



COURSE PROSPECTUS 2026



Health and Wellbeing Coach Training

Inspiring Coaches, Empowering People

Raw Horizons Academy
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It is with heartfelt gratitude that I can say that this course was one of the best decisions I have undertaken. I loved every minute of it, and I am looking forward to using these skills in setting up my own practice - Helen M.



Train as a Professional Health & Wellbeing Coach

Develop the practical skills, professional confidence, and recognised training needed to support people in improving their health, wellbeing, mindset, habits, and lifestyle.

At Raw Horizons Academy, we train aspiring coaches, wellbeing professionals, and individuals seeking more meaningful work through structured, evidence-informed Health & Wellbeing Coach Training pathways.



Our programmes combine coaching skills, communication techniques, behaviour change psychology, emotional wellbeing, nervous system education, and professional practice to help you coach with greater clarity, confidence, and integrity.

Whether you are beginning a new career, expanding an existing role, or deepening your understanding of human behaviour and wellbeing, our pathways are designed to provide both flexibility and professional depth.



Meet Your Teacher

& Course Founder

[Dr Claire Maguire](#) has spent more than 15 years developing and delivering wellbeing education, coaching programmes, retreats, workshops, and professional training experiences focused on health, behaviour, emotional wellbeing, and sustainable lifestyle change.

With a PhD in biochemistry and a background in person-centred coaching, Claire combines scientific understanding with practical coaching methods, helping students translate complex wellbeing concepts into meaningful, client-focused conversations.

Over the years, she has facilitated more than 400 retreats, delivered talks and workshops, supported thousands of individuals through coaching and wellbeing programmes, and trained hundreds of coaches now practising across 12 countries.

Claire is also the author of a wellbeing recipe book and has been featured across a wide range of national and international publications, including The Guardian, Psychologies, Health & Fitness, Woman & Home, Natural Health, and The Independent.

My goal is to help you move past the 'theory' of coaching and into the practice, so you can start making a real difference in people's lives immediately.





Who is a Health & Wellbeing Coach?

People are often drawn to coaching because they are naturally curious about human behaviour, wellbeing, communication, and personal growth.

Many already find themselves supporting others in everyday life — whether through listening, mentoring, teaching, leading, caring, or creating environments where people feel understood and encouraged.

Our students come from a wide range of backgrounds, including:

- Healthcare and caring professions
- Education and teaching
- Fitness, yoga, and holistic wellbeing
- Leadership and corporate settings
- Coaching, counselling, and therapeutic roles
- Individuals seeking more meaningful work to help others

You do not need previous coaching experience to begin training.

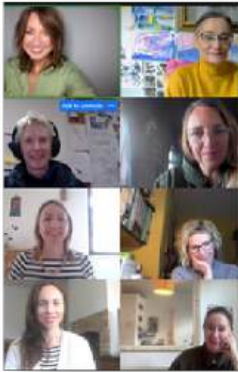
Many effective coaches naturally possess qualities such as empathy, emotional awareness, curiosity, thoughtful communication, and the ability to build trust with others.

Our training helps you strengthen those existing qualities through structured coaching frameworks, practical communication skills, professional ethics, and psychologically informed wellbeing education.



Our Training Pathways

We offer three distinct pathways to becoming a certified health & wellbeing coach, each delivering the same core curriculum but designed to honour different learning styles and life circumstances while maintaining the same depth of curriculum and professional standards:



The Immersive Pathway - Live 5 Day Virtual

Our most focused and interactive 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
- **Certification:** Receive 3 certificates and 12 months membership with the Association for Coaching & Personalised Care Institute.

[LEARN MORE](#)



The Integrated Pathway - 5 Month Blended Learning

A balance of flexible learning and monthly live mentorship.

- A supported 5-month blended training journey.
- Monthly 4-hour live Zoom sessions for mentorship and practice.
- Move through set online modules each month as a cohort.
- Direct guidance and feedback on your coaching from Dr Claire.
- **Bonus:** Full access to the Self-Study Course included.
- **Certification:** Receive 3 certificates and 12 months membership with the Association for Coaching & Personalised Care Institute.

[LEARN MORE](#)



The Independent Pathway - Self Study Online

Premium learning experience for self led learners

- Complete flexibility to learn at your own pace, anytime, anywhere.
- 77 in-depth video lessons and 450+ pages of downloadable resources.
- Includes business-building tools to help you launch your practice.
- **Certification:** Receive 2 certificates: A Raw Horizons Certificate and a certificate for 100 CPD Hours recognised by the Association for Coaching.

