

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

UK & INTERNATIONAL HEALTH COACHING ASSOCIATION
Approved Training Programme
Health Creation
Health Creation Mentorship Diploma

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 when 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!

Connect with us on:
Facebook
Instagram
LinkedIn

Want to book an introductory chat?
Click here!

Read Rosy's academic paper:
'The Case for Integration of Health Coaching within Integrative Oncology – Needs, Models, Standards and Outcomes'
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 40 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!

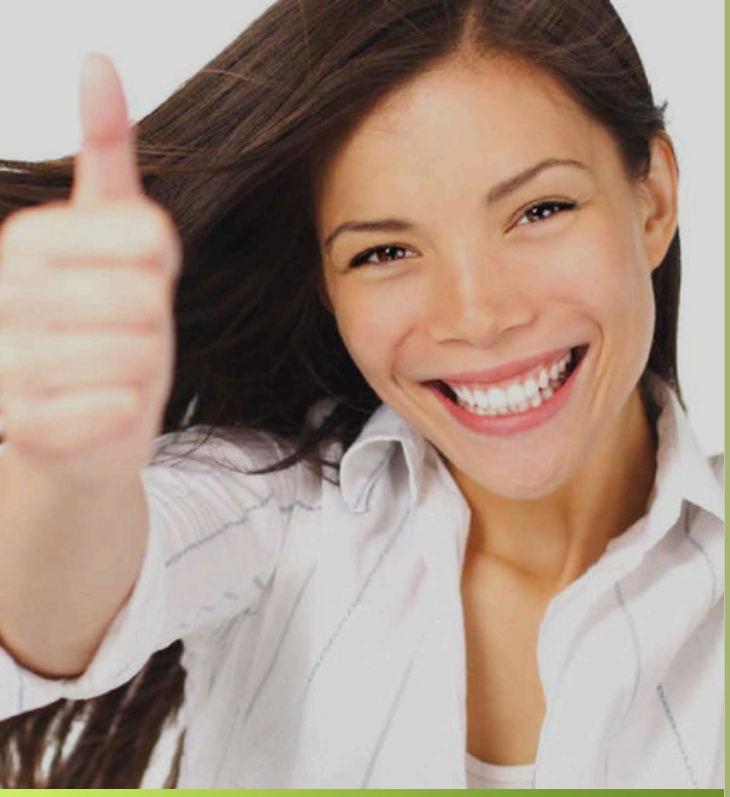






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Dr Rosy Daniel

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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 healthcare professionals 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. We measure this 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 step by step to change their beliefs, patterns, habits and health-defining behaviours to achieve big changes in their health and happiness.



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 be entitled to Membership and be Members of UKIHCA, to register on the Professional Health Coach Register and invited to access all of the career development and support that this inspiring 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 behaviour 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, 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 behaviour 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 holisitic 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 their health and wellbeing. 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."

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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 overweight
- 1 in 5 obese
- 1 in 2 stressed and anxious



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

75% of illness is preventable through lifestyle change!

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.



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 either your home; in healthcare or business settings; individually, as part of a team, or by running Health Creation groups.



Want to book an introductory chat?
Click here!

