

## Health Creation Mentor Training

For the Diploma in Health Creation Mentorship  
with

Dr Rosy Daniel and Sue Caden



## 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

**Earn up to £70 per hour working by telephone or skype, or in face to face consultation!**

[www.healthcreation.co.uk/training](http://www.healthcreation.co.uk/training) – tel 01225-745737

## Course Format

The Health Creation Mentor Training has two elements:

- **Module 1** - Mentor Skills Training for the **Certificate in Health Creation Mentorship** running from September to March and a six month probation period. Fee - £1,900
- **Module 2** – Online Principles and Evidence for Health and Wellbeing for the **Certificate in Health and Wellbeing** running continuously online. Fee - £600
- **Combined** these form the Foundation Year for the **Diploma in Health Creation** with a £100 reduction to Fee - £2,400.

Both courses can be taken stand-alone, but for those wishing to practice as Mentor we strongly recommend taking both modules together. This signifies that you have the skills, knowledge and evidence base at your fingertips to provide the most professional health coaching and mentorship service.

### During the Mentor Training you will receive:

- 3 pre-course personal Mentorship sessions with Course Tutor Sue Caden
- A Cancer Lifeline Kit containing three coaching workbooks
- Six months peer mentorship through the Health Creation Programme of Dr Rosy Daniel with a fellow trainee
- Four weekends of training and a home study programme totalling 200 hours
- An online training in the theory and evidence for the 12 Health Creation Principles
- The opportunity to talk with patients and carers within Rosy's practice
- The option to take these hours forward for academic credits at Bath Spa University
- Study case work for a six month probation period
- A post-course training day to review study cases and set up your practice
- The Diploma in Health Creation Mentorship

### The skills training will run in Bath over four weekends from Sept 2017 to March 2018 :

- W1 Sept 16/17 2017
- W2 Nov 18/19 2017
- W3 Jan 27/28 2018
- W4 Mar 17/18 2018



### 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

**Prospectus and Application Forms are found at [www.healthcreation.co.uk/training](http://www.healthcreation.co.uk/training)**

**Enquiries and applications please to Sue Caden at 01225-745737 and email [sue.caden@healthcreation.co.uk](mailto:sue.caden@healthcreation.co.uk)**

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