



Health Coach Fellowship Program

Fellowship Director:

**Sarika Kishore, CPC, ELI-MP,
FMCA-Health Coach**

Location:

RECOUP Hospital, Bengaluru, India



Unlock Your Potential, Empower Others' Well-being

Are you passionate about health, driven to make a difference, and ready to embark on a rewarding career?

Our Health Coaching Fellowship equips aspiring individuals like you with the skills and knowledge to become transformative health coaches. Join our supportive community, learn from renowned experts, and gain hands-on experience while guiding others towards healthier, happier lives.

Application Deadline: **April 13th, 2024**

Health Coaching is a partnership designed to help patients reach their health goals, whether to manage chronic conditions, reduce stress, or simply live healthier.

Program Details

- Coaching and Communications Skills Training (Basic)
- Intermediate Coaching Skills Training
- Introduction to Functional Medicine Basics and tools (timeline, Matrix, Diet Plans)
- Lifestyle Medicine
- Functional Nutrition
- Motivational Interviewing
- Acceptance and Commitment therapy
- Emotional Awareness and Expression Therapy
- Other Psychological Approaches
- Energy and Chakra Healing through Coaching (Advanced Coach Training)
- Functional Medicine 7 Systems and applications
- Recoup protocols, 4 R approach
- Recoup EPHS and Intake forms summary reporting and application
- Daily Practice sessions
- Peer coaching 12 sessions each as a coach and coachee

The role of health coaches at Recoup Health



Give Personalized
Support



Sustainable Lifestyle
Changes



Motivate & Build
Accountability



Provide Holistic Care



Set Health Goals



Empower patients

What We're Looking For



Tech-Savvy & Adaptable

Comfort with virtual environments and serving diverse clients



Collaborative Mindset

Proven teamwork skills and a passion for collaboration



Clear Vision

A compelling statement outlining your journey to becoming a health coach



Problem-Solving Prowess

A knack for creatively tackling challenges



Lifelong Learner

Interest in continuous learning and professional development



Eligibility:

Bachelor's degree in any health-related field
(Optional) Certification in health or lifestyle coaching

Duration & Start Dates:

12 Months

Batch A: May 1, 2024 (**15 candidates**)



Deadline: April 13, 2024

Shortlisted candidates will be interviewed online or in **Bengaluru**.

Note: Fellowship comes with a monthly stipend on **INR 25,000** per month



Become a Certified Health Coach:

- Master basic & advanced coaching skills
- Apply Motivational Interviewing techniques
- Grasp Functional & Lifestyle Medicine principles
- Utilize Recoup's assessment & intake tools
- Implement the 4 R approach to healthcare
- Integrate ICF Code of Ethics into practice
- Learn advanced therapies for pain & chronic diseases

Contact Details:

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