

Course Prospectus 2025



Health and Wellbeing Coach Training

Inspiring Coaches, Empowering People

Raw Horizons Academy
www.rawhorizons.com
+44 333 050 6987 - United Kingdom
+61 422 926294 - Australia

The World Needs What You Have to Offer

Right now, someone in your life is struggling.

Maybe it's the colleague who's always exhausted despite "trying everything" for better sleep.

The friend caught in a cycle of stress eating.

The family member who feels lost after a major life change.

They're not looking for someone to fix them.

They need what you naturally possess: the ability to truly listen, ask the right questions, and help them reconnect with their strength and wisdom.

What is the difference between having these natural gifts and becoming a skilled Wellbeing Coach?

Professional training that transforms your instincts into expertise.

This is your invitation to step into one of the most rewarding careers imaginable, where every conversation has the potential to change a life, starting with your own.

Meet Your Course Founder & Teacher



Dr Claire Maguire is a leading expert in health and wellbeing coaching with over 15 years of experience.

As the founder of Raw Horizons Academy, she has personally trained hundreds of successful coaches now practising across 12 countries.

Claire brings real-world insight from facilitating over 400 retreats and working with thousands of clients through her coaching practice. Her approach blends practical training with deep personal experience. Having transformed her own life through holistic wellbeing, she understands what truly creates lasting change.

What sets Claire apart is her genuine care and commitment to her students. She equips every graduate not just with a certification, but the confidence and skills to make a meaningful impact, one conversation at a time.

"Claire is full of inspiration & energy."



Who is a Wellbeing Coach?

Your journey to becoming a wellbeing coach begins with who you are, not what you've done before. What matters is your natural qualities and genuine desire to help others discover their potential.

You're suited to be a gifted coach if you are:

- Positive and inspiring
- Empathetic and compassionate
- A great listener who creates safe spaces
- Non-judgmental and curious
- Observant and intuitive
- A thoughtful communicator
- Someone who asks questions that spark insight

As a wellbeing coach, you partner with clients to unlock their potential and create lasting change.

You become the warm, caring guide who helps others see possibilities they couldn't see alone, while providing the gentle accountability that transforms intention into action.

Wellbeing coaching builds on your existing qualities and skills, adding specialised frameworks and techniques that create deeper, lasting transformation.

Our students include:

Corporate professionals enhancing their leadership capabilities, holistic practitioners and yoga teachers, educators bringing coaching into schools and learning environments, healthcare workers adding coaching depth to patient care, and individuals answering the call to create meaningful, purpose-driven careers.

Our Training Courses

We offer three distinct pathways to becoming a certified coach, each designed to honour different learning styles and life circumstances while maintaining the same commitment to excellence:



Live 5-Day Health & Wellbeing Coach Training

Our most immersive and supported training experience

- Fully accredited, intensive training delivered live via Zoom
 - Learn directly with Dr Claire Maguire in a small, interactive group
 - Real-time coaching practice, feedback and Q&A sessions
 - Join a tight-knit peer group for encouragement and connection
 - **Bonus:** Full access to the Self-Study Course included
 - Receive certification and membership with The Association for Coaching & Personalised Care Institute after practice hours
-



Self-Study Health & Wellbeing Coach Training

Premium Learning Experience for Independent Learners

- CPD Accredited by The Association for Coaching (100 CPD Hours)
 - Same comprehensive curriculum as our live 5-day format
 - 77 in-depth video lessons you can access anytime, anywhere
 - Complete flexibility to fit learning around your life
 - 450+ pages of downloadable resources, including worksheets, handouts, reflection prompts, and example answers
 - Business skills to launch your practice
-



Sleep Well Coach Training - Self Study

Specialised Sleep Coaching Expertise

- CPD Accredited by The Association for Coaching (40 CPD Hours)
 - Self-paced video lessons led by Dr Claire Maguire
 - Complete 28-day coaching template to use with clients
 - Holistic, lifestyle-based approach to lasting sleep transformation
 - Professional client materials including handouts, worksheets & trackers
 - Structured 4-session framework to confidently guide real client sessions
-

Health & Wellbeing Coach Training Curriculum

Both our Live and Self-Study Health & Wellbeing Coach Training use the same comprehensive 11-module framework that transforms natural helpers into skilled, confident coaches:

Core Coaching Foundation

01

Understanding Wellbeing

Discover wellbeing from philosophical to positive psychology perspectives. Explore the vital importance of balance and define your unique role as a health and wellbeing coach, understanding how your approach differs from and complements other helping professions.

