

# Certified Transformational Nutrition Coach (CTNC) Pro



INSTITUTE OF TRANSFORMATIONAL NUTRITION

COURSE FACT SHEET

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

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

WEEK 01 - ORIENTATION Welcome Week	WEEK 02 - SCIENCE Introduction to the Transformational Nutrition Model	WEEK 03 - COACHING Introduction to Coaching	WEEK 04 - INTEGRATION Integration Week	WEEK 05 - SCIENCE Introduction to the Science of Transformational Nutrition
WEEK 06 - COACHING Scope of Practice, and The Top 5 Coaching Mistakes So You Can Avoid Them	WEEK 07 - SCIENCE Anatomy and Physiology, Metabolism, All Systems of the Body	WEEK 08 - SCIENCE Anatomy and Physiology, Part 2, All Systems of the Body	WEEK 09 - COACHING What to Know Before Starting to Coach, and the Coaching Session	WEEK 10 - INTEGRATION Integration Week
WEEK 11 - SCIENCE Nutrients and Macronutrients, Carbohydrates, Proteins, Lipids, Air, and Water	WEEK 12 - SCIENCE Micronutrients: Vitamins and Minerals, Macrominerals, and Microminerals	WEEK 13 - COACHING Types of Coaching Sessions, Discovery Sessions, and Sample Sessions That Sell	WEEK 14 - SCIENCE Reading Labels, Dietary Systems, Life Stage Health, and Meal Planning	WEEK 15 - INTEGRATION Integration Week
WEEK 16 - SCIENCE Personalized Nutrition, Genetics, The Exposome, Modern Wellness	WEEK 17 - COACHING Critical Coaching Skills, Building Rapport, and Asking the Right Questions	WEEK 18 - SCIENCE Exposome, Bodily Systems, and Detoxification	WEEK 19 - COACHING Coaching Skills, Part 2, Finding the Bigger Why, and Client Intuition	WEEK 20 - INTEGRATION Integration Week
WEEK 21 - SCIENCE External Environment, Lifestyle, Toxins, Supplements, and Food Intolerances	WEEK 22 - COACHING The Coaching Session, After the Session, Coaching Program Termination	WEEK 23 - PSYCHOLOGY All About the Brain, Mind, and Nervous System, and Neurological Disorders	WEEK 24 - PSYCHOLOGY Up Close and Personal with Mental Disorders and Potential Causes	WEEK 25 - COACHING Psychology in Coaching, Positive Psychological Resources
WEEK 26 - INTEGRATION Integration Week	WEEK 27 - PSYCHOLOGY The Fascinating Psychology Pillar of The Transformational Nutrition Model	WEEK 28 - COACHING The RAIN Method	WEEK 29 - PSYCHOLOGY Emotional Intelligence, Self-Care, and Emotional Hygiene	WEEK 30 - COACHING Positive Psychology and Your Role as a Coach

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<p>WEEK 31 - SPIRITUALITY</p> <p>Spirituality, Holistic Health and Transformation</p>	<p>WEEK 32 - INTEGRATION</p> <p>Integration Week</p>	<p>WEEK 33 - COACHING</p> <p>Motivational Interviewing, Client-Centered Relationships</p>	<p>WEEK 34 - SPIRITUALITY</p> <p>Lifestage Spiritual Challenges, Spiritual Awakenings, Upper Limits, and Letting Go</p>	<p>WEEK 35 - SPIRITUALITY</p> <p>Flow, The Shadow, Spiritual Freedom, and Transformation</p>
<p>WEEK 36 - COACHING</p> <p>Spirituality and Spiritual Practices in Coaching</p>	<p>WEEK 37 - INTEGRATION</p> <p>Integration Week</p>	<p>WEEK 38 - SPIRITUALITY</p> <p>The Most Popular and Effective Spiritual Rituals and Practices</p>	<p>WEEK 39 - COACHING</p> <p>The Transformational Nutrition Coaching Method</p>	<p>WEEK 40 - COACHING</p> <p>What to Do When Your Client Isn't Making Progress, Goals, Accountability</p>
<p>WEEK 41 - CTNC EXAM</p> <p>CTNC</p>	<p>WEEK 42 - GRADUATION</p> <p>Specialist Course Lesson 1</p>	<p>WEEK 02 - SPECIALIST</p> <p>Specialist Course Lesson 2</p>	<p>WEEK 03 - SPECIALIST</p> <p>Specialist Course Lesson 3</p>	<p>WEEK 04 - SPECIALIST</p> <p>Specialist Course Lesson 4</p>
<p>WEEK 05 - SPECIALIST</p> <p>Specialist Course Lesson 5</p>	<p>WEEK 06 - SPECIALIST</p> <p>Specialist Course Lesson 6</p>	<p>WEEK 07 - SPECIALIST</p> <p>Specialist Course Lesson 7</p>	<p>HAVE QUESTIONS?</p> <p>Click here to speak with an Advisor who can help!</p>	

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

## SPECIALIST CERTIFICATION

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

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

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

[ENROLL NOW!](#)