

The Health Optimisation Coach Training Programme

Curriculum Guide

Become a Certified Health Optimisation Coach

Flexible online learning. Live professional training.

ENROLMENT OPENS 24 NOVEMBER 2026

IACTM & AANWC accredited

Designed for completion in 8 months

Up to 12 months from enrolment to complete certification.

**Advancing the Science & Practice of
Health Optimisation**

Explore Your Curriculum Guide

Follow the pathway from personal transformation to professional practice.

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A Personal Welcome

From Dr Mark Atkinson, Co-Founder & Chief Training Officer

Thank you for considering our accredited Health Optimisation Coach Training programme.

If you are reading this guide, there is a good chance that health already matters deeply to you.

Perhaps you have spent years learning about nutrition, exercise, sleep, longevity and human performance and are now wondering how you could turn that passion into meaningful professional work? Perhaps you already work with people and want to deepen the knowledge and capabilities you can bring to them. Or perhaps you simply know that helping people live healthier, more capable lives is work you would find deeply worthwhile.

Whatever has brought you here, choosing to train as a health coach is about much more than acquiring information.

It is about learning how to work skilfully with another human being.

Over more than 25 years working across medicine, health optimisation, coaching and human development — and through training more than 1,500 coaches — I have become increasingly convinced that the most effective practitioners combine two things: **a sophisticated understanding of health and a genuine ability to help people change.**

That principle sits at the heart of this certification.

You will develop the knowledge and critical thinking to navigate a rapidly evolving world of health optimisation and longevity. Just as importantly, you will learn how to listen, ask better questions, understand what really matters to a client, work with motivation and resistance, and help people turn good intentions into changes they can sustain.

You will also be invited to apply much of what you learn to yourself.

I believe this matters. The most effective coaches are not simply repositories of knowledge. They understand change from the inside. They have developed greater self-awareness, experienced the challenges of changing their own habits and patterns, and know what it means to continue learning and adapting.

Throughout your training, we will encourage you to think rather than simply follow protocols; to remain curious rather than become dogmatic; and to understand both the possibilities and the limits of your professional role.

By the time you graduate, my hope is that you feel **knowledgeable, capable and confident** — with a clear framework for working with clients, a strong professional foundation and a clearer sense of the contribution you want to make.

Most of all, I hope this training enables you to build work that is meaningful to you while helping other people become healthier, more resilient and more capable of living the lives that matter to them.

If that is the direction you want to take, I look forward to being part of your journey.



Dr Mark Atkinson, MBBS, BSc (Hons), FRSPH

Integrative Medicine Physician · Accredited Master Coach
Author of *The Mind-Body Bible*
Co-Founder & Chief Training Officer, Syntony Institute

Turn Your Passion for Health into a Profession

Health and longevity are becoming increasingly **proactive, personalised, data-informed and AI-enabled**.

People are no longer interested only in what happens when something goes wrong. They increasingly want to understand how to protect their future health, maintain energy and metabolic health, preserve physical and cognitive capability, recover well, manage stress more effectively and remain capable as they age.

At the same time, access to health information has exploded.

People are tracking themselves through wearables and apps, reviewing biomarkers and blood tests, listening to podcasts, researching supplements and longevity interventions, and increasingly **turning to AI to interpret health information and tell them what they should do next**.

They are navigating an increasingly complex world of:



AI-generated health information and recommendations



biomarkers, blood tests and health screening



wearables, CGMs and health-data platforms



nutrition and metabolic health



exercise and physical performance



sleep and recovery



supplements



nervous-system regulation and psychological wellbeing



cognitive performance



health technologies



longevity and emerging interventions



The challenge is no longer simply accessing information.

It is knowing **what is credible, what is relevant to you, what matters most right now and what to actually do with it.**

More information can easily become more noise. More data can create more questions. And even an excellent recommendation has limited value if it cannot be translated into sustainable change.

This creates an important role for highly trained Health Optimisation Coaches who can bridge the gap between **information, understanding and implementation.**

A Health Optimisation Coach helps clients step back from the noise and see the bigger picture: clarify what they want, make sense of relevant information and data, develop an appropriate strategy, identify meaningful goals, translate those goals into practical action, and then **coach and adapt** as real life unfolds.