02

Coaching Skills

Master the essential skills that create transformation: building genuine rapport, demonstrating empathy and compassion, communicating with clarity and warmth, practicing active and reflective listening, and asking the powerful questions that help clients discover their own wisdom.

Emotional & Mental Wellbeing Expertise

03

Coaching Models

Learn proven frameworks that guide meaningful conversations: the GROW model, visioning techniques that inspire possibility, effective goal setting, coaching wheels for life balance, core values exploration, solution-focused approaches, positive role modelling, and strategies for overcoming procrastination and building persistence.

04

Emotional Health

Understand emotions as valuable messengers through the lens of physiology, feeling, cognition and behaviour. Explore core emotions including shame, guilt, fear, anger, disgust, love and happiness with compassion and curiosity. Master the psychology of habits and develop gentle strategies for supporting clients through behavioural change.

05

Managing Stress

Develop deep understanding of stress and the nervous system, including the crucial role of the vagal nerve. Learn practical, effective techniques to help clients soothe stress reactions, build genuine resilience, and discover how reflective practices like journaling support lasting wellbeing transformation.

06

Coping & Food Relationship

Explore healthy coping strategies and recognise when change is needed. Examine motivation with compassion, help clients identify triggers with curiosity, and develop skills for resisting unhelpful temptations. Learn to support clients in breaking negative patterns and help them to cultivate a nourishing relationship with food.

Holistic Wellness & Self-Care

07

Meditation + Breath

Understand neuroplasticity and why it offers such hope for lasting change. Explore brainwaves and their influence on emotional wellbeing. Master breathing techniques and various meditation styles that support client transformation, plus learn how to guide others through these practices with confidence and authenticity.

08

Self-Care + Self-Love

Explore what genuine self-care means and why it's essential for sustainable wellbeing. Learn to help clients shift priorities with self-compassion, create healthy boundaries, and discover the benefits of meaningful routines and rituals. Guide clients toward self-acceptance and understand how environment impacts holistic wellbeing.

Professional Practice & Business

09

Business Boundaries

Master essential professional boundaries and ethical practices that protect both you and your clients. Learn how to conduct coaching sessions with warmth and professionalism, and understand The Association for Coaching's code of ethics as your guide for creating safe, effective coaching relationships

10

Getting Organised

Discover how your unique gifts make you the right coach for specific clients and learn to identify your ideal client relationships. Design coaching services that reflect your values, conduct discovery sessions that build connection, create welcoming onboarding experiences, and handle all professional documentation with confidence.

11

Set for Success

Launch your coaching practice with clarity and momentum: create an inspiring mission statement, gently address limiting beliefs about money and success, understand and work through resistance, set meaningful goals using proven techniques, and create your personal success commitment.

Bonus Business Modules - LIVE COURSE ONLY (6+ hours)

Master the practical aspects of building your coaching practice: insurance requirements, GDPR compliance, authentic marketing approaches, website creation that reflects your values, and business planning specifically designed for heart-centred health and wellbeing coaches.

Live Training vs Self-Study: Understanding Your Options

LIVE 5-Day Health & Wellbeing Coach Training

The Immersive Community Experience

What makes this path transformational:

- ✓ **Accredited by the Association for Coaching and Personalised Care Institute:** These course accreditations help open doors for you in healthcare, corporate, and professional coaching settings
- ✓ **Intensive community learning** with Dr Claire Maguire alongside supportive peers who share your passion for helping others
- ✓ **Real-time practice with immediate feedback:** build confidence through guided experience and gentle correction in the moment
- ✓ **Interactive Q&A sessions:** get your specific questions answered as they arise, creating clarity and understanding
- ✓ **Supportive peer relationships** that often become lifelong professional connections and referral partners
- ✓ **BONUS: Complete Self-Study Course included** (77 videos + 450+ resources) - extraordinary additional value for ongoing reference
- ✓ **Professional memberships included** with certification, connecting you to the wider coaching community
- ✓ **Fast-track certification** - complete after just 4 hours of post-training practice

Live Training vs Self-Study: Understanding Your Options

LIVE 5-Day_Health & Wellbeing Coach Training

The Immersive Community Experience

2025 Live Training Dates:

20 Jan - 24 Jan 2025 | 24 Feb - 28 Feb 2025 | 24 Mar - 28 Mar 2025
28 Apr - 02 May 2025 | 26 May - 30 May 2025 | 23 Jun - 27 Jun 2025 |
18 Aug - 22 Aug 2025 | 15 Sep - 19 Sep 2025 | 20 Oct - 24 Oct 2025 |
01 Dec - 05 Dec 2025

Daily Experience: 9:30am - 5:30pm (UK Time) via Zoom with thoughtful breaks and integration time.

