



Have you ever thought about becoming a life coach? Do you like working with people, encouraging and supporting them? Is eating and living naturally a passion of yours or a personal desire you would like to pursue? Are you a holistic practitioner eager to teach natural lifestyle changes to your clients?

The Transformation Lifestyle Coach Certification might be just the program for you!

The application process is open to anyone interested in natural health. Men, women, students, retirees, existing natural health practitioners; energy practitioners, massage therapists, estheticians, body workers, yoga instructors, personal trainers, exercise instructors, athletic coaches, pastors, counselors, naturopaths, chiropractors, physical therapists, dietitians, and life coaches to name a few.

This 6 month program is an intensive training through Dr. Michele Menzel's book *The Transformation, 48 Days to Eating & Living for Life*. Compiled from years of research and experience, *The Transformation* provides answers in a world of health contradictions. It includes 3, three day seminars, monthly meetings, a course curriculum with study guide, along with unlimited email support to answer questions on an ongoing basis.

As a Certified Transformation Lifestyle Coach you can independently open your coaching practice with confidence and support after training with Dr. Menzel! If you are an existing practitioner, adding the certification will enable you to use a successful program with your clients taking you and them to the next level of wellness!

With *The Transformation* as a foundation, each coach will have the opportunity to enrich natural living with their unique personalities. Nature loves to diversity and everyone looks for something different in a coach. Let's join together to teach others how to live according to our natural miraculous design!



## APPLICATION PROCESS

1. Review information package.
2. For serious inquiries, contact [coaches@energeticwellnessok.com](mailto:coaches@energeticwellnessok.com) to receive an application.
3. After completing the application, eligible applicants will then be scheduled an in-person or Skype (for those out of state) interview with Dr. Menzel.
4. Once accepted, applicants will receive a contract to be signed and returned with the first payment.
5. Now a candidate to become a Lifestyle Coach, you will receive a course of study outlining the materials you will need for this program!



**6 Month Calendar Schedule  
January 2017 - July 2017**

**January:**

Thursday, January 26th, 6-8 pm  
Friday, January 27th, 9-6 pm  
Saturday, January 28th 9-6pm

**February:**

Thursday, February 2<sup>nd</sup>, 6-8 pm  
Thursday, February 16<sup>th</sup>, 6-8 pm  
Friday, February 17<sup>th</sup>, 9-6 pm  
Saturday, February 18<sup>th</sup> 9-6pm

**March:**

Thursday, March 2th, 6-8 pm  
Thursday, March 16<sup>th</sup>, 6-8 pm  
Friday, March 17<sup>th</sup>, 9-6 pm  
Saturday, March 18<sup>th</sup>, 9-6 pm

**April:**

Thursday, April 6<sup>th</sup>, 6-9 pm  
Thursday, April 20<sup>th</sup>, 8-6 pm  
Saturday, April 29<sup>th</sup>, 9-6pm

**May:**

Thursday, May 4<sup>th</sup>, 6-8 pm  
Thursday, May 18<sup>th</sup>, 6-8 pm  
Saturday, May 27<sup>th</sup>, 9-6 pm

**June:**

Thursday, June 8<sup>th</sup>, 6-8 pm  
Thursday, June 22<sup>th</sup>, 6-8 pm

**July:**

Saturday, July 8<sup>th</sup>, 9-1pm  
  
Graduation

**Small group shopping session, pantry transformation session and individual sessions will also be scheduled according to how it works out best for our schedules. Out of state students will use online class session option.**

**All in-house classes come with drinks and snacks, and all day Friday and Saturday classes include coupons for nutrient-dense breakfast and lunch.**



## **PROGRAM COST**

Two levels of training are provided to meet your specific needs. If you are beginning your journey as a natural wellness practitioner, Level 1 is designed to give you a solid foundation to build upon.

If you are an existing natural wellness practitioner, Level 2 provides additional support and training directly taught by Dr. Menzel to assist you in implementing the Transformation Lifestyle Coach training into your existing practice and provides a successful model to implement.

In order to qualify as a Level 2 participant you must hold a holistic certification or diploma.

For example:

New Human Spectra Vision Practitioner  
Naturopathic Doctor  
Clinical Nutritionist  
Chiropractor  
Acupuncturist  
Master Herbalist  
Iridologist  
Certified Nutritional Counselor  
Licensed Professional Counselor  
Physical Therapist  
Holistic Dietician  
Certified Personal Trainer  
Health Food Store Owner

If you have a question regarding qualification for Level 2, please email [coaches@energeticwellnessok.com](mailto:coaches@energeticwellnessok.com).

## **The Transformation Lifestyle Coaching Program Program Cost – Page 2**

Level 1 cost is **\$2,500.00** if paid in full, or **\$2,700.00** if divided in installments over the 6 month program (\$450 per month).

Level 2 cost is **\$3,195.00** if paid in full, or **\$3,395.00** if divided in installments over the 6 month program (\$566 per month).

The cost and benefits for each level is laid out in detail in the licensing contract.

The yearly renewal fee of license and mentor-ship is **\$395**. The cost and break down of benefits for each level is laid out in detail in the contract.

Thank you so much for your interest in the Transformation Lifestyle Coaching program!

I am very excited to develop a united team of Naturopathic Health Practitioners teaching a consistent Transformation Lifestyle Coaching program! I believe as Coaches we can change the paradigm of health care to reflect our beautiful, natural design!

Love and blessings,

Dr. Menzel