[LEARN MORE](#)

Health & Wellbeing Coach Training Curriculum

All 3 of our Health & Wellbeing Coach Training pathways use the same comprehensive 11-module framework that transforms natural helpers into skilled, confident coaches.

01

The Role of a HW Coach

This module introduces the core principles of professional health and wellbeing coaching.

We begin by looking at how wellbeing is defined – exploring its philosophical roots and modern perspectives – to help you form a clear understanding of the work.

You'll explore the concept of balance, clarify the distinction between wellness and wellbeing, and define your role and responsibilities as a coach.

We also look at the client's journey, helping you understand their needs and readiness for change.

The Lessons:

- The challenge of defining wellbeing
- Wellbeing: Philosophical and modern perspectives
- Exploring the importance of balance
- The difference between wellness and wellbeing
- Your role and responsibilities as a coach
- Understanding client needs and readiness

Training Milestone: Establishing a clear professional identity and understanding your specific scope of practice as a coach.

02

Coaching Skills

This module focuses on the essential skills that form the heart of every coaching conversation.

You'll learn how to build rapport, psychological safety and create emotional connection, ensuring your clients feel heard and supported. which is truly focused and present.

You'll also practice asking thoughtful, insightful questions – the kind that help clients reflect on their own experiences and find the clarity they need to move forward.

The Lessons:

- Building rapport and emotional connection
- Understanding client communication
- Refining your own communication
- Developing genuine, focused listening
- Asking insightful questions

Training Milestone: Developing the presence and active communication skills required to facilitate deep client connection.

03

Coaching Models

This module introduces the frameworks that help give a coaching session its structure and flow.

You'll learn how to use the GROW model as a supportive guide – moving through setting meaningful goals, exploring the client's current reality, and looking at their options for the future. We also introduce motivational interviewing and look at the nature of procrastination and persistence, giving you the tools to help clients turn their initial insights into action.

The Lessons:

- The GROW Model
- Setting meaningful goals
- Exploring the client's reality
- Generating options
- Establishing will and action
- Introduction to Motivational Interviewing
- Understanding procrastination and persistence

Training Milestone: Learning to navigate a structured coaching conversation from an initial goal through to a clear, actionable plan.

04

Emotional Health, Habits + Behaviour

This module explores why we do what we do.

You'll examine the emotional brain and the theories of emotion before moving into the practical work of working with emotions within a coaching session. You will explore core emotions like shame, guilt, and fear, and how they often act as blocks to progress. A major focus of this module is the mechanics of habits; we look at how the subconscious mind works, the nature of primary and secondary gains, and how to help clients create sustainable, lasting habits that truly work for them.

The Lessons:

- The Emotional Brain
- Components and Theories of Emotion
- Working with Emotions
- Exploring Core Emotions
- Understanding Habits and Behaviour

Training Milestone: Develop an understanding of our emotional landscape and learn the practical tools to help clients reshape their subconscious habits.

05

Managing Stress

This module explores how the nervous system influences stress, behaviour, and our overall sense of wellbeing.

You'll learn to recognise the signs of stress in your clients and understand the vital role of the Vagus Nerve in promoting relaxation and nervous system regulation.

We explore Polyvagal Theory and how this affects a client's ability to engage or shut down.

We also examine the characteristics of stress resilience and introduce practical frameworks – including embodiment techniques and reflective tools like journaling – to support emotional regulation and personal development.

The Lessons:

- Stress and The Nervous System
- Recognising Stress Symptoms
- The Vagus Nerve and Regulation
- Polyvagal Theory in Coaching
- Characteristics of Stress Resilience
- Stress Management Frameworks
- Journaling for Personal Development

Training Milestone: Learn to facilitate nervous system regulation and use practical frameworks to coach clients through stress and build resilience.

06

Coping, Food Relationship, Movement

This module explores key areas that influence a client's daily wellbeing: their relationship with food, and their approach to movement.

You'll explore the six stages of change, the nature of unhelpful coping patterns, and the roles of motivation, triggers, and self-sabotage.

We clarify your professional scope of practice regarding food and nutrition, ensuring you feel confident in where your role begins and ends.