What you need: Computer, reliable internet, a notebook and your course manual, which we will post to you beforehand.

Perfect for: Those who thrive in collaborative learning environments, want maximum professional credentials, prefer intensive, focused learning, and value the energy and accountability of group dynamics with like-minded peers.

Total Investment: £2,497

BONUS: You'll also receive full access to the self-study version of the course (value £797) at no extra cost, so that you can revisit key lessons

[See the Complete Curriculum and Enrol Today](#)

Live Training vs Self-Study: Understanding Your Options

Self-Study Health & Wellbeing Coach Training Premium Flexible Learning Experience

What makes this path uniquely powerful:

- ✓ **CPD accredited by The Association for Coaching** - You'll receive 100 hours of CPD recognition to add to your portfolio as evidence of high-quality, professionally recognised training.
- ✓ **Learn with Dr Claire Maguire as your personal mentor** - 77 expertly crafted lessons where her warmth, wisdom, and expertise are delivered directly to you, creating an intimate learning experience many find deeply focused and personal
- ✓ **Honour your natural learning rhythm** - Absorb each concept fully, revisit transformational moments, and build unshakeable confidence through deep understanding at exactly the pace that serves you best
- ✓ **Same life-changing curriculum** that has launched hundreds of successful coaching careers, thoughtfully designed for independent learners who value depth and reflection
- ✓ **Complete professional toolkit** - 450+ pages of practical resources, templates, and business tools that become your comprehensive coaching library
- ✓ **Supportive graduate community** - Connect with fellow coaches, share insights, celebrate milestones, and continue growing together long after certification

Live Training vs Self-Study: Understanding Your Options

Self-Study Health & Wellbeing Coach Training Premium Flexible Learning Experience

What makes this path uniquely powerful:

- ✓ **The luxury of true integration** - Practice new skills in real-time with family, friends, and colleagues as you learn, creating authentic confidence through genuine application
- ✓ **Start your transformation immediately** - Begin today and watch your conversations, relationships, and self-awareness shift from your very first lesson
- ✓ **Two access for ongoing growth** - As you develop as a coach, revisit lessons with fresh perspective, discovering new layers of wisdom that deepen your practice
- ✓ **Professional certification** that honours your self-directed commitment to excellence

Perfect for: Thoughtful professionals who value depth and reflection, experienced professionals who want to integrate new skills gradually into their current practice, parents balancing family commitments, those maintaining careers while transitioning, international learners across any timezone, and self-motivated individuals who learn best through personal exploration and integration.

Total Investment: £797

[See the Complete Curriculum and Enrol Today](#)

Sleep Well Coach Training

Meet the Crisis That's Hiding in Plain Sight:

"I'm so tired!"

"Me too!"

How often do you hear this exchange?

And what if instead of normalising exhaustion, we could transform it?

Poor sleep silently sabotages everything: relationships crumble under irritability, careers stall from poor decision-making, health deteriorates, and happiness becomes a distant memory. Yet we've accepted "tired" as the default human state.

Complete 14-Module Sleep Coaching System

CPD Accredited by the Association for Coaching (40 CPD Hours)

FOUNDATIONS & SCIENCE (Modules 1-3) Master your professional scope with confidence, understand the fascinating biological foundations of sleep, and discover why sleep is fundamental to every aspect of health and wellbeing. Learn about circadian rhythms, sleep drive, individual chronotypes, and the brain's remarkable nightly restoration process.

COACHING FRAMEWORK (Module 4) Learn the GROW model specifically adapted for sleep challenges, your proven, gentle structure for every effective sleep coaching conversation that honours both science and human complexity.

