work with your clients on our unique online coaching platform!



## Health Creation coaching and mentorship skills and competencies are based upon the Mentor:

- Guiding the client through the Health Creation Programme Online by Dr Rosy Daniel
- Providing a clear coaching structure and having an agreement in place which clarifies the scope of practice of the Mentor
- Learning key health coaching and mentorship skills
- Learning the theory and scientific evidence for health and wellbeing
- Learning and guiding clients through the Health Creation journey with monthly one hour sessions through its 7 steps, 5 self-assessments, 12 Health Creation Principles and 2 phases
- Becoming an educator in the mentoring role, explaining the connections between behaviors, symptoms, illness risk and its prevention
- Understanding and working with the holistic health model and the Picture of Health tool to see from which level a health problem is arising in order to address the root cause of illness, suffering and resistance to healthy change
- Eliciting and changing limiting beliefs and un-examined assumptions which keep people stuck
- Witnessing and celebrating successes and working creatively with failures or losses, to re-frame them where appropriate as learning experiences, helping the client to find meaning and new impetus for healthy change within them.





## Case Study - S


A retired engineer, approached his Mentor grieving, having recently lost his wife and newly diagnosed with chronic lymphoma. He was depressed and isolated; he was overweight, with type 2 diabetes and high blood pressure.

After 6 monthly Mentor sessions he had established a daily 10,000 step walking and running programme, lost 15kg in weight; his blood sugar and blood pressure had returned to normal and his GP had taken him off medication; he had become a volunteer for his local church and had a meaningful role and a sense of belonging within his community. He had started growing vegetables again and adopted a wholefood diet; and his abnormal lymphoma white blood count had halved, meaning that he did not need chemotherapy!

He was delighted with his progress and reflected that not only had he been spared the rigours of chemo, but a collapse of his mental health and the many complications that come alongside diabetes and high blood pressure.

These outcomes were brilliant for him personally but also saved the NHS many thousands of pounds in chronic and acute physical and mental healthcare in clinic visits, medication, cancer treatment and psychiatric care - and all for the price of 6 Mentor sessions and a Health Creation Programme!





The Health Creation approach is powerful, decreasing the risk of lifestyle illness and helping to reverse lifestyle illnesses once they have developed. And where illness has become serious or life-threatening, it helps to lift the spirit, enabling people to cope far more positively by focusing on that which brings joy and peace of mind.

*“My Mentor was a bright shining light who led me out of a very dark place. I have a completely new and much happier life now, living true to myself for the first time. I am eternally grateful for the compassionate care and encouragement I received to develop positive self-care and a truly authentic purpose to get me fired up every morning. Thank you with all my heart for saving my life!”*  
RT 2019

# Your Mentorship Diploma

- Course overview
- UKIHCA approval
- Syllabus
- Learning aims
- Entry requirements
- Trainee support
- Peer mentorship
- Working relationship with Health Creation
- Career opportunities
- Course enrolment and fees



The **Picture of Health** starts the Health Creation wellness journey. When we can map our current state of health and wellbeing we know where healthy change is needed and we can track progression throughout the Mentorship process.



# Course Overview

The 600-hour Health Creation Diploma has 3 modules:

**Module 1** - Health Creation Mentor Training of six months followed by six months of supervised probationary work with three study clients.

**Module 2** - The Principles and Evidence for Health and Wellbeing. This module will involve distance learning through our virtual learning environment.

**Module 3** – Professional Health Coaching and Mentorship Practice – A home study module taken within the probationary period focusing on the legal, ethical, practical and business elements of establishing and succeeding in Mentor practice.

The Diploma Course runs in 3 phases over 12 to 18 months:

*(depending on how much study time you have available)*

Pre Course Preparation <i>From April to September Year 1</i>	Training Course <i>From October to March Year 1</i>	Probation Period <i>From April to September Year 2</i>
<ul style="list-style-type: none"><li>• Application</li><li>• Interview</li><li>• Enrolment</li><li>• Pre-course Mentoring sessions x 3</li><li>• Commencement of Module 2 home study</li><li>• Module 2 monthly tutoring</li></ul>	<ul style="list-style-type: none"><li>• In person skills training over four weekends in October, November, January and March</li><li>• Peer Mentorship for 6 months</li><li>• Module 1 weekly Tutor Group</li><li>• Module 1 - Home Study Programme for 5 hours per week</li><li>• Mentor Skills Assessment weekend 5</li><li>• Continuous Module 2 Study up to 4 hours per week</li><li>• Module 2 Monthly Tutor Group</li></ul>	<ul style="list-style-type: none"><li>• Study Case work with 3 clients over 6 months</li><li>• Monthly Mentor Development Group with Course Tutor</li><li>• Module 3 home study for 5 hours per week</li><li>• Continue Module 2 home study for up to 4 hours per week</li><li>• Module 2 monthly Tutor Group</li><li>• Module 2 &amp; 3 assessment</li><li>• Graduation</li></ul>



