



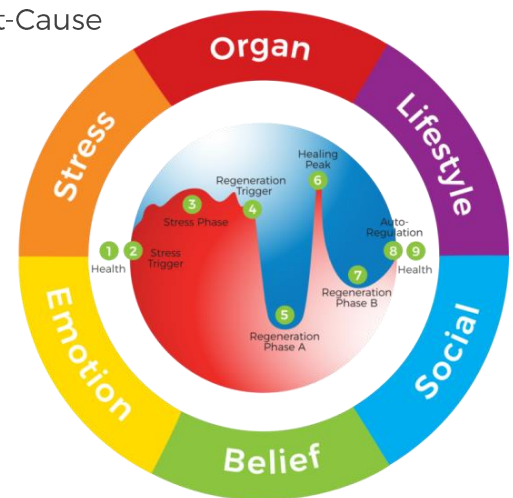
## Certification Evaluation Form

The Lifestyle Medicine and Root-Cause Health Coaching Certification Standards and Evaluation Criteria have been created by the non-profit Lifestyle Prescriptions® University Advisory Board to establish a global standard and quality of practice in Root-Cause Health Coaching based on the Art and Science of Self-Healing and Organ-Mind-Brain Anatomy.

Applicants for **Lifestyle Prescriptions® Health Coach** Certification are required to demonstrate the below key principles, behaviors and skills in Root-Cause Analysis, Health Coaching Techniques & Protocols.

Certification requirements include:

- Completing all training lessons covering below topics & skills with a total 250 HOURS OF STUDY with a minimum of 150 synchronous in-person or online live class contact hours)
- Submitting 20 CLIENT CASES
- Demonstrating competency in below skills, techniques & protocols through 3 LIVE CLIENT ANALYSIS (30 minutes minimum in-class or recorded video recording)



Faculty will grade the live class practice sessions using a 0-10/20 point scale (with a minimum of 17 out of 31 behaviors & skills demonstrated by student). Passing score is 70% = 294 points.

### HEALTH COACHING CORE COMPETENCIES (Max. 10 points each)

- |   |       |
|---|-------|
| 1) Understand and meeting Ethical, Legal & Professional Standards             | ..... |
| 2) Radiating confidence and establishing a clear coaching agreement           | ..... |
| 3) Establishing and maintaining rapport, trust and being present              | ..... |
| 4) Demonstrating sensory acuity, focus on process not story, stay neutral     | ..... |
| 5) Effective communication, active listening and root-cause based questioning | ..... |
| 6) Managing expectations, planning and setting coaching goals with client     | ..... |
| 7) Empowering commitment, self-discovery and broader perspectives .....       | ..... |
| 8) Explaining the 3-Step Lifestyle Prescriptions® Health Coaching Process     | ..... |

**ROOT-CAUSE ANALYSIS** (Max. 10 point each)

Use the 10-Step Lifestyle Prescriptions® Root-Cause Analysis Process:

- 10) Defining the organ symptom (0-10) ..... and location .....
- 11) Testing wiredness: Left ..... Right .....
- 12) If needed, using Differential Analysis .....
- 13) Eliciting Organ tissue ..... Brain Relay ..... Conflict Theme .....
- 14) Clarifying two-phases: Stress Phase ..... Regeneration Phase .....
- 15) Eliciting the root-cause based unresolved emotional hurt (0-10) .....
- 16) Defining specific stress trigger event .....VAKOGS (0-10) .....
- 17) Becoming aware & reframing biological primary belief (0-10) .....
- 18) Eliciting and aligning value and life goals .....
- 19) Elicit Lifestyle habits (Nutrition..... Fitness..... Stress..... Sleep..... Social.....)

**ROOT-CAUSE HEALTH COACHING TECHNIQUES/PROTOCOLS** (20 points each)

- 20) Emotional Release Technique (Precision EFT) .....
- 21) Quantum-Neuro-Biology Technique (Triggers, Emotions, Beliefs, Behaviors) .....
- 22) Belief Change Reframing Techniques .....
- 23) Values Elicitation and Alignment (short ..... long .....) .....
- 24) Real-Life Habit Improvements and Adjustments.....
- 25) Lifestyle Protocols (Nutrition..... Fitness..... Stress..... Sleep..... Social.....)

**LIFESTYLE PRESCRIPTIONS® HABIT CHANGE** (Max. 20 points each)

- 26) Developing Lifestyle Prescription® Health Plan .....
- 27) Write Lifestyle Prescription® with confidence .....
- 28) Establishing a long-term coaching relationship (3 or 6 or12 Months Plan) .....

**LIFESTYLE PRESCRIPTIONS® SESSION FEEDBACK** (Max. 20 points each)

Evaluator’s review of health outcomes achieved during client session:

- 29) Increased awareness (Why, How?) .....
- 30) Emotion/Energy Transformation .....
- 31) Body-Mind Symptoms improved .....

Total Points 80+100+120+60+60 = 420 (294 Points = 70% to PASS) **TOTAL** .....

LPHC CERTIFICATION PASSED

Additional Practice Suggested

Evaluator Comments: .....

Evaluator Name ..... Date .....