



Jhonson Robert
University



Master of Health and Life Coaching **MHLC**



BE MORE THAN A TRAINER TO YOUR CLIENTS. BE AN INSPIRATION. BE AN JRU HEALTH COACH >>>>

This graduate program is designed to address the growing demand for highly skilled and academically trained coaching and consulting professionals. Students will be prepared to improve health.

Health coaches are client/patient advocates, forming ongoing, collaborative relationships with people to help improve their lifestyles for the better. These health specialists educate people on how to make healthier food choices (like what and when to eat) as well as how to become more physically active.

But, that's not all – this advocacy goes beyond fitness and nutrition, into the realm of behavioral modifications

relating to sleep, stress management, drinking and smoking.

As the nation becomes more and more health conscious, there is a large push towards making lifestyle changes that promote long term health and well-being. This increased awareness from workplaces, both commercial and non-commercial health insurance organizations, clinical professionals and the general public that overall lifestyle change is necessary for improved health has resulted in the expansion of need for health and wellness coaches.



THE DIFFERENCE THAT MAKES THE DIFFERENCE

Forbes magazine recently called life coaching “one of the fastest growing six-figure careers” in the United States, and this growth is happening all over the world.

Today, more and more people are waking up to the truth that there is a hidden pattern to success and health. They want help in applying that pattern to their life so that they can create the results they want in their lives with greater ease and speed.



MAXIMIZE YOUR RETURN ON INVESTMENT.

Here at JRU we believe everyone, everywhere should be able to study. Whether you are constrained by location, cost, life commitments or just by time, we are passionate about giving you access to Higher Education that fits with your hectic, modern life. Our students range from 18 to 80 years old and we support them both on-site and online. We are also proud to offer non-standard entry which means your work experience and previous qualifications are taken into account.



START A BUSINESS FROM INCEPTION TO IMPLEMENTATION.

The entrepreneurial spirit thrives in our students, one third of whom go on to start their own businesses.

Our MHC is designed to develop and lead our student to the modern world of Entrepreneurs. Learn the fundamental and practical skills needed to start a venture, either within an organization or from scratch.

CREATE AN MHLC TAILORED FOR YOU

The JRU MHC is tailored to have a real impact on your future in just 16 months. It is an ideal length of time to digest new information and build your CV through internships and specialized courses without keeping you out of the workforce for too long.

PROVE AND IMPROVE YOUR LEADERSHIP SKILLS

It takes more than lectures to make a leader. To truly lead you have to know yourself and your strengths, and understand other people's needs and desires. You must be ready to transform strategy into action.

At the JRU MHLC, we teach you the theories behind leadership, then provide the ideal environment to put those theories to the test.

Lead by example: Coaches who practice Health Coaching must also live healthily themselves. A coach can offer greatest help to patients when he or she knows what it's like to make nutritious food choices, stay physically active, prioritize rest and life balance, and consistently pursue healthful relationships and support systems. Clients are more likely to follow the advice of a coach who leads by example and can share from personal experience about what it's like to successfully make consistent healthy life choices. The core coach leadership position needs to be one of foundational healthful living.





A LIFE AND HEALTH COACH IS A SUPPORTIVE MENTOR AND WELLNESS AUTHORITY WHO WORKS WITH CLIENTS TO HELP THEM IMPROVE THEIR OVERALL HEALTH THROUGH DIETARY AND LIFESTYLE CHANGES.

The scary truth is that half of all U.S. adults have an expensive-to-treat chronic disease like cancer, diabetes or heart disease, which account for 86 percent of all healthcare spending, according to the Centers for Disease Control (CDC). While not every chronic disease is preventable, the CDC estimates that eliminating the three biggest risk factors – poor diet, smoking and inactivity – would prevent 80 percent of stroke, heart disease and type 2 diabetes and 40 percent of all cancer.

If the CDC's claims are true and an ounce of prevention really is worth a pound of cure, then health coaching has the potential to save the modern world. A life and health coach is a supportive mentor and wellness authority who works with clients to help them improve their overall health through dietary and lifestyle changes. Until ten years ago, health coaching was almost unheard of, but in the past few years it has experienced explosive growth as one of the fastest-growing careers in the US.

We know claiming that health coaching is the answer is a bold statement to make and it may not be the whole answer, but it is emphatically what has been missing in healthcare for so long.



THE REASONS FOR AN MHLC

-Doctors are relying on health coaches as partners in their practice or by referral to help patients connect the dots on nutrition and enforce better dietary habits. Historically, doctors haven't been trained on nutrition and those who are understandably don't have the time to work with a patient in such a capacity.

