

# BENEFITS OF BECOMING A HOLISTIC MENTAL HEALTH COACH

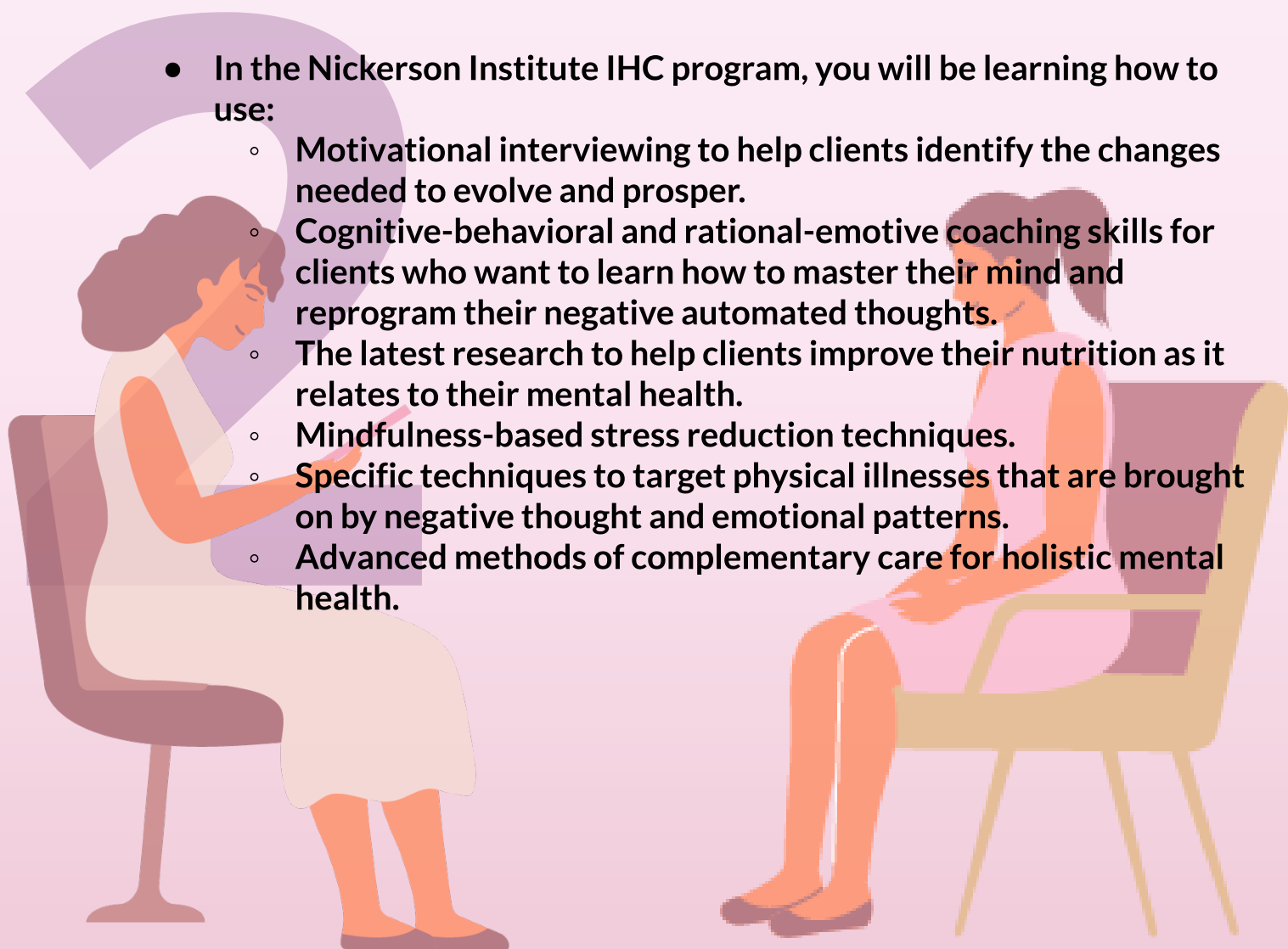
## TO HELP YOURSELF

- Many of the graduates of the Nickerson Institute IHC training program say that in the process of learning how to help others, they ended up helping themselves.
- That's because becoming a coach requires that we come to know ourselves completely as we learn tools and strategies to deal with our own challenges so that we can move forward to support our clients.



## TO HELP OTHERS

- It is a rewarding experience, helping others live their best lives and living our best life starts with mental health and wellness.
- In the Nickerson Institute IHC program, you will be learning how to use:
  - Motivational interviewing to help clients identify the changes needed to evolve and prosper.
  - Cognitive-behavioral and rational-emotive coaching skills for clients who want to learn how to master their mind and reprogram their negative automated thoughts.
  - The latest research to help clients improve their nutrition as it relates to their mental health.
  - Mindfulness-based stress reduction techniques.
  - Specific techniques to target physical illnesses that are brought on by negative thought and emotional patterns.
  - Advanced methods of complementary care for holistic mental health.



Train to become a Certified Holistic Mental Health Coach.

Download our free information kit at [www.nickersoninstitute.com](http://www.nickersoninstitute.com)



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# BENEFITS OF BECOMING A HOLISTIC MENTAL HEALTH COACH

## FULFILL YOUR CALLING OR HIGHER PURPOSE

- Some people dream of being in a position to help others heal and achieve wellness, however they think that it will require 6 or more years of university.
- In this 200-hour accredited, certified program, you will learn the most prominent tools, strategies and research-based techniques, as well as learning how to gain interpersonal attunement with your clients – which has shown to be the greatest healing element in the coach-client relationship.



## BE A PART OF THE EXCITING, FAST-GROWING INDUSTRY OF WELLNESS COACHING

- Health Coaching is ranked as one of the biggest health trends, consistently placing in the top 20 since 2010. The employment of healthcare support occupations is growing exponentially, in part due to the rising concern for mental health in all age groups.



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