# Course Syllabus

## 01

### The Holistic Approach to Health and Illness

- The Health Creation Programme
- The 12 Health Creation principles for body, mind, spirit and environment
- The Picture of Health assessment tool
- Life energy management
- The Health Creation ethos

## 02

### Mentorship and Coaching Skills

- The READS communication model
- The Mentor scope of practice
- Change theory
- Motivational interviewing
- Working with discrepancy
- Working with resistance to change
- The breakthrough keys
- Belief-busting
- The power of affirmations and positive choices





## 03

### Health and Wellbeing

- The context for Health Creation - Today's health statistics
- Evidence-based practice
- The body systems
- Lifestyle illnesses and their risk factors
- Cardiac coherence and wearable health technology
- The illness journey
- The wellness journey
- The carer journey
- Nutritional principles
- Body detoxification
- Meeting our physical needs
- The mental health territory
- The mind-body connection
- Spiritual malaise
- Spiritual healing
- Complementary therapies
- Self-help techniques
- Environmental illness

## 04

### Professional Mentorship Practice

- Running a professional Mentorship Practice
- Educating and running groups
- Building a successful business
- Working in different contexts
- Maintaining your Continuing Professional Development
- Audit and quality control



# What are the learning aims for the Health Creation Modules?

## Module 1 - The Health Creation Mentorship Diploma curriculum comprises:

- Theoretical perspectives and background to holistic healthcare
- The READS communication model
- The assessment, motivational and communication skills of a Health Creation Mentor
- The 12 principles of Health Creation with focus on the generation of physical, emotional, spiritual and environmental health and wellbeing
- Understanding how the body functions and lifestyle illnesses
- Understanding mental functioning and mental illness
- Understanding spiritual needs and spiritual malaise
- Understanding environmental health impacts and nature deficit disorder
- Application of Health Creation Mentorship with: those with chronic illnesses such as cancer, heart disease, diabetes, arthritis, obesity and depression; those wishing to prevent illness and improve vitality and performance; those who are caring for the sick or disabled
- Knowing the community resources for self-help, support and therapy for those wishing to improve health and wellbeing
- Engaging with self-care and supervision for health mentors
- Preparation for Study Case Mentorship during the probationary period.



**Module 2 - The Principles and Evidence for Health and Wellbeing Mentorship curriculum comprises:**

**1. Study of the theory and evidence base relating to the need for and value of the health mentorship approach in terms of:**

- The role of Western lifestyle in the aetiology of major degenerative diseases such as cancer, heart disease, depression and anxiety, diabetes, obesity, digestive disorders, arthritis, asthma
- The role of lifestyle change in reversal of lifestyle illnesses
- The role of proactive health mentorship in reducing healthcare costs
- Critical engagement with coaching theory & practice related to developing the coaching relationship including ethics, awareness, and qualities of a coach
- Study skills for learning, writing and literature searching.

**2. Study of the theory and evidence base relating to the role in the promotion of health and wellbeing of the following subject areas:**

- Nutrition and nutritional supplementation
- Exercise, rest and relaxation
- Detoxification from excessive dietary fat and sugar, drugs, cigarettes and alcohol
- Stress reduction and peace of mind
- Improvement of relationships and communication
- Emotional maturity and self-expression
- Personal authenticity, fulfilment, meaning and purpose
- High energy and vitality levels
- Development of spiritual resources and sustaining inner life
- Positive personal environment
- Sense of belonging within community, work and social networks
- Active relationship with nature
- Complementary therapies
- Self-help approaches
- Psycho-spiritual support
- Mind-Body science
- Epigenetics.