-Most functional medicine doctors, who work to treat the underlying cause of disease with both holistic and traditional approaches, incorporate health coaching into their patient programs. Many of these doctors have a team of health coaches who work with patients in their office.

-Health coaches can resolve the problem of poor patient adherence.

addictions generally require long-term therapies, a health coach can work alongside expert doctors and facilitate their task.

-Insurance companies are hiring health coaches to deliver prevention programs to patients and at-risk communities.

-Some insurance companies are now offering reimbursement or allowing allocation of flexible spending or pre-tax dollars to go toward health coaching.

-Some insurance plans offer health coaching programs for subscribers and more are forecasted to join the movement.

-As we are living global health crisis, consider how a small investment in health now may safeguard against expensive chronic disease later.

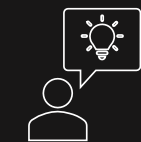
-Collectively, we have the power to lower healthcare costs and end the global healthcare crisis.



LEADERSHIP

At the JRU, we take learning beyond the classroom to give you the skills to build your future as a sustainability leader.

Your JRU MHLC starts with Me, Inc., a intensive program in team-building, communication and career development that sets you up for success beyond all expectations..



KNOW YOURSELF

To be a successful leader, you must first understand yourself. In-depth, guided introspection begins prior to the start of your degree, then continues during orientation through our innovative Me, Inc. program. After Me, Inc., you will continue to discover more about yourself through your entire JRU experience.



COLLABORATE

Effective coaches are also effective team members, able to influence regardless of status or position. As you build self-awareness, you will also build team-based skills, enabling you to tackle challenges through collaboration. From your first team experience and throughout the MHLC Core, you'll refine your leadership abilities with strategic planning, giving and receiving constructive feedback and visioning: being able to see—and achieve—the long-term objective.

LEAD THE WORLD TOWARD A HEALTHIER MORE ACTIVE WAY OF LIFE. YOUR DREAM JOB STARTS HERE.

Ten modules 50 Credits

- Leadership Me, Inc. (5 credits)
- Foundations of Health Promotion (5 credits)
- Health Promotion & Behavior Change (5 credits)
- Health Promotion Internship (specific to health coaching) (5 credits)
- Health Coaching (5 credits)
- Advanced Health Concepts (5 credits)
- Planning Health Promotion Programs (5 credits)
- Mastering motivational interviewing (5 credits)
- Interpersonal Communication in Health Contexts (5 credits)
- Capstone (5 credits)

Leadership Me, Inc.

A series of hands-on leadership opportunities stretch your limits and prepare you to go further than you ever thought possible.

Coaches who practice Health Coaching must also live healthily themselves. A coach can offer greatest help to patients when he or she knows what it's like to make nutritious food choices, stay physically active, prioritize rest and life balance, and consistently pursue healthful relationships and support systems. Clients are more likely to follow the advice of a coach who leads by example and can share from personal experience about what it's like to successfully make consistent healthy life choices. The core coach leadership position needs to be one of foundational healthful living.

Foundations of Health Promotion

This is an introductory module to the foundations of health promotion and health education with a focus on the background of the field, ethics of the profession, and the major responsibilities of a

health educator. Outlines the goals and objectives of health education, differentiates between levels of prevention and determinants of health, and identifies and explains the predominate philosophies of health promotion and health education. Additionally, students learn about the various theories and models of implementation and change process theories in health education and health promotion.



HEALTH PROMOTION & BEHAVIOR CHANGE

This module focuses on health promotion and behavior change. Many acute and chronic diseases can be prevented or at least have their impact lessened by increased attention to the adoption and maintenance of behaviors for optimal health. The issue of behavior change is however complex and necessitates an understanding of the socio-ecological model which includes individual, interpersonal, organizational, community, and public policy as factors that can inhibit or promote behavior change.



HEALTH PROMOTION INTERNSHIP (SPECIFIC TO HEALTH COACHING)

This module focuses on gaining practical experience in the professions of health education, health promotion, and health coaching. It provides an opportunity for health promotion students to apply the theories, knowledge, and experiences gained from their coursework to real life situations.





LEAD THE WORLD TOWARD A HEALTHIER MORE ACTIVE WAY OF LIFE.

YOUR DREAM JOB STARTS HERE.

Health Coaching

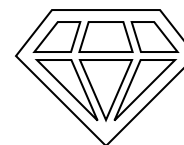
This module focuses on the translation of research into practice combining didactic and experiential learning through application of content learned in core health promotion courses to the field of health coaching. The course will prepare students with skills in client care, health care knowledge, interpersonal and communication skills, professionalism, and systems-based practice. These skills will be learned through practice-based learning and self-improvement. Approximately half of the course will be dedicated to application of the health coaching skills students are learning via peer-coaching and comprehensive instructor feedback.

