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 Foundation 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 LIVE CLASSES (live or replay) covering below skills with a total 250+ hours of study.
- Submitting 20 CLIENT CASES with health outcomes
- Demonstrating competency in below skills, techniques & protocols through 3 LIVE CLIENT SESSIONS (30+ minutes)

Student portal courses quizzes do not have to be completed (but suggested for additional learning and practice).

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) Understanding and meeting Ethical, Legal & Professional Standards
2) Radiating Confidence and establishing a clear Coaching Agreement
3) Establishing and maintaining Rapport, Trust, Being Present Staying Neutral
4) Demonstrating Sensory Acuity, use Client Feedback of Process & Strategies
5) Effective Communication, Active Listening and Root-Cause 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 Unresolved Emotional Hurt (0-10) ..................................
16) Defining Root-Cause Stress Trigger ................................. VAKOGS (0-10) ..................
17) Becoming aware of Biological Primary Belief (0-10) ...........................................
18) Eliciting Value and Life Goals ..........................................................................  
19) Current Lifestyle Habits (Nutrition............. Fitness..... Stress..... Sleep..... Social......) ............

ROOT-CAUSE HEALTH COACHING PROTOCOLS (20 points each)
20) Release Unresolved Emotions (Precision EFT) ....................................................................
21) Decode Unconscious Triggers & Behaviors (QNB Technique) .............................................
22) Belief Change Reframing Techniques .............................................................................
23) Values Alignment, Motivation & Set Goals ....................................................................
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 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 during client session:
29) Increased Awareness (Why, How?) .............................................................................
30) Emotion/Energy/ Belief/Values 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 ................................ Email ................................................ Date .................

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