In an increasingly AI-enabled world, the value of the coach is therefore not simply knowing more. It is bringing **human judgement, context, relationship, skilled coaching and accountability** to an abundance of information.

For some graduates, this may become a full-time profession. For others, it may create a flexible part-time practice or additional income stream. For existing health coaches, personal trainers, nutrition professionals, wellness practitioners, allied health professionals and performance specialists, it can add a valuable new dimension to work they already love.

The path you choose is yours.

Who Is This Training For?

Three routes into personalised health optimisation and longevity coaching.

01

Aspiring Health Coaches

You are passionate about health and want to turn that interest into a professional coaching career focused on health optimisation and longevity.

You may already spend considerable time learning about nutrition, exercise, sleep, supplements, longevity or personal development and now want the structured education, professional skills and confidence required to help others.

You do not need to begin as a healthcare professional.

02

Existing Health Coaches

You already coach clients and want to deepen your expertise, modernise your practice and move further into personalised health optimisation and functional longevity.

You want greater confidence around areas such as biomarkers, metabolic health, nervous-system regulation, wearables, physical capability, supplements and longevity while maintaining a clear professional coaching scope.

03

Health, Wellness & Performance Professionals

You may already work in personal training, nutrition, fitness, wellness, complementary health, allied health or human performance.

You want to broaden your impact, deepen your client relationships and add advanced coaching and personalised health optimisation to the work you already do.

The Evolution of Health Coaching

A broader professional capability for the next era of health.

1.0

Health Education & Lifestyle Guidance

Helping people understand healthier behaviours and offering practical lifestyle guidance.

2.0

Behaviour Change & Whole-Person Coaching

Moving beyond information towards motivation, client-led coaching, behaviour change, habit formation and whole-person wellbeing.

3.0

Personalised Mind-Body Health Optimisation

Health Coaching 3.0™ builds on the essential capabilities of great coaching and expands them for the era of personalised mind-body health optimisation. It develops coaches who can work skilfully with the health and performance of both body and mind — integrating contemporary health science, nervous-system regulation, behaviour change, health data and human development to help clients improve their health, performance and longevity.

It brings together

- | | |
|--|--|
| 01 Advanced coaching | 07 Physical and cognitive capability |
| 02 Behaviour and habit change | 08 Functional longevity |
| 03 Nervous-system regulation | 09 Wearables and digital health |
| 04 Mind management and psychological flexibility | 10 Supplements and health technologies |
| 05 Health assessment and biomarker literacy | 11 Professional collaboration |
| 06 Personalised health optimisation | |

Health Coaching 3.0 expands the capability of the health coach while maintaining a clear professional scope of practice.

A Broader Health Literacy

Develop the knowledge to coach intelligently across the contemporary health landscape.

01

Nutrition & Metabolic Health

Nutrition, protein, hydration, metabolic flexibility, glucose regulation, body composition and personalised nutrition.

02

Assessments, Biomarkers & Screening

Blood tests, preventive screening, functional assessment, physical performance and health-risk information.

03

Wearables & Health Data

HRV, sleep, activity, recovery, fitness, CGMs and integrated health-data platforms.

04

Hormones, Gut, Immunity & Oral Health

Interconnected physiological systems influencing energy, resilience, recovery and long-term health.

05

Nervous System, Mind & Wellbeing

Stress physiology, nervous-system regulation, psychological flexibility, emotional wellbeing and human development.

06

Sleep, Recovery & Environment

Circadian biology, sleep, light, environmental exposures, nature and recovery.

07

Physical & Cognitive Performance

Cardiorespiratory fitness, muscle, strength, mobility, cognition, neuroplasticity and reserve.

08

Supplements, Health Tech & Longevity Science

Evidence-informed supplementation, applied biohacking, digital health and emerging longevity science.

Understand the science. Personalise the approach. Coach sustainable change.

Your Journey to Certification

Becoming a Certified Health Optimisation Coach is not simply about completing a series of online lessons.