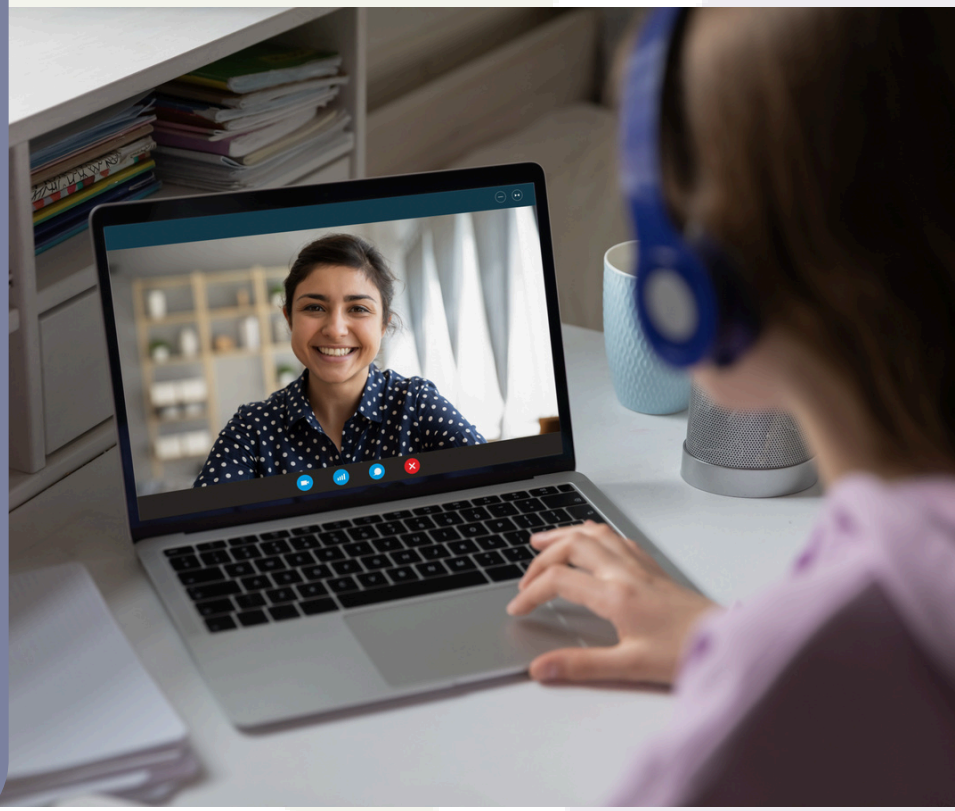
Want to start your application?
Click here!

What is Health Creation Coaching and 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.

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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 mind and 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



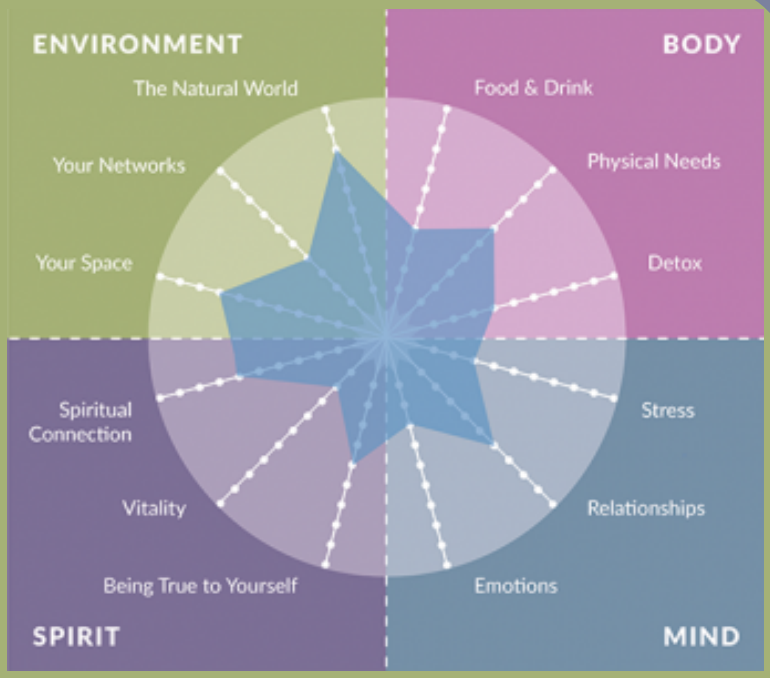
The **Picture of Health** starts the Health Creation wellness journey. When we can map our current state of health and wellbeing we know where healthy change is needed and we can track progression throughout the Mentorship process.