You will learn mindful approaches to eating and how to implement a "Food Relationship Coaching Plan" to help clients move away from emotional eating. Finally, we consider how to integrate movement into a client's life in a way that supports sustainable wellbeing.

The Lessons:

- What is Coping and Unhealthy Strategies?
- The Six Stages of Change
- Food and Diet: Scope of Practice for HWCs
- Motivation and Sabotage: Triggers and Temptation
- Working with Emotional Eating
- Mindfulness with Food
- The Food Relationship Coaching Plan
- Movement for Wellbeing

Training Milestone: Learn the practical techniques and coaching frameworks needed to help clients transform their relationship with food and movement.

Not only has Raw Horizons equipped me with the knowledge and skills to make my dream become a reality, they have also taught me a lot about myself – Lisa C.

07

Neuroplasticity, Meditation + Breath

This module explores the brain's ability to adapt and how we can use specific practices to enhance wellbeing.

You'll examine the concept of neuroplasticity and the different brainwave states to understand the "rhythm" of the mind.

We introduce meditation from a practical coaching perspective, exploring approaches like focused attention and open monitoring.

You will learn the importance of breathing well for regulation and resilience, and we clarify your professional scope of practice so you feel confident leading simple, effective meditation and breathwork sessions with your clients.

The Lessons:

- Neuroplasticity and Wellbeing
- Brainwaves: The Rhythm of Your Mind
- Introduction to Meditation
- Scope of Practice: Meditation for HWCs
- Focused Attention Meditation
- Open Monitoring Meditation
- Leading Meditation Sessions
- The Importance of Breathing Well

Training Milestone: Learn to facilitate simple meditation and breathwork practices to support a client's mental clarity and emotional regulation.

08

Self-Care + Self-Love

This module explores how to build sustainable self-care practices and develop a kinder, healthier relationship with yourself.

You'll examine the concept of hedonic adaptation – understanding why "quick fixes" don't last – and identify the common obstacles that get in the way of consistent self-care.

We look at how identity shapes our behaviour and explore how to cultivate genuine self-compassion and self-respect.

Finally, you'll learn how to create a realistic self-care practice and consider the role of your home environment in acting as a sanctuary for your wellbeing.

The Lessons:

- Understanding Hedonic Adaptation
- Obstacles to Self-Care
- Creating a Self-Care Practice
- Developing Self-Love and Identity
- Taking Care of Your Home and Sanctuary

Training Milestone: Learn how to create sustainable self-care practice and support clients in developing a foundation of self-compassion and respect.

09

Business Boundaries + Ethics

This module covers the essential boundaries and ethical standards that ensure a safe, professional coaching practice.

You'll explore the practicalities of boundary setting – from managing time and fees to cancellations – and look at the vital roles of confidentiality, safeguarding, and cultural sensitivity.

We also consider the personal side of being a professional, including your own “fitness to practise,” managing emotional involvement, and the importance of ongoing supervision.

This module provides you with a clear Code of Ethics, giving you the confidence to lead your practice with integrity and professional care.

10

Getting Organised

This module focuses on the practical steps of setting up and running your professional coaching practice.

You'll learn how to craft your authentic coaching story and define your ideal client, ensuring your business feels like a true reflection of your values.

We cover the essential mechanics of client interaction – from structuring effective discovery calls to creating a professional welcome pack.

You will also learn how to support client progress between sessions and manage the necessary documentation with clarity and confidence, allowing you to focus on what you do best: coaching.

11

Setting You Up for Success

This final module is designed to strengthen your confidence and address the internal barriers that can hold you back as a coach.

You'll focus on practical preparation and clarify your professional manifesto, giving you a clear sense of purpose.

We explore how to recognise and move through limiting beliefs and resistance.

We also examine your relationship with money and value, helping you step forward with conviction and a clear understanding of the worth of your work.

Bonus Business Modules

(6+ hours)

To further support the launch of your practice, you will receive over six hours of additional video content focusing on the practical essentials of running a coaching business.

The Lessons:

- Insurance needs for coaches
- GDPR and Data Protection
- Marketing methods and top tips
- Website creation and key design aspects
- Business plan guidelines for health and wellbeing coaching

Which Pathway is Right for YOU?

Immersive Pathway - 5 Day Live

Included as Part of Your Programme

A Professionally Printed Training Manual: Posted to your door before the course begins. This is a high-quality, physical reference containing all the core theory and coaching exercises. It is designed to be a permanent resource for your library—one you will return to time and again as you work with clients.