Advanced Health Concepts

This is a content class that examines current and significant health issues to increase knowledge, skills, and health literacy. Specifically, the course addresses major personal and community health issues such as non-communicable diseases, communicable diseases, intentional injury (homicide and suicide), unintentional injury (accidents), stress, and others.

Planning Health Promotion Programs

This module presents basic principles of planning, designing, implementing, and evaluating health promotion programs. Individual planning projects are incorporated into the course and students are required to plan a program related to their area of interest.



Capstone

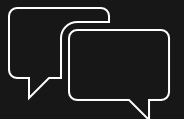
Capstone is the final course in the program and requires students to demonstrate the entire body of knowledge for Life and Health Coaching. The Capstone course consists of a practical application of the newly acquired skills, working on a specific client project identified in the Research Process and Methodology course that reflect their research interests and add to the body of knowledge on the topics. Students finished these must demonstrate

their ability to conduct comprehensive research and articulate original ideas and thought processes that make a practical contribution to the existing body of knowledge in the fields of Life and Health Coaching. All final papers must be in line with academic and research standards that are consistent with the requirements of current journals and publications and must be approved by an advisor and one other reader from either academia or industry.

MASTERING MOTIVATIONAL INTERVIEWING

Health Coaching is great way to improve both your clients' lives and your own life. It improves your clients' lives by helping them understand and practice the pillars of health and what would make them truly happy, so they don't spend years chasing a goal that they think will bring them joy, only to find themselves successful but unfulfilled. Through this process, you'll get to watch people break free from cycles of suffering that have kept them trapped for years, and you'll witness their joy as they experience the dream life that had seemed to be out of their reach.

In this module you'll learn the difference between the coach approach and the expert approach when counseling for behavior changes. You'll become an expert in finding root-cause emotions, conflicts & habits affecting health.



INTERPERSONAL COMMUNICATION IN HEALTH CONTEXTS

This module examines theory and research relevant to the role of interpersonal communication in managing mental and physical health. Topics related to interaction in health contexts include:

communicating identity in health and illness, health and personal relationships, health care provider/patient communication, medical decision-making, and interpersonal health education and prevention efforts.





WHO WE ARE SEEKING



WHAT CAN I DO WITH AN MHLC?

Work Settings

Most employment opportunities are in the healthcare sector with health insurance companies, business companies, health & wellness solution businesses, physician groups/practices and occupational health departments of hospitals. It's common for Health coach to be contracted on an hourly basis, although salaried positions do exist. Those with an entrepreneurial spirit can also form their own consulting business, much like some registered dietitians and personal trainers do, and work for themselves recruiting and managing their own clientele.

Salary

As of 2016, the nationwide average salary for "health coaches" is around \$41,000 according to Indeed.com. A search for "certified health coach", however, returns a nationwide average salary figure of \$68,000. This difference stresses the importance of certification, although it's important to note the greater pay associated with certified HCs may also involve clinical background or graduate level education requirements and more job responsibilities.

Again, in reality, most HCs work on an hourly basis (as opposed to being salaried) and can make anywhere between \$30 – \$200 per hour, more so in the higher range if you're a licensed medical or allied health professional. The American Council on Exercise (ACE) reports average earnings for individuals with the accredited ACE Health Coach certification is \$53 per hour or almost \$72,000 per year.

Talented, courageous people who believe that a better world is possible. Your application should reflect your abilities and what you hope to accomplish.