PROBLEM IDENTIFICATION (Modules 5-6) Become expertly skilled at recognising what's really disrupting sleep: from caffeine and stress to modern challenges like FOMO and "revenge bedtime procrastination." Develop the wisdom to differentiate coaching opportunities from situations requiring medical referral.

Sleep Well Coach Training

Meet the Crisis That's Hiding in Plain Sight:

SOLUTION IMPLEMENTATION (Modules 7-13) Transform sleep through evidence-based, compassionate approaches:

- Sleep Behaviour Change: Master sustainable habit formation that respects clients' real lives
- Environment Optimisation: Guide clients in creating bedroom sanctuaries for rest
- Routine Design: Develop personalised bedtime and morning routines that feel nourishing
- Relaxation Mastery: Build your comprehensive toolkit of breathing, meditation, and gentle relaxation techniques
- Sleep Tracking: Help clients choose and interpret sleep data in ways that empower rather than overwhelm

COMPLETE COACHING SYSTEM (Modules 14) Implement your ready-to-use 28-Day Sleep Coaching Program with four progressive sessions and 31 professional client handouts, everything needed to guide clients through complete sleep transformation with confidence and care.

Sleep Well Coach Training

What Makes This Training Extraordinary

Evidence-based yet deeply accessible – Rigorous sleep science delivered through Dr Claire's warm, practical teaching style that makes complex concepts immediately usable

Complete coaching methodology – Learn HOW to coach sleep with compassion and skill, not just what to know about sleep science

Ready-to-implement professional system – 31 client handouts, 28-day program template, comprehensive assessments that you can use immediately

Professional boundaries maintained – Appropriate scope of practice guidance while empowering you with comprehensive tools and confidence

Real-world application focus – Every lesson addresses actual client challenges with nuanced, thoughtful solutions you can apply immediately

Your Complete Sleep Coaching Toolkit

- Professional Sleep Well Coach certification with 40 CPD hours to add to your portfolio
- 14 comprehensive video modules
- 31 ready-to-use professional client handouts
- Complete 28-day coaching program template with session guides
- Professional assessment and tracking tools
- Evidence-based foundation with practical applications
- Self-paced learning, whenever, wherever

Perfect for: Healthcare and wellness professionals wanting to expand their impact, coaches seeking high-demand specialisation, anyone passionate about addressing widespread sleep challenges, and those drawn to a focused practice area where transformation is often immediate and profound.

Total Investment: £397

[See the Complete Curriculum and Enrol Today.](#)

Which Training Path Honours Your Journey?

Choose LIVE Health & Wellbeing Coach Training if you:

- Want a training with full professional accreditation that opens doors in healthcare and corporate settings
- Thrive in supportive, interactive learning environments with like-minded peers
- Value real-time practice with gentle, immediate feedback from Dr Claire
- Prefer focused, intensive learning experiences that create momentum
- Appreciate extraordinary value (includes complete self-study course worth £797)
- Want to fast-track your certification with maximum support and community
- Enjoy the energy and accountability that comes from group learning
- Can commit to specific dates for a transformational week

Choose Self-Study Health & Wellbeing Training if you:

- Need complete flexibility around family, work, or other life commitments
- Prefer learning at your own thoughtful, reflective pace
- Want to integrate learning deeply into your daily life over time
- Are naturally self-motivated and enjoy independent exploration
- Value professional certification at an accessible investment
- Want 100 CPD hours from the Association for Coaching
- Cannot commit to specific live training dates
- Learn best through personal reflection and gradual skill-building
- Want access to revisit and deepen your understanding.

Which Training Path Honours Your Journey?

Choose Sleep Well Coach Training if you:

- Feel called to address the widespread sleep crisis with specialised expertise
- Work in healthcare, wellness, or fitness and want to expand your impact significantly
- Are passionate about helping people reclaim this fundamental aspect of wellbeing
- Want a complete, proven coaching system you can implement immediately
- Prefer a specialised focus that allows you to become a true expert
- Are drawn to a high-demand field where results are often rapid and profound
- Seek a practice area where your impact is measurable and life-changing
- Want 40 CPD hours from the Association for Coaching

What You Receive:

All Training Paths Include:

- Professional certification that honours your commitment to excellence
- Comprehensive learning materials designed for real-world application
- Clear frameworks and structured methodologies that you can use with clients immediately
- Expert-led instruction from Dr Claire Maguire, blending insight, depth, and clarity