Virtual Classroom (9.30-5.30 GMT): For live teaching, discussion, practice, and real-time facilitation. We explore the nuances of coaching through deep dive conversations, questions and reflections. You move into breakout rooms to practice techniques in a safe, non-judgemental environment with immediate guidance to ensure you feel confident and capable at the end of each day.

Full Access to the Self-Study Training: While we cover all the theory live, you also receive access to our library of pre-recorded modules. This acts as a permanent 'safety net,' allowing you to revisit any topic, video, or technique in your own time whenever you need a refresher.

This is for you if:

- ✓ **You thrive in a live environment:** You know you learn best when you can engage in real-time discussion and ask questions as they land.
- ✓ **You want focused momentum:** You prefer to clear your schedule and complete your core training in one high-impact week rather than stretching it over several months.
- ✓ **You value direct mentorship:** You want the reassurance of being guided through the entire curriculum live by Dr Claire Maguire.
- ✓ **You are ready to start now:** You have a 'no excuses' mindset and want to emerge from the week fully equipped and confident to begin your practice.
- ✓ **You want a shared experience:** You are drawn to the energy of a small group and want to build connections with like-minded people on the same journey.

This Might Not Be For You if:

- ✗ You prefer a slower pace: You know you need time to reflect and "sleep on" new concepts over several months (Our [Integrative Pathway](#) is a better fit).
- ✗ You need total scheduling freedom: You cannot commit to fixed dates or a 40-hour live week and need to study entirely at your own pace (Our [Self-Study Independent](#) is your path).

Which Pathway is Right for YOU?

Integrative Pathway - 5 Month Blended

Included as Part of Your Programme

Access to the HWC Self-Study Video Training: The home of your learning. You receive access to our 77 in-depth video lessons, digital workbooks, and reflective questions and quizzes. This allows you to move through the theory at your own pace between our live sessions, with the freedom to revisit any module whenever you need a refresher.

Monthly Live Sunday Workshops (6 Sessions): Your live 'anchors' for connection and practice. This includes your 90-minute orientation session followed by five 4-hour workshops with Dr Claire Maguire. These sessions help deepen your insights, answer your questions, and provide live coaching practice.

Your Practice 'Pod' From day one, you join a small, like-minded 'pod' of peers. This provides you with a consistent, safe environment to practice your coaching skills between sessions and build a supportive network that lasts well beyond the course.

This is for you if:

- ✓ **You value a steady pace:** You want to become a coach, but you know that absorbing the material slowly over five months suits your learning style best.
- ✓ **You value both flexibility and guided learning:** You appreciate the flexibility of studying in your own time but want the 'anchor' of a live classroom to keep you motivated.
- ✓ **You thrive on accountability:** You like the idea of moving through modules with a cohort, knowing that the group is there to support you and keep you on track.
- ✓ **You want a shared experience:** You are looking for human connection and want to build a deep bond with your 'pod' peers as you grow together.
- ✓ **You can commit** to a Sunday once a month and consistent self-study across five months.

This Might Not Be For You if:

- ✗ You want to clear your diary and complete your training in one immersive week (our [5-day Immersive Pathway](#) is a better fit).
- ✗ You need total flexibility with no fixed dates or monthly commitments (our [Self-Study Independent](#) is your path).

Which Pathway is Right for YOU?

Independent Pathway - Self Study

Included as Part of Your Programme

Access to the HWC Self-Paced Video Training: Your core learning environment. You receive access to our 77 in-depth video lessons led by Dr Claire Maguire. This allows you to move through the theory at your own rhythm, with the freedom to revisit any module whenever you need a refresher.

Digital Training Workbooks & Coaching Tools: A comprehensive suite of downloadable resources and reflective exercises designed to support your learning. These are yours to keep as a permanent reference as you begin to work with your own clients.

Expert Reflection & Knowledge Checks: Guided reflective questions for every lesson, accompanied by 'expert sample answers' to expand your thinking. These are paired with end-of-unit quizzes to help you verify your progress and build your coaching confidence.

This is for you if:

- ✓ **You value personal autonomy:** You have a busy or unpredictable schedule and need the freedom to fit your learning into the gaps of your day, whenever they appear.
- ✓ **You are a self-motivated learner:** You enjoy the process of independent discovery and feel confident moving through a structured curriculum without the need for live workshops.
- ✓ **You want to start immediately:** You are ready to dive into the material today rather than waiting for a specific intake date or a scheduled cohort.
- ✓ **You want the space to reflect:** You appreciate a "no-pressure" environment where you can pause, revisit, and contemplate the modules as many times as you need.

