

Health Creation Coaching and Mentorship Academy Online Mentor Training: 2025-2026

*The only medically led Diploma in Health Coaching
with Dr Rosy Daniel and Sue Caden*

www.healthcreation.co.uk



An Integrative Healthcare Approach to Health Coaching and Mentorship

Health Creation Mentors work with our unique methodology to:

- Inspire and motivate positive healthy change in body, mind, spirit and environment
- Catalyse measurable gains in health, vitality and wellbeing
- Guide tailor made self-help programmes for the ill and their carers, especially for those with cancer and those close to them
- Guide those wishing to prevent illness to enjoy whole-hearted high energy living
- Enable people to become true to themselves with meaning and purpose in living
- Help prevent and reverse lifestyle illnesses such as diabetes, cancer, heart disease, obesity, depression, anxiety, arthritis, digestive problems and fatigue
- Tackle and prevent burnout in teachers, healthcare professionals and business people
- Raise the performance of leaders and their teams.



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prospectus!](#)

Earn up to £80 per hour with the flexibility of working remotely by telephone or Zoom, or in face to face consultation with your clients!

Course Format - The Health Creation Mentor Training has three modules:

- **Module 1** - Mentor Skills Training running from September to March and followed by a six month supervised probation
- **Module 2** - Online Principles and Evidence for Health and Wellbeing for the Certificate in Health and Wellbeing running continuously online.
- **Module 3** - Online Professional Health Coaching and Mentorship Practice
- Combined these form the basis for the Diploma in Health Creation Mentorship at a total cost of £3,950. This can be paid as one payment, or as a deposit of £950 with 12 monthly payments of £250. This includes all pre-course mentorship, training and tutoring until you are able to register and practice.

All modules courses can be taken stand-alone, but you will need to take all three modules to achieve professional health coach and mentor status, signifying that you have the skills, knowledge and evidence base at your fingertips to provide a fully professional health coaching and mentorship service.

The Mentor training will run on Zoom over five weekends from October 2024 to April 2025

- W1 Oct 11th/12th - **BODY** and The Health Creation Programme
- W2 Nov 29th/30th - **MIND** and Coaching for the Illness Journey
- W3 Jan 21st/1st - **SPIRIT** and Caring for Carers
- W4 Mar 28th/29th - **ENVIRONMENT** and Prep for Study Case Work
- W5 April 25th/26th - **PRACTICE** and **ASSESSMENT**



Before and during the Mentor Training you will receive:

- Three Mentorship sessions with Course Tutor Sue Caden
- A Health Creation Programme Online and a Cancer Lifeline Kit containing three coaching workbooks
- Six months peer mentorship with a fellow trainee supervised by Tutor Sue Caden
- Five weekends of training and a home study programme totaling 600 hours
- An online module in the theory and evidence for the 12 Health Creation Principles with tutorials with Dr Rosy Daniel and a further module to run a professional practice
- Study case work supervised for a six month probation period earning £20 per hour.



Course Leader
Dr Rosy Daniel



Course Tutor
Sue Caden

Course criteria - We are looking for Trainees who have:

- Natural warmth, empathy and great communication skills
- A good understanding of the holistic approach to health
- Personal experience of illness and healthcare
- Relevant prior learning experience.



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To watch our short video

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To start your application form today

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Please send your enquiries to

support@healthcreation.co.uk

and our wonderful team will be happy to help!