What our current studens say

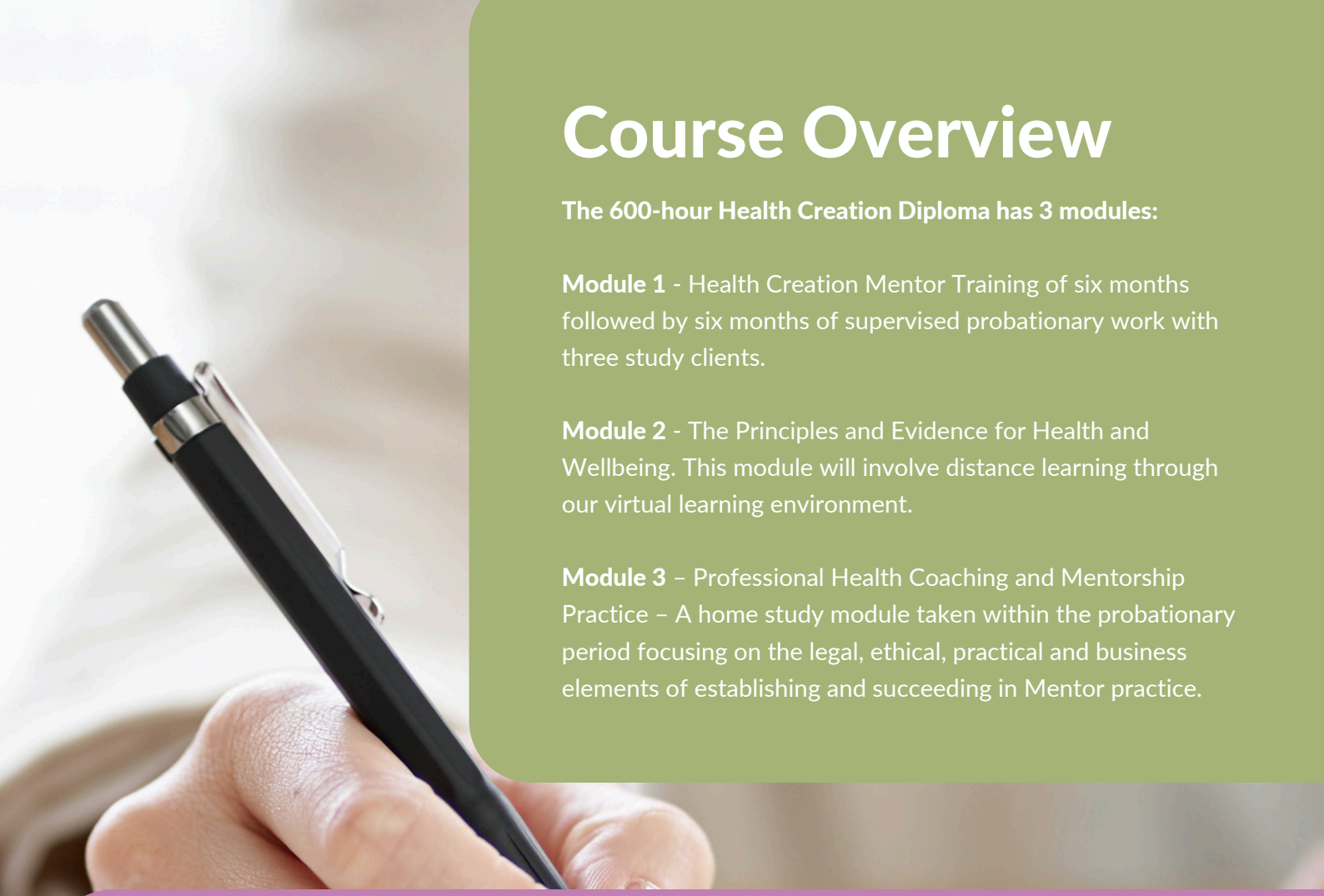
"The Health Creation course has been literally life changing for me, the difference in how I feel since the start feels like night and day. I feel more confident with significantly less limiting beliefs. I am more driven than ever to achieve my goals, and my dream of running my own business helping others to listen to their own wisdom and live by what is true to them. I believe I can live the life I want to live, without the restraints of 'others' opinions'."

"Becoming a Health Creation Mentor is a truly life changing experience. Rosy and Sue have been just the most incredible, inspiring, warm, talented teachers and have so generously shared their wisdom and experience in how health is created in a holistic way. The impact of this course is already more profound and positive than I could have imagined and I know it will be the best gift I gave myself and cannot wait to share it with others!"