This Might Not Be For You if:

- ✗ **You thrive on live interaction:** You know you learn best when you can engage in real-time discussion and ask questions as they land (Our [5-Day Immersive Pathway](#) is a better fit).
- ✗ **You want group accountability:** You prefer to move through the curriculum alongside a cohort and want the support of a regular 'pod' practice (Our [Integrative Pathway](#) is your path).
- ✗ **You require dual course accreditation:** You need the specific registration with the Personalised Care Institute or direct membership with the AC included in your training.

Accreditation



Our Health & Wellbeing Coach Training is recognised by leading professional bodies, ensuring your certification holds credibility in the professional world.

Our Immersive & Integrative Pathways are dual-accredited by the Association for Coaching (AC) and the Personalised Care Institute (PCI).

These pathways are dual-accredited, meaning that upon graduation, you receive three certificates: one from Raw Horizons Academy, one from the Association for Coaching, and one from the Personalised Care Institute.

Your Benefits include:

The Association for Coaching:

- Certificate of Health & Wellbeing Coaching endorsed by the AC
- 12 months of Introductory Associate Membership
- Access to the AC Resources Hub—packed with research, reference materials, and videos
- Live webinars, podcasts, and online learning to keep your skills sharp
- Coaching supervision and development sessions to refine your approach
- Inclusion in the AC Coach Directory (when you upgrade to full membership)
- Join a thriving global coaching community and take part in industry discussions

Personalised Care Institute:

- Recognised CPD certification from the PCI
- Essential requirement to have completed a PCI training if you wish to work in the NHS
- Access to exclusive webinars, podcasts, and learning resources
- Stay ahead with the latest updates in the field

Our Independent Pathway is recognised under the Association for Coaching CPD Hours Scheme, validating 100 hours of professional development.

On completion, you will receive:

- Two Certificates: A Raw Horizons Certificate of Health and Wellbeing Coaching and a certificate for your 100 approved CPD hours from the Association for Coaching.
- Professional Assurance: Certification that meets recognised standards for ongoing learning.
- CPD hours gained through this programme may also contribute towards the CPD requirements for Association for Coaching accreditation, should you choose to pursue this in the future.

Regardless of the pathway you choose, your training is aligned with established international standards, giving you the confidence to practise professionally.

Expanding Opportunities

in H&W Coaching

Health & Wellbeing Coaching skills can be applied across a wide range of professional settings, industries, and client groups.

As conversations around stress, burnout, emotional wellbeing, lifestyle health, and preventative wellbeing continue to grow, organisations and individuals are increasingly seeking skilled professionals who can support sustainable lifestyle and behavioural change.

Our graduates apply their training in many different ways depending on their background, interests, and professional goals — from private coaching practices and workplace wellbeing to education, retreats, holistic wellbeing, and community support settings.

[VIEW GRADUATE DIRECTORY](#)

After 4 years of becoming a coach I love what I do. I have a passion to see people achieve their life goals and you have given me a toolkit which works. The work keeps coming in and I'm growing! - Michael D-E.



Lucienne Brown

June 2020

Lucienne Brown Therapies

I have many years' experience in health & wellbeing coaching and body therapies through my work...

[Read More](#) →



Claudia Cubbage

June 2024

RenewEd Ltd.

I'm Claudia Cubbage, a former secondary headteacher with over 25 years of senior leadership experience. I...

[Read More](#) →



Jo Brown

July 2019

Jo's Transforming Lives

I'm Jo, a Quality of Life Coach. Back in 2019, I joined the Flax Horizons Wellbeing...

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Emma Rice

November 2023

Flourish with Emma

Hi, I'm Emma, a Health, Wellbeing and Mindfulness Coach passionate about helping women feel empowered, energised...

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Corinne Elizabeth

July 2022

Corinne Elizabeth Wellbeing

I support people to work through stress, emotional overwhelm, and protective patterns so they can reconnect...

[Read More](#) →



Alison Mitchell

April 2024

Beechdale

After a career in Banking of almost 24 years I took a leap of faith in...

