

Academic Plan

Year 2



MONTH	ONLINE MATERIALS	PHYSICAL MATERIALS	LIVE COURSES	MENTORSHIP CALLS	FAST TRACK SERIES	EXAM DEADLINES
Month 13	Sales, Consultations and Packages online workshop			Group Mentorship call- Specialist Year		
Month 14	Advanced Program Design 2nd Edition elearning course				How to structure a Coaching Package	Advanced Program Design online element - end of Month 14
Month 15	A CHEK Practitioner's Guide to HTEMBH Questionnaires Last 4 Doctors ebook				Getting Clients: Building a strong client base	Advanced Program Design case study - end of Month 15
Month 16	Primal Pattern® Diet online workshop			Group Mentorship call - Integrating IMS1 and HLC1	Organizing a LIVE health event to gain clients	
Month 17	Holistic Health and Performance for Women elearning course				Objectives and Key Results Review	
Month 18			Holistic Lifestyle Coaching Level 2			Holistic Health and Performance for Women elearning course - end of Month 18
Month 19	Integrated Movement Science Level 2 Pre-requisite Review online workshop				Zone exercise integration tips	
Month 20	Walking Tall online workshop			Group Mentorship call - HLC2 Principles Review with IMS1 integration		
Month 21	Scientific Stretching online workshop				Roller release techniques & stretch day integration	Holistic Lifestyle Coaching Level 2 - end of Month 21
Month 22	Holistic Lifestyle Coaching Level 2 Practical Applications online workshop					
Month 23			Integrated Movement Science Level 2			
Month 24	Integrated Movement Science Level 2 Review online workshop			Group Mentorship calls - IMS2 Review		Integrated Movement Science Level 2 - end of Month 24