The certification has been designed as a progressive journey in which you **experience the principles personally, build your knowledge, develop your coaching capability, practise with real people and demonstrate professional competence.**

Step 1: Elevate Your Own Health

Thrive Unlimited

35-Day Health Optimisation & Personal Transformation Programme

Step 2: Develop Your Professional Capability

- **Step 2a**

Health Optimisation Knowledge

- **Step 2b**

Coaching Skills & Competencies

Step 3: Create Your Growth Blueprint

The Coach Specialist Growth Blueprint

Step 4: Complete the Certification Process

Professional Certification

Successful completion leads to the professional credential:



Certified Health Optimisation Coach

Progress Flexibly. Train Professionally.

Designed to fit around your life, career or professional practice.

Begin When You Are Ready

Enrolment opens on **24 November 2026**. You can begin the **35-day Thrive Unlimited programme** immediately after enrolling.

The **12-module core curriculum opens on 4 January 2027**. From then, you can progress through the online learning at a pace that suits you.

Once you have completed the **first 14 lessons of Thrive Unlimited**, you can attend the next suitable Health Coaching 3.0 Skills Intensive.

Designed to Be Completed in Approximately 8 Months

Your recommended pathway takes approximately **eight months**, combining the 12-module curriculum with coaching development, assignments and **20 hours of logged coaching practice**.

Allow approximately **5-7 hours per week** for lessons, essential reading, reflection, assignments, coaching practice and certification activities, outside the scheduled live training.

You have up to **12 months from the date of enrolment** to complete all certification requirements.

Flexible Learning + Live Professional Development

Most academic learning is completed flexibly online. Live coaching training provides the interaction, practice and feedback that develop professional capability.

Health Coaching 3.0 Skills Intensive: 18 hours over four consecutive days, with 4.5 hours of training and a 30-minute break each day.

Advanced Coaching Skills Labs: two 60-minute live sessions.

Together, these provide **20 hours of live professional skills training**, in addition to your logged coaching practice.

Your weekly commitment will vary with your pace and experience. Allow more time around live training and assessment submissions.

Step 1: Elevate Your Own Health

Thrive Unlimited

35-Day Health Optimisation & Personal Transformation Programme

Before you learn how to help other people change, you begin by experiencing the process for yourself.

Thrive Unlimited is a 35-lesson experiential journey designed to help you strengthen the foundations of health, develop greater self-awareness and resilience, and move towards deeper levels of self-mastery, fulfilment and wellbeing.

The programme begins with the **New Rules of Thriving** and then progresses through the five pillars of:

Self-Care → Self-Optimisation → Self-Mastery → Self-Actualisation → Self-Transcendence

Along the way, you will optimise key areas including sleep, energy, resilience, brain health, longevity and environment, while also learning core practices for working with the **nervous system, mind and emotions**.

These include practices such as **Always Welcoming, Pause & Shift, The Gateway, Belief Defusion and REFLOW**, alongside deeper work with beliefs, emotional patterns, body awareness and acceptance.



These practices are an important part of your preparation as a future Health Optimisation Coach. You are not simply learning concepts about behaviour change and self-regulation — **you are practising many of the same tools and principles you will later draw upon when helping clients regulate their state, work more skilfully with thoughts and emotions, and create sustainable change.**

The final stages explore **fundamental wellbeing, self-actualisation and the deeper qualities of freedom, love, inner peace, authenticity and wholeness.**

For many previous students, **Thrive Unlimited has been one of the highlights of the entire certification journey** because it makes the training personal and experiential from the outset.

Before you coach transformation, you experience it from the inside.

Your 12-Module Curriculum

Step 2a: Build your core health optimisation knowledge.

