

Lifestyle Medicine Coaching

Certification Track

Coaching is the most vital element in LIFESTYLE MEDICINE. There are distinct differences between holding a patient using the coach's hat and an expert's hat. The expert approach leaves the patient mostly passive player in dealing with their medical condition while the coach strategy is the most effective way to evoke the needed behavior change resulting to positive health impact. As such, coaches have many tools utilized for every case as they use a whole different approach to patients.

This course will provide the competencies needed for Lifestyle Medicine Coaching including the most important tools that will empower the "doing" aspects of coaching. Understanding behavior change and how to implement coaching strategies will be the important culprit to appreciate that the underlying focus of Lifestyle Medicine Coaches is to help patients and their families adopt and sustain behaviors that will largely affect their health outcome and perceived quality of life. The objective is to empower people to make changes that will lead them to their optimal level of health and wellness through evidence-based interventions.

The Blended Curriculum

The course is composed of 120-credit curriculum with a combination of 10 online modules, 2 in-person hands-on modules and live conference. This course is a requisite to qualify for the Lifestyle Medicine Coaching Certification that will be given by the Philippine Board of Lifestyle Medicine (PBLM). The Inaugural Certification Exam will be conducted in August 2019 as Post Conference activity of the Philippine College of Lifestyle Medicine that will be held in Iloilo City.

Course Fee

Online Course	- P5000 (\$98 USD) per module	30% discount for Full Course Registration
In-Person Training	- P3500 (\$70 USD)	15% discount for PCLM members

Live Conference

Lifestyle Medicine Coaches are strong allies working in collaboration with other lifestyle medicine enthusiasts. Live LM conferences conducted by the Philippine College of Lifestyle Medicine (PCLM) will provide linkages among practitioners. Live conference will also provide the needed education updates.

Certification Exam

A certification exam will be conducted by the Philippine Specialty Board of Lifestyle Medicine (PSBLM) for qualified applicants.

- * Certificate of Training in Lifestyle Medicine Coaching from PSBLM accredited institution
- * Professional Diploma (Bachelor's degree is the minimum qualification)
- * Case study

ONLINE MODULES

Fundamentals of Lifestyle Medicine
Basic Biometrics
Chronic Disease & Lifestyle Medicine
Basic Exercise Physiology
Basic Culinary Medicine
Resiliency and Emotional Well-being
Mental Health & Positive Psychology
Sleep Health
Substance Use and Addiction
Coaching Research

IN-PERSON TRAINING

February 2, 2020
May
August
December

LIVE CONFERENCE

February 3, 2020
August

CERTIFICATION EXAM

August 2020

LENGTH OF COURSE

Minimum of 6 months

**ONLINE
COURSE**
10 Modules



**IN-PERSON
TRAINING**
2 Modules



**LIVE
CONFERENCE**
2 PCLM events



**CERTIFICATION
EXAM**
Philippine Specialty
Board of Lifestyle Medicine

REGISTRATION IS OPEN

lifemedcoaching.com