### Module 3 – Establishing your Health and Wellbeing Coaching and Mentorship Practice curriculum comprises:

- Study of the legal and ethical aspects of work as a Health Coach and Mentor and the Mentor Service Framework
- Exploring the Health Creation ethos
- Understanding the practicalities of the Mentorship process and how to contract and create agreements with clients
- Learning about inter-professional practice
- Learning how to set up and market your mentorship practice and business
- Professional requirements for Mentor Development, Supervision, Continuing professional development and keeping up to date with evidence and developments in the field
- Ensuring that you are fit to practice and involved in proactive self-care and ongoing peer mentorship.

# Entry Requirements

Students are selected based on:

- Their enthusiasm and commitment to the Health Creation aims
- Personal warmth, wisdom and compassion
- Communication skills with a counselling skills qualification or equivalent experience
- Holistic healthcare experience and knowledge
- Some relevant illness experiences professionally, personally or as a carer
- Emotional stability
- Personal application of healthy lifestyle and holistic self-help
- Ability to start and maintain a professional Mentor Practice
- Ability to be a good representative for Health Creation
- A clean criminal record
- Appropriate prior learning to educational level 4 and above.

## Your Peer Mentorship

During the Module 1 Mentor Skills Training you will be paired with a fellow trainee to offer each other a full 6-month Health Creation Mentorship journey as you train. This will mean that all of the learning you are achieving can be applied immediately in a practical way.

This experience is often so precious to the trainees that they end up saying that it was worth doing the course purely for what they have experienced personally, for their own health and wellbeing.

# Trainee Support and Professional Mentorship

When you enrol on a Health Creation training, you will find that you are part of a warm, welcoming, supportive family. The sharing that occurs within training's in a safe and confidential space encourages great closeness and compassion between our trainees who often become lifelong friends.

Before the training starts you will receive Professional Mentorship yourself from the Course Tutor Sue Caden. This will give you a felt experience of Health Creation Mentorship, as you focus on your own health and wellbeing & begin to experience the wonderful benefits for yourself. In addition this will prepare you for your Peer Mentorship once the course begins, meaning that you hit the ground running and are mentoring others with supervision from the very start of the course.

Course Tutor Sue Caden is with you weekly for Tutorials and always available to speak with you by phone Zoom or email.

The Course Leader is with you monthly for academic tutorials and always available for questions and support.

Trainees are advised that if the course or Peer Mentorship process brings up emotional issues for them, that they seek counselling support outside of Health Creation.



# What is the working relationship of the Health Creation Mentor with Health Creation once qualified?

Once qualified, the Health Creation Mentor is eligible to register on our Active Mentor Register and will receive monthly Mentor Development support for a small annual registration fee.

Mentors need to provide evidence of annual insurance cover to join and stay registered on our Active Mentor Register.

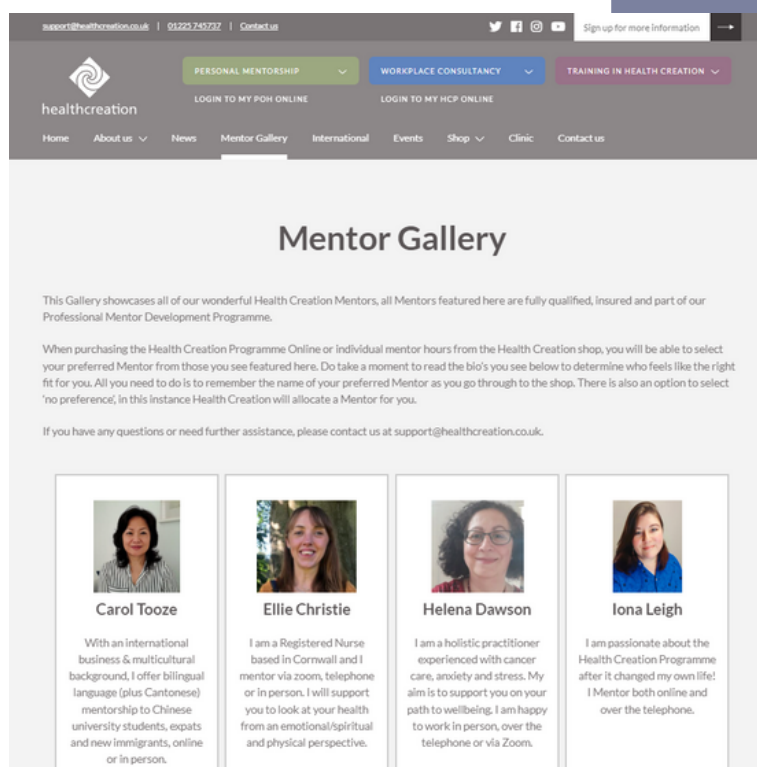
The Mentor is self-employed and can then accept clients either from our website, from our corporate clients or through their own marketing to establish their independent Mentor Practice.