01

Foundations of Health Optimisation & Functional Longevity

02

The Science of Motivation, Behaviour & Habit Change

03

Health, Performance & Longevity Assessments, Screening, Tracking & Wearables

04

Nutrition, Hydration & Metabolic Health

05

Systems Health: Hormones, Gut, Immunity & Oral Health

06

Nervous System Regulation, Stress & Resilience

07

Mind Management, Emotional Health & Psychological Flexibility

08

Sleep, Environment & Recovery

09

Physical Capability & Exercise

10

Cognitive Performance & Brain Health

11

Psychological Wellbeing & Human Development

12

Supplements, Health Tech & Longevity Innovations

Foundations of Health Optimisation & Functional Longevity

Health optimisation goes beyond preventing disease or extending lifespan. It asks a broader question: **how well can a person adapt, function and recover — and how can we preserve and strengthen that capacity across the course of life?**

This foundational module establishes the conceptual framework for the entire programme. You will understand **health as adaptive capacity** and explore how the relationship between **total load, adaptive capacity, recovery and reserve** influences how we feel, function and age.

Through the **Load–Capacity Model** and the concepts of homeostasis, allostasis and allostatic load, you will develop a practical framework for understanding resilience, depletion and declining health. You will explore **lifespan, healthspan, functional lifespan and peakspan**, including the gap between years lived and years lived with high levels of health and function.

You will examine the **major chronic diseases and conditions that shorten lifespan and healthspan**, their shared upstream drivers, and why reducing disease burden and preserving functional reserve are related but distinct goals.

The module then broadens from disease prevention to **Optimal Health across the physical, cognitive, emotional and mental dimensions**. You will explore the **Three Levels of Healing, the Three Principles and Five Pillars of Optimal Health**, and the **Health Optimisation Process** for translating complexity into focused, personalised action.

You will also be introduced to **biohacking as a mindset of intentional experimentation, measurement, learning and adaptation**. We distinguish **Biohacking 2.0**, focused predominantly on self-care, self-optimisation and performance, from **Biohacking 3.0**, which extends into self-regulation, self-mastery, self-actualisation and self-transcendence.

The question becomes not only How can I optimise myself? but also **Who am I becoming — and what is optimisation ultimately for?**

BY THE END OF THIS MODULE, YOU WILL BE ABLE TO:

- Explain health through **adaptive capacity, load, recovery, allostasis and reserve**.
- Distinguish **lifespan, healthspan, functional lifespan and peakspan**, and explain functional longevity.
- Recognise the major conditions that shorten lifespan and healthspan and their shared upstream drivers.
- Define **Optimal Health across physical, cognitive, emotional and mental dimensions**.
- Apply the **Three Principles, Five Pillars and Health Optimisation Process** as an integrated framework.

The Science of Motivation, Behaviour & Habit Change

Knowing what supports better health is rarely the main challenge. The greater challenge is creating change that **matters enough to begin and is sustainable enough to last**.

Lasting change starts with **clarity about what we want, why it matters and the values we want our lives to express**. You will create a compelling future vision, clarify personally meaningful values and connect health goals to what you genuinely want your health and life to enable.

You will explore both **what you want to move towards and what you want to avoid becoming or losing if nothing changes**, transforming abstract goals into emotionally meaningful motivation. Reflective and heart-focused practices will help you access deeper insight, and you will develop a **core mantra or guiding principle** that can provide direction when motivation fluctuates.

You will explore the science of **motivation, readiness, ambivalence, self-efficacy, agency, identity and habit formation**. You will examine why people can genuinely want to change yet struggle to follow through, and how behaviour is influenced by **state, context, automatic patterns, competing priorities and environment — not simply willpower**.

You will also explore **environmental design**, learning how surroundings, cues, friction and defaults can make desired behaviours easier and unwanted behaviours less automatic.

Finally, you will learn to translate meaningful outcomes into **strategies, goals and practical** tactics, while using feedback and setbacks as information for learning and adaptation.

BY THE END OF THIS MODULE, YOU WILL BE ABLE TO:

- Clarify **values, desired outcomes and a compelling future vision**, including why change really matters.
- Use reflective and heart-focused approaches to deepen insight, emotional connection and motivation.
- Explain **motivation, readiness, ambivalence, self-efficacy, identity and agency**.
- Apply evidence-informed principles of **habit formation, routines and environmental design**.
- Translate meaningful outcomes into **strategies, goals and sustainable actions** that can be reviewed and adapted.

Health, Performance & Longevity Assessments, Screening, Tracking & Wearables

Health optimisation **begins by understanding the person**, not simply by ordering more tests.