Live H&W Coach Training Exclusively Includes:

- Course accreditation from the Association for Coaching and Personalised Care Institute
- Professional memberships with accrediting bodies
- Interactive practice with gentle, immediate feedback
- Live Q&A sessions with Dr Claire Maguire
- Supportive peer learning community
- BONUS: Complete Self-Study Course (£797 value) - extraordinary additional value

Sleep Well Coach Training Exclusively Includes:

- 31 professionally designed, ready-to-use client handouts
- Complete 28-day client coaching template with detailed session guides
- Specialised sleep coaching certification in a high-demand field
- Evidence-based sleep science foundation
- Professional assessment and tracking tools

Frequently Asked Questions

Is it really possible to learn everything needed in just 5 days?

Yes, and here's why it works: Our live training is thoughtfully designed to give you all the foundational skills and confidence you need to begin coaching immediately. By providing comprehensive learning in an intensive format, you can then practice your new skills with clarity and purpose. This approach has successfully launched hundreds of coaching careers.

What accreditation do your courses have?

Our Live 5-Day Health & Wellbeing Coach Training has full accreditation from both The Association for Coaching and Personalised Care Institute, while our Self-Study courses have CPD accreditation from The Association for Coaching. Both provide professional certification and comprehensive skills training.

Will this training truly prepare me to start coaching immediately?

Absolutely. Our courses are specifically designed to give you all the skills, tools, and confidence you need to begin your coaching practice right away. You'll graduate feeling prepared and supported, not wondering what to do next.

Frequently Asked Questions

Will my certification be recognised internationally?

Yes. Our training prepares you to be a skilled, professional coach anywhere in the world. We've had successful graduates from the UK, South Africa, France, the Middle East, Australia, and the USA. The Association for Coaching maintains an internationally recognised directory of professional coaches.

How do you assess whether I'm ready to coach after 5 days?

Dr Claire Maguire personally assesses your readiness through your engagement, understanding, and application of the concepts and skills throughout your training. This caring, thorough approach has been approved by our accrediting bodies and ensures you graduate with genuine confidence.

I already have coaching/helping experience - will this still be valuable?

Absolutely. Many of our graduates come with teaching, management, healthcare, or other helping backgrounds. Our training builds systematically on your existing skills, adding specialised wellbeing frameworks, professional boundaries, and business skills. You'll find that your natural abilities become more intentional and effective through our structured approach



Kind Words from our Graduates

"I highly recommend the course to others looking to become a Health & Wellbeing Coach. Claire's teaching was interesting and motivating and I learnt so much! Thanks Raw Horizons!"

"This has been an incredible journey on so many levels. I cannot thank you enough."

"I learnt more in a week than I have learnt in years on university courses!"

"If you are unsure right now whether you should do this course... think no more...get signed up, you won't regret it!"

Your Transformation Starts with a Choice

Every extraordinary coach started exactly where you are now: with natural gifts and a calling to help others discover their potential and create meaningful change.

The question isn't whether you should become a coach. If you've read this far, that calling is already clear in your heart.

The question is: which path will honour both your learning style and your life circumstances while nurturing your unique gifts?

Take Your Next Step:

Ready for intensive, accredited training with community support?

[**Live 5-Day H&W Coach Training**](#) - Fully accredited course, practice with feedback, supportive peer relationships, plus complete self-study bonus

Want premium flexible learning that honours your pace and commitments?

[**Self-Study H&W Coach Training**](#) - Same expert curriculum, thoughtful self-directed learning with professional certification

Called to address the sleep crisis with specialised expertise?

[**Sleep Well Coach Training**](#) - Complete specialisation system with ready-to-use client programs and immediate impact



Your Future Clients Are Waiting

Right now, someone needs exactly what you'll learn to offer with warmth, wisdom, and skill. Someone whose life will change because you chose to develop your natural gifts into professional expertise that creates lasting transformation.

That transformation, theirs and yours, begins the moment you decide to honour your calling and take the first step forward.

Contact Information:

Email: support@rawhorizons.com

Tel: +44 333 050 6987 (United Kingdom)

Tel: +61 422 926294 (Australia)

Website: www.rawhorizons.com

Raw Horizons Academy

Where your calling becomes your career

Accredited by The Association for Coaching and Personalised Care Institute (Live Training)