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)

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 or 12 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 .............

O LPHC CERTIFICATION PASSED O Additional Practice Suggested

Evaluator Comments: ..........................................................................................
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Evaluator Name ....................................................... Date ..........................