You will learn how to build a meaningful picture of health by integrating **qualitative insight, lived experience, objective measurement and longitudinal data**. This begins with understanding the person's goals, current reality, strengths, lifestyle, total load, functioning and wellbeing before deciding what is worth measuring and why.

A central framework is to distinguish risk, current biological state, functional capacity, reserve and trajectory. These answer different questions: what may happen, where someone is now, what they can do, how much capacity they have beyond current demands, and which direction they are moving over time.

You will develop **practical literacy across preventive screening, vital signs, anthropometrics, body composition, blood biomarkers, imaging and functional assessment**. This includes cardiometabolic and nutritional biomarkers, blood pressure, waist-to-height ratio, body composition, VO_2max , strength, power, mobility, balance and cognition. You will learn how to interpret results in context, recognise patterns across related measures and distinguish reference ranges from meaningful individual trends.

You will also explore **wearables and continuous monitoring**, including HRV, sleep, resting heart rate, activity, training load, recovery and continuous glucose monitoring. You will learn how wearable sensors generate direct measurements, derived metrics and algorithmic scores, why personal baselines matter, and how to focus on patterns and trends rather than overinterpreting individual readings. You will also examine how **health-data platforms** can bring information from multiple sources together into a clearer longitudinal client picture.

The module then explores **family history, inherited risk, genetics, SNPs and polygenic risk scores**, including where genetic information may help prioritise questions or personalise health strategies and where interpretation can exceed the available evidence.

You will develop the same critical thinking around **functional and specialised testing, microbiome assessment, proteomics, metabolomics and multi-omic data**. The emphasis is on understanding what is actually measured, what is subsequently modelled or inferred, how well a test has been validated and whether the result is sufficiently meaningful and actionable to justify its use.



Health, Performance & Longevity Assessments, Screening, Tracking & Wearables

A major section is dedicated to **biological ageing and longevity assessment**. You will distinguish chronological age, biological-age state, age acceleration, pace of ageing and functional capacity and reserve. You will examine DNA-methylation clocks, pace-of-ageing measures such as **DunedinPACE**, **proteomic and metabolomic models**, and **emerging organ- and system-specific ageing assessments**.

You will learn why different ageing clocks can produce different results for the same person, why an age-like score should not be interpreted as literally being a certain number of years younger or older, and why rate of ageing and longitudinal trajectory may be more informative than a single score. You will also explore the emerging concept of an **ageing map**, recognising that the brain, cardiovascular system, immune system, liver, kidneys, skeletal muscle and other systems may show different ageing patterns within the same individual.

Throughout the module, the central principle is **measure what matters**. More data is not the goal. The aim is to understand where someone is now, what risks matter, how well they can function, how much reserve they have and whether their health trajectory is moving in the right direction.

BY THE END OF THIS MODULE, YOU WILL BE ABLE TO:

- Integrate **qualitative insight, biomarkers, imaging, functional measures, wearable data and longitudinal trends** into a coherent whole-person health picture.
- Develop practical literacy across **screening, biomarkers, body composition, functional assessment, wearables, HRV, sleep and continuous glucose monitoring**.
- Critically evaluate **genetic, specialised, microbiome and multi-omic testing** according to validity, relevance and actionability.
- Distinguish **biological-age state, pace of ageing, organ-specific ageing, functional capacity and reserve**, and interpret ageing measures appropriately.
- Apply a **measure-what-matters approach** to prioritise, personalise, monitor and adapt health optimisation strategies over time.

Nutrition, Hydration & Metabolic Health

Nutrition is fundamental to health, yet **there is no single diet that is optimal for everyone**. The goal is not allegiance to a dietary philosophy, but understanding how food, nutritional status and eating patterns can support **metabolic health, body composition, physical capability, recovery and longevity**.

You will explore **protein, carbohydrates, fats, fibre, micronutrients, hydration and electrolytes**, together with energy balance, nutrient density, food quality and nutritional adequacy.

A major focus is **metabolic health**. You will examine glucose regulation, insulin sensitivity, metabolic flexibility, visceral adiposity and body composition, together with the central role of **skeletal muscle as a metabolic, functional and longevity organ**.