"Health Creation Diploma Training is the best course for teaching holistic model of health - it covers body, mind spirit and environment. The course covers every aspect of this model in great detail and offers very practical tools for implementing the model with clients."



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 months:

(depending on how much study time you have available)

Pre Course Preparation	Skills Training Course and Home Study 6 months	Probation Period 6 months
• Application • Interview • Enrolment • Pre-course Mentor session with Dr Rosy Daniel	• In person skills training over five weekends • Peer Mentorship for 6 months • Module 1 weekly Tutor Group • Module 1 - Home Study Programme for 5 hours per week • Mentor Skills Assessment weekend 5 • Continuous Module 2 Home Study of the Theory and Evidence • Module 2 Monthly Tutor Group	• Study Case work with 3 clients over 6 months • Monthly Mentor Development Group with Course Tutor • Module 3 home study for 5 hours per week • Module 3 assessment • Graduation and Registration



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, and asthma
- The role of lifestyle change in reversal of lifestyle illnesses
- The role of proactive health mentorship in reducing healthcare costs
- Engagement with coaching theory and 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 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 Dr Rosy Daniel. This will give you a felt experience of Health Creation Mentorship, as you 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 Dr Rosy Daniel is with you weekly for Module 1 Skills based Tutorials, and monthly for Module 2 and 3 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 an 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 referred from our website, from Health Creation's 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.



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

Enrolment and Course Fees

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

1. An **exploratory meeting with Dr Rosy Daniel,** Course Leader
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 Session with Course Leader Dr Rosy Daniel
6. Commencing home study of the Principles and Evidence for Health and Wellbeing

Want to book an exploratory meeting with Rosy?
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, or by a deposit of £950 followed by 12 instalment of £250 per month.

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

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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 trainings, as well as running Tutorials to support the critical analysis of the evidence base for Mentorship practice and the establishment of Professional Mentorship Practice.



Tegan Pace is our Mentor Manager. They look after our trainees from the first moments of contact through to enrolment, and offers technical and administrative support throughout the training and onwards into registration and professional practice.
Tegan 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, Tegan runs Communications for Health Creation, spreading our message far and wide through social media.





Meet the wider team



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. For 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.



Mike Tooze is our Operations Director. Mike manages manufacture and delivery or the Health Creation products as well as the seamless delivery of Health Creation events. This includes trainings, exhibitions and talks in the UK and abroad.

CPD Training, Publications, Affiliations and Resources

Health Creation offers Continuing Professional Development trainings approved by UKIHCA for those with coaching, therapeutic and healthcare qualifications. Running currently is the 20-hour Foundation Certificate in Health Coaching for People with Cancer, for those wishing to provide specialist health coaching in this area. See our flyer **here**.

In June 2025 Dr Rosy Daniel and colleagues Julie Bach and Izabella Natrins published a Springer Paper in Current Oncology Reports entitled 'The Case for Integration of Health Coaching within Integrative Oncology – Needs, Models, Standards and Outcomes'. Read the paper **here**: the powerful evidence for health coaching in affecting quality of life, recurrence rates and survival of people with cancer.

Dr Rosy Daniel is working closely with Izabella Natrins, CEO of UKIHCA, in order to drive awareness of these great benefits with Oncologists and Cancer healthcare professionals.

The resources created by Dr Rosy Daniel for Mentor Trainees, qualified Mentors and Clients include:

- The Health Creation Programme – **www.healthcreation.online**
- The Cancer Lifeline Kit
- The Picture of Health-self assessment tool
- Audio tracks – Cope Positively with Cancer Treatment, Images for Healing Cancer and Heal Yourself

Collaborations

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.

CYTOPLAN
NATURE MEETS SCIENCE

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.

WELEDA
Since 1921

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.

BALENS
Specialist Insurance Brokers

Health Creation Coaching and Mentorship Academy
www.healthcreation.co.uk

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.

With our warmest wishes
Dr Rosy Daniel 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 pre-training 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 and 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 with a fellow trainee as Peer Mentor 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 year, apart from holidays
- 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
- 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 Pre-Course 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
- In the event of serious extenuating circumstances, the Trainee may apply for support to lengthen their payment plan and study period