



Lifestyle Prescriptions® University

Lifestyle Medicine and Root-Cause Health Coaching

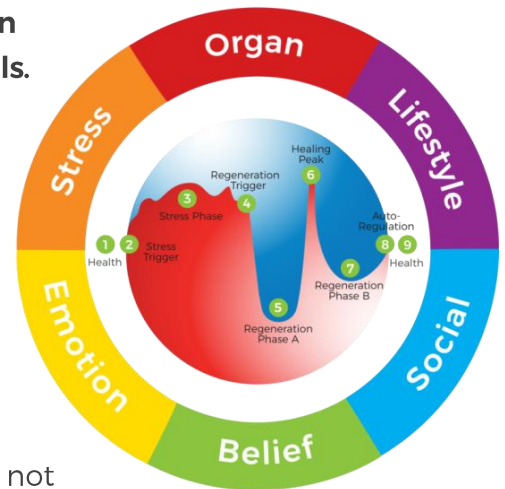
Certification Evaluation Form

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)



For LPHC certification, the student portal courses & quizzes do not have to be completed (but are 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 TriggerVAKOGS (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 or12 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**

LPHC CERTIFICATION PASSED Additional Practice Suggested

Evaluator Comments:
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Evaluator Name Email Date