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Immersive Pathway Training Dates 2026

19 Jan - 23 Jan 2026 | 23 Feb - 27 Feb 2026 | 23 Mar - 27 Mar 2026

20 Apr - 24 Apr 2026 | 08 Jun - 12 Jun 2026 | 17 Aug - 21 Aug 2026

14 Sep - 18 Sep 2026 | 12 Oct - 16 Oct 2026 | 16 Nov - 20 Nov 2026

Total Investment: £2,497

[Enrol Today](#)

Integrative Pathway - Starts September 2026

We are preparing to welcome our first cohort this September. We intentionally keep our 'pods' and live sessions small to ensure you feel genuinely supported, so places are strictly limited.

Join the priority list to be the very first to hear when doors open—giving you early access to secure your seat before we release places to the public.

Total Investment: £1,750

[Register Your Interest](#)

Independent Pathway - Start Immediately

Payment Plans
Available on
all Pathways

Total Investment: £797

[Enrol Today](#)



Frequently Asked Questions

Will this training prepare me to start coaching immediately?

Yes. Our curriculum is designed to move you beyond "knowing" into "doing." Whether you choose the Immersive 5-day or the 5-month Integrative path, you will finish the course with a proven framework and the practical confidence to start working with your first clients.

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

While mastery is a lifelong journey, our 5-day Immersive path works by removing the distractions of daily life. By focusing intensely on coaching practice and receiving live feedback, you condense the learning curve. You gain the essential core competencies required to practice safely and effectively.

How will I be assessed?

Our assessment process is designed to be supportive and practical. We want to ensure you are confident and ready to coach, without the pressure of formal academic writing or stressful exams.

- **For the 5-Day Immersive & 5-Month Integrative Pathways:** There are no formal written exams or quizzes. Assessment is based on your full attendance and active participation. We focus on the real-time feedback you receive during coaching practice and our group discussions.
- **For the Independent Self-Study Pathway:** To confirm your understanding of the material, you will complete short quizzes at the end of each module and a final multiple-choice questionnaire. The passing grade is 80%, and you can retake these as often as you need.
- **No Essays:** Across all three pathways, there are no written essays or formal academic papers required to graduate.

Frequently Asked Questions

Will my certification be recognised internationally?

Yes. Our courses are accredited by the Association for Coaching (AC), which is a leading global professional body. This ensures your qualification meets high international standards and is respected across the coaching industry worldwide.

Do I need a medical or healthcare background to join?

No. Our students come from all walks of life. What matters is your natural empathy and a desire to help others. We provide the specialised frameworks and coaching techniques to turn your life experience into professional expertise.

I already have experience in a helping profession—is this still for me?

Absolutely. Many of our students are already yoga teachers, therapists, or managers. This training doesn't replace your existing experience; it gives you a specialised coaching framework to structure those skills. It adds a professional "how-to" that turns your natural helping instincts into a structured professional service.

Does this training help me start a business?

Yes. We know that being a great coach is only half the journey. That's why we include specific guidance on the practicalities of launching your practice. You'll receive business-building tools, templates, and the foundational knowledge you need to turn your qualification into a sustainable career.



Kind Words from our Graduates



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

"This is a fantastic course for anyone looking to develop their knowledge in wellbeing, upskill with tools and techniques and get ready to coach, lead, facilitate or simply share these in their personal and/or professional life."

"It was an absolute privilege to be a part of this training. Claire's knowledge, enthusiasm and love for what she delivers are truly inspirational and makes you believe in the endless possibilities and potential that lies within you."

"The amount that we were about to learn seemed daunting, however with Claire's knowledge, professionalism and enthusiasm as well as sharing experiences from the other students, we went on to learn not just from Claire but from each other. A wonderful course that will lead to a new and positive career in helping people reach their potential as well as myself. Thank you Raw Horizons."

"I can highly recommend the Health and Wellbeing Coach Training with Raw Horizons. The course content and delivery was excellent and I now feel confident and fully equipped to commence my business as a Certified Health and Wellbeing Coach. Many thanks to Claire and the Raw Horizons Team for making the whole process smooth and enjoyable."

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

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

"I absolutely loved this course and found the content and information in the manual to be very comprehensive, including all the essential information needed to start a Health and Well-being Coach business immediately. The course was extremely well presented and there are many important resources available once the student has completed the course. I really feel that taking this course has been a great investment and I now feel confident in starting my business. Highly recommended!"



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)

Website: www.rawhorizons.com



Raw Horizons Academy

Where your calling becomes your career