You will explore **body recomposition** — changing the relative proportions of fat mass and lean mass — and practical nutritional strategies that support **fat loss while preserving or building skeletal muscle**. Topics include energy intake, protein quantity and distribution, meal structure, resistance training, recovery and the differing requirements of fat loss, muscle gain and muscle preservation during ageing.

You will be introduced to a **Muscle–Nutrition Matrix**, exploring the interaction between being **under-muscled or having high muscular reserve** and being **under-nourished, appropriately nourished or over-nourished**. This helps explain why people with similar body weight or BMI can have very different metabolic health, nutritional status and functional reserve.

You will examine **dietary patterns rather than isolated nutrients**, including Mediterranean-style, plant-predominant, lower-carbohydrate and other commonly used approaches. The emphasis is on evidence, strengths, limitations and individual suitability rather than identifying one universally superior diet.

The module also explores **when we eat as well as what we eat**. You will take a deeper look at the evidence for **time- restricted eating, intermittent fasting, prolonged fasting and fasting-mimicking diets**, including their potential effects on metabolic health, energy intake, body composition, insulin sensitivity and cellular stress-response pathways.

Particular attention is given to separating **plausible biological mechanisms from demonstrated human outcomes**, and to the importance of timing, dose, nutritional adequacy, muscle preservation and individual suitability.

Nutrition also occurs within a wider **food environment**. You will examine how availability, convenience, marketing, portion sizes, social influences and ultra-processed foods shape dietary behaviour.

The module then broadens to **food quality and food systems**, including regenerative agriculture, soil health, organic production, pasture-raised and free-range systems, seasonality, local food and food provenance. These are considered through the wider lenses of **nutrient density, animal welfare, environmental sustainability, accessibility and evidence**, rather than assuming that any individual label automatically denotes a healthier food.

You will also explore **chrononutrition** and the interactions between nutrition, circadian biology, exercise, sleep and recovery.

Throughout, nutrition is approached as a **personalised and adaptive strategy** shaped by age, biology, metabolic health, activity, body composition, health status, goals, preferences, culture, finances and life circumstances.