Registration involves signing our Mentor Agreement which outlines all the requirements for professional practice.

This agreement is available prior to the training on request from [support@healthcreation.co.uk](mailto:support@healthcreation.co.uk).

## Career Opportunities

- You can establish an independent practice by recruiting clients yourself, for this service you may charge up to £80 per hour
- You may be offered clients from Health Creation and other referring agents, for which you will receive a fee of £50 per hour
- You can apply for posts within healthcare or community settings
- You can offer webinars/seminars to introduce people to Health Creation
- You can offer your skills to groups, facilitating individuals to meet in a group, share their issues and support each other to make Health Creation goals. Sharing their progress, learning and insights.



support@healthcreation.co.uk | 01223 745717 | Contact us

healthcreation

PERSONAL MENTORSHIP | WORKPLACE CONSULTANCY | TRAINING IN HEALTH CREATION

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## Mentor Gallery

This Gallery showcases all of our wonderful Health Creation Mentors, all Mentors featured here are fully qualified, insured and part of our Professional Mentor Development Programme.


When purchasing the Health Creation Programme Online or individual mentor hours from the Health Creation shop, you will be able to select your preferred Mentor from those you see featured here. Do take a moment to read the bio's you see below to determine who feels like the right fit for you. All you need to do is to remember the name of your preferred Mentor as you go through to the shop. There is also an option to select 'no preference', in this instance Health Creation will allocate a Mentor for you.

If you have any questions or need further assistance, please contact us at [support@healthcreation.co.uk](mailto:support@healthcreation.co.uk).




**Carol Tooze**

With an international business & multicultural background, I offer bilingual language (plus Cantonese) mentorship to Chinese university students, expats and new immigrants, online or in person.




**Ellie Christie**

I am a Registered Nurse based in Cornwall and I mentor via zoom, telephone or in person. I will support you to look at your health from an emotional/spiritual and physical perspective.



**Helena Dawson**

I am a holistic practitioner experienced with cancer care, anxiety and stress. My aim is to support you on your path to wellbeing. I am happy to work in person, over the telephone or via Zoom.



**Iona Leigh**

I am passionate about the Health Creation Programme after it changed my own life! I Mentor both online and over the telephone.

# Enrolment and Course Fees

The process of coming onboard with Health Creation follows six steps:

1. An exploratory meeting with Sue Caden, Course Tutor
2. Completing your application form and agreeing to our terms and conditions
3. Invitation to enrol and registration on the course
4. Payment of course fees in full or by payment plan
5. Pre-course Mentor Sessions with Course Tutor Sue Caden
6. Commencing your study of the Principles and Evidence for Health and Wellbeing via our online training platform.

Want to book an exploratory meeting with Sue?

**[Click here!](#)**

Want to start your application?

**[Click here!](#)**

The Course Fee for the Health Creation Mentorship Diploma is: £3,950.00 comprising three training modules and a supervised probationary period.

This fee may be paid in full for by a deposit of £950 followed by 12 installments of £250 per month.

You will be asked in your application form to agree to the Health Creation Terms and Conditions.

Health Creation Coaching and Mentorship Academy  
[www.healthcreation.co.uk](http://www.healthcreation.co.uk)



UK & INTERNATIONAL  
HEALTH COACHING ASSOCIATION

**Approved  
Training Programme**

**Health Creation**

Health Creation  
Mentorship Diploma

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# Meet the team

**Dr Rosy Daniel is the Founder of Health Creation, Medical Director, Course Leader for the Health Creation Diploma and Author of the Health Creation Programme and Assessment Tools – The Picture of Health, The Picture of Mind and The Picture of Green.**

Rosy has responsibility for the course content which is based upon four decades of holistic health practice. She teaches on all of the training's as well as running Tutorials to support the critical analysis of the evidence base for Mentorship practice and the establishment of Professional Mentorship Practice.



**Sue Caden has been our Lead Trainer and Course Tutor since 2003.** Sue has devoted herself to the process of supporting our Trainees to reach their full potential and achieve the learning aims and core competencies to work as professional Mentors. With a background in Education and training in Communication Skills, Sue brings a wonderful blend of sensitivity, humour, calm and wisdom to her work. Her wonderful presence is a reflection of her deep commitment to her own health and wellbeing through meditation, choral singing, harp playing and time in nature. Sue will be your first point of engagement as she offers an open door for all those wishing to explore the training, and weekly support onward, throughout your entire learning journey and beyond with her Mentor Development Support. She can be contacted via [sue.caden@healthcreation.co.uk](mailto:sue.caden@healthcreation.co.uk).



**Ally Phillips is our Mentor Manager,** she looks after our trainees from the first moments of contact through to enrolment, she offers technical and administrative support throughout the training and onwards into registration and professional practice. Ally herself is a qualified Health Creation Mentor and Holistic Massage Therapist running her own practice from her home in Frome. She is a constant source of kindness and care and helps our trainees to gain access to and mastery of our digital tools and programmes. Additionally Ally runs Communications for Health Creation, spreading our message far and wide through social media.





# Meet the team

**Rosemary Tarrant is Director of Health Creation North** serving Scotland and the Northern counties of England and Northern Ireland. She is the Lead Trainer for the northern training's and keen to hear from all those living in the North who wish to get involved via email [rosemary.tarrant@healthcreation.co.uk](mailto:rosemary.tarrant@healthcreation.co.uk). Rosemary is a tremendous advocate for Health Creation and a very experienced trainer. She also runs her own practice in Mentorship, Massage and Kinesiology. She provides a forum for the Northern Mentors and also runs Health Creation Retreats.



**Professor Roger Tooze has been our Chairman since 2002.** Roger is an International Professor of Political Economics and Journalism. He has helped to guide the strategy and supported the growth and development of Health Creation from the beginning, he is clear that Dr Daniel is on the right path and that proactive health promotion is the only solution to the social and economic healthcare crisis being faced globally. Roger also helps to create Licence Agreements for those wishing to set up Health Creation in their own area.



**Chris Pickering is our IT Consultant,** over two decades Chris has kept us fully operational with virtual private networks, back-ups and super-fast broadband enabling us to move seamlessly into virtual working when COVID arrived! Chris is highly motivated socially, supporting many community initiatives and individuals working to achieve positive change within society. He provides the brilliance and up to date know how to keep us functioning effectively whatever the weather.



# Meet the team

**Mike Tooze is our Operations Manager**, Mike manages the smooth delivery of Health Creation services and the production and despatch of Health Creation products. He also manages the seamless running of Health Creation events, exhibitions, trainings, holidays, retreats and parties making sure that everyone has the best and most enjoyable time. Mike is the life-partner of Dr Rosy Daniel and plays a major role in supporting Rosy's health, wellbeing and ability to function at peak performance through a wonderful combination of fun, music, exercise, gardening, meditation, and emotional support.



**Stuart Kenny is our IT Developer** and has worked with Dr Rosy Daniel to create the ground-breaking Health Creation Programme Online, the coaching workbook around which the mentorship journey is based. Over many months Stuart and colleague Eliot Gannon have worked generously to perfect the programme to make it as user friendly as possible for our clients and Mentors. The great beauty of this system is that it makes the Mentorship approach accessible to English speakers anywhere in the world. It also means that clients can share their work with their Mentor so they are both fully up to speed with the clients progress throughout their Health Creation journey.



**Matt Winchester is our IT Developer**, Matt has been responsible for digitizing the Health Creation tools created by Dr Rosy Daniel; the Picture of Health, the Picture of Mind and the Picture of Green. He has also created the Team Picture of Health tool which allows us to collate Picture of Health results in corporate settings, for a team, department, or entire staff within an organisation. Our digital tools are a breakthrough for our work with individuals and organisations, allowing us to map and measure the starting point and progress being made over the Health Creation journey.



# Collaborations

The Health and Wellbeing Trust operates a Health-e-Learning Platform providing 10-hour vocational trainings for students of holistic healthcare, originally founded by Dr Rosy Daniel, this charity and platform are now operated by Britain's leading Integrative Medicine College, the National Centre for Integrative Medicine under the Direction of Dr Elizabeth Thompson.

On the E-Learning Platform at [www.healthelearning.online](http://www.healthelearning.online) our trainees can find:

- Discovery courses in a range of holistic health care topics
- A comprehensive research and evidence base
- A resource directory for Lead Bodies within complementary therapies and self-help
- Subscribe for a regular newsletter and invitations to NCIM events.

NCIM also provide a two year Postgraduate Diploma in Integrative Medicine for those wishing to make advanced studies of this subject.

Health Creation also works in collaboration with Cytoplan and Weleda due to the high quality of their 100% pure products for Nutrition, Skin and Body Care and their excellent educational services, supporting Mentors to expand their knowledge and usefulness to clients.

Cytoplan produces Food State and Wholefood Nutritional Supplements which are highly bioavailable and are designed to close the Nutrition Gap faced by most of us in sedentary lifestyles.

Now 100 years old, Weleda provides the most consciously produced skin, beauty and healthcare products, grown, harvested and designed within the principles of biodynamics and anthroposophy.

Balens Specialist Insurance Brokers insure Health Creation and they are also able to insure our Mentors. All Mentors must carry their own Professional Indemnity Policies and also Public Indemnity if working in the premises of other people as teachers or group leaders. Balens have founded their business on providing protection for complementary therapists, coaches and mentors and self-help teachers. Whilst they now embrace all other elements of insurance, they have offered dedicated support to the advancement of proactive holistic healthcare and we are proud to collaborate with them.





# We look forward to welcoming you on board!

We look forward greatly to meeting you and welcoming you on board to begin your Health Creation Journey whether as a trainee or for your own personal mentorship. We sincerely hope that the information provided within our course prospectus has answered all of your questions, however, if there is anything you would like to discuss further, please do reach out to us at [support@healthcreation.co.uk](mailto:support@healthcreation.co.uk).

With our warmest wishes

***Dr Rosy Daniel, Sue Caden, Rosemary Tarrant and the Health Creation Team***

Want to start your application?

**[Click here!](#)**

We'd love to connect with you, you can find us on:

**[Facebook](#)**

**[Instagram](#)**

**[LinkedIn](#)**



UK & INTERNATIONAL  
HEALTH COACHING ASSOCIATION

**Approved  
Training Programme**

**Health Creation**

Health Creation  
Mentorship Diploma



*Together we can help to make health,  
not illness the norm within society!*



healthcreation

# Our Terms and Conditions

[Click here to apply today!](#)

## Conditions

- Trainees are invited to experience 3 professional Mentor sessions with the Course Tutor in order to have a good 'felt sense' of the methodology before starting the Module 1 Mentor Skills training
- Trainees are required to attend all training modules and tutorials and to complete all home study work to qualify to receive their Diploma
- All elements of the training will be assessed in formative (continual) and summative (exam assignments and papers) manner. Students will be required to achieve a mark of at least 70% to qualify as a Mentor and will be invited to repeat modules if they do not reach the required mark
- During Module 1 Mentor Skills Training, trainees will be invited to engage in their own Health Creation and to mentor a Peer for six one-hour sessions in order to apply the Health Creation methodology personally and under Tutor supervision.
- Trainees must be able to undertake at least 5 hours of home study per week during the entire training period of 1.5 years, apart from holidays of four weeks per year
- Trainees agree not to train others as Health Creation Mentors unless they are trained as a Health Creation Trainer by Health Creation
- Trainees must not reproduce any elements of the Health Creation training or the Health Creation Programme by Dr Rosy Daniel without permission in writing from Dr Daniel and Health Creation
- Trainees must study all three modules to achieve the Diploma in Health Creation Mentorship and become a Registered Health Creation Mentor
- If trainees withdraw from the Mentor skills training, they will still have access to the Module 2 and 3 training they have paid for
- Trainees will be asked to maintain strict confidentiality in relation to all that they discuss with their Peer Mentor, fellow trainees and study clients on the course and will treat these discussions in a completely professional manner
- If a trainee's conduct within the training is inappropriate, the Course Leaders will feed this back to them initially, and reserve the right to ask them to leave the course if this persists.

## Payment Terms:

- Your deposit is **non-refundable** once you have enrolled for the Health Creation Mentorship Diploma and covers your Professional Mentorship and Module 2 - Principles and Evidence for Health and Wellbeing
- If you decide after Weekend 1 of Module 1 to leave the course, 50% of the total course fee is payable
- After Weekend 2, all course fees are payable and non-refundable and will include access to Module 3 - Professional Mentorship Practice
- If you are unable to complete your training due to serious extenuating circumstances, you may arrange to transfer your fees to a later year group to complete your training.