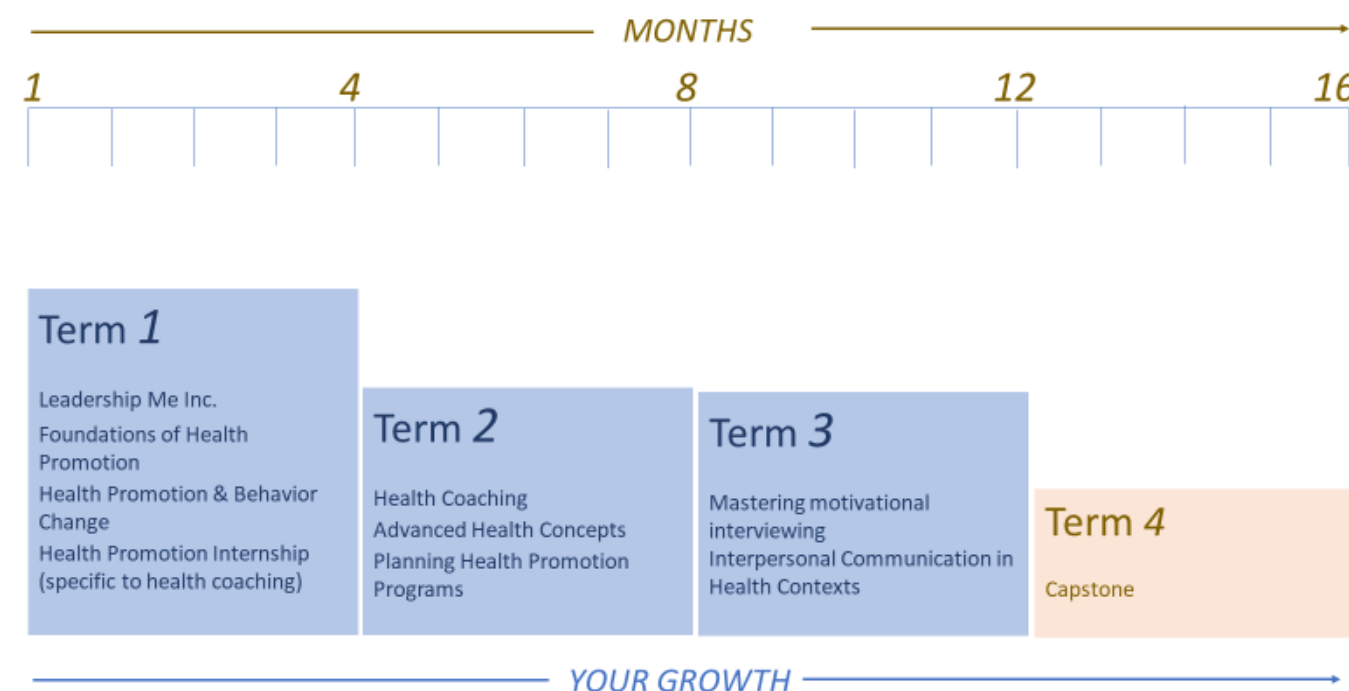
We are continually strives to deliver high standards education to individuals around the globe. Our Masters are recognized by the US state department, In order to maintain immaculate quality, JR University adapts stringent processes for devising pertinent curricula and evaluation of students.

JRU is among the most selective MPA programs in the world. Our students are curious and bold team players. They come to JRU not just to learn, but also to share their knowledge and experience in a fastpaced, supportive environment. If you are ready to prepare yourself for a leading role in the future of business, we want to hear from you.

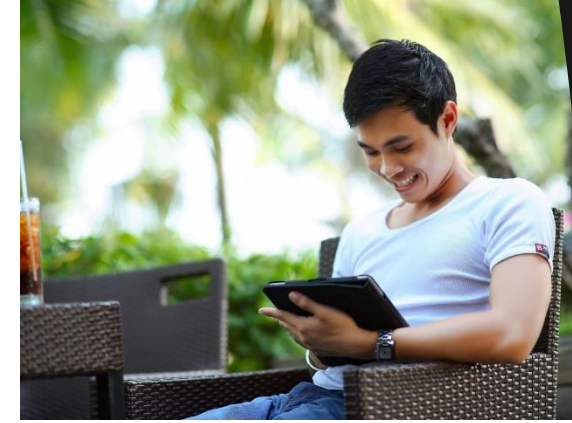
What's the career impact of Earning an MHLC?

Successful health coaches don't typically spring fully formed from bachelor degree programs. Although there are no set requirements for becoming an health coach the way there are for becoming a Lawyer or doctor.

The MHLC offers adequate training in just 16 months. It is an ideal period of time to digest new information and build a large awareness of the health and life coaching.



OUR ADMISSIONS PROCESS



We value well-rounded candidates with:

- Academic accomplishments
- Professional experience and career progression (Professional experience can replace academic qualifications)
- Leadership potential
- International exposure
- Specific career objectives
- Strong interpersonal skills



MHLC BLENDED LEARNING

Tuition
24.750\$

Application fee
250\$ (non-refundable)

Financial aid

Financial aid is available for this program. Our financial aid advisors can help you identify funding opportunities to help you pay for your education. JRU offers financial aid in the form of meritbased scholarships, as well as scholarships based on specific criteria. Once you have been admitted to the Master, our admissions team will guide you through the application process.

Talk to one of our Course Advisors through our Live Chat function, or complete an enquiry form and someone will be in touch.



MHLC ONLINE LEARNING

Tuition
13.500\$

Application fee
250\$ (non-refundable).

OUR ADMISSIONS PROCESS



TWO INTAKE DATES

October – April



" Today, more and more people are waking up to the truth that there is a hidden pattern to success and health."

Robert Jhonson, Dean, JRU



Jhonson Robert University

614 8th Avenue - 10018 New York

Whatsapp +1 917 488 5791 - info@jru.university

www.jru.university