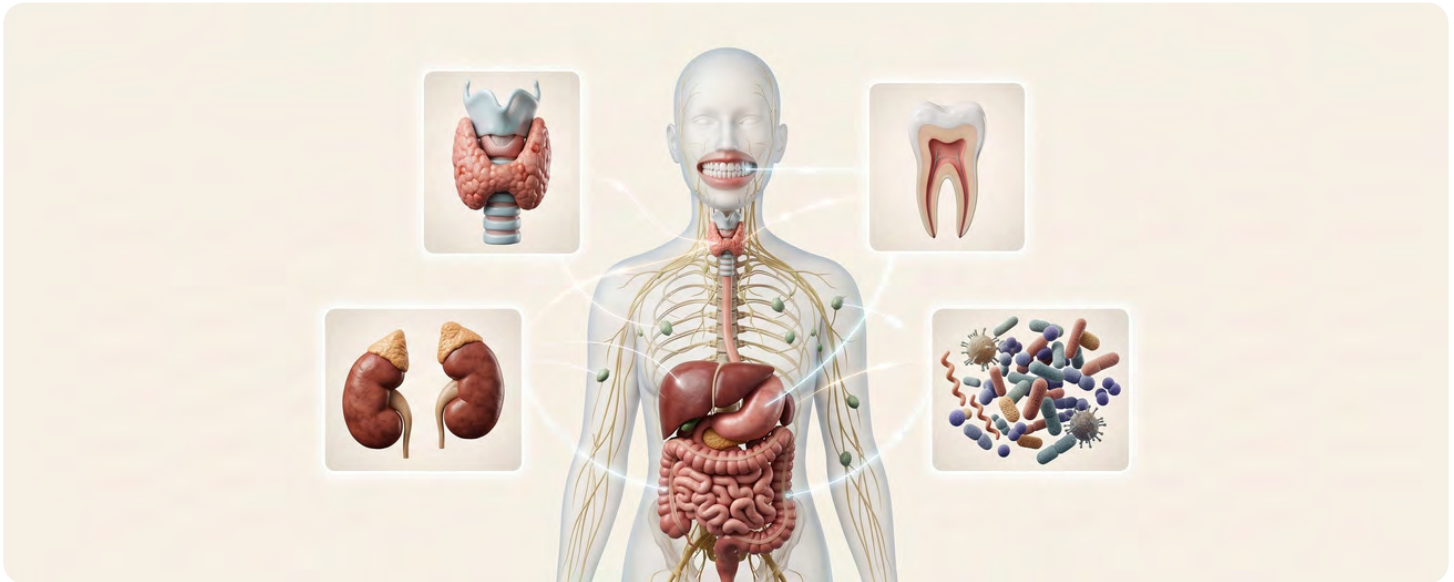
Nutrition, Hydration & Metabolic Health



BY THE END OF THIS MODULE, YOU WILL BE ABLE TO:

- Explain foundational principles of **nutrition, hydration, energy balance, nutrient density and metabolic health**.
- Assess **body composition and nutritional status beyond body weight alone** and explain strategies for body recomposition.
- Compare major **dietary patterns, food-quality considerations and food-production systems**, including the influence of the food environment.
- Critically evaluate **time-restricted eating, intermittent fasting, prolonged fasting and fasting-mimicking diets**.
- Develop **personalised nutrition strategies** according to physiology, age, activity, body composition, goals and circumstances.

Systems Health: Hormones, Gut, Immunity & Oral Health



The body does not function as a collection of isolated organs. **Hormonal, gastrointestinal, immune, metabolic, neurological and oral systems continually interact with one another — and with our psychology, behaviour, relationships and environment.**

This module develops the **systems-thinking and functional-health literacy** required to understand these interactions and recognise patterns that may sit upstream of symptoms, declining function or reduced resilience.

A central principle is that **the person is an open, adaptive biological and psychological system embedded within larger systems.** Sleep, nutrition, movement, stress, relationships, work, social environment and environmental exposures continually influence physiology. At the same time, physiology influences mood, cognition, behaviour, energy and how we experience the world.

You will learn to ask broader functional-health questions: **What systems are involved? What may be driving the pattern? What is maintaining it? What is the person's total load? What capacity do they have to adapt? Where is the most useful place to intervene?**

Guiding principles include **thinking upstream, identifying patterns rather than isolated abnormalities, understanding the person in context, addressing foundations before adding complexity, identifying drivers and mediators, personalising intervention, measuring with purpose and reassessing over time.**

A major focus is **hormonal health and optimisation.** You will explore endocrine signalling and feedback, including **thyroid hormones, cortisol and HPA-axis regulation, insulin and sex hormones across the lifespan.**

You will develop practical literacy in **hormone testing**, including the roles and limitations of blood, urine and saliva testing, and why the appropriate test depends on the biological question being asked. Interpretation will consider **age, sex, menstrual-cycle phase, circadian timing, medication and hormone use, symptoms, clinical context and laboratory methodology.**

Hormone optimisation is approached as a **systems process rather than a numbers exercise.** The first question is not simply how to raise or lower a hormone, but **why the pattern is present, what systems are influencing it and what the individual actually needs.**

Systems Health: Hormones, Gut, Immunity & Oral Health

You will explore foundational ways of supporting hormonal function through **sleep, circadian alignment, adequate energy and nutrition, metabolic health, resistance training, healthy body composition, stress regulation and reduction of unnecessary physiological load**. You will also understand when symptoms or abnormal results require clinical investigation, including situations where hormone replacement or other medical treatment may be relevant.

The module then explores **gut health and the microbiome**, including digestion, absorption, intestinal function, microbial ecology and their relationships with immunity, metabolism and wider wellbeing.

You will examine **immune function, inflammation and repair**, distinguishing appropriate acute immune responses from chronic dysregulation and recognising the importance of immune competence for defence, repair and healthy ageing.

You will also explore **oral-systemic health**, including periodontal health, the oral microbiome, dental health, breathing and airway considerations.

Throughout, you will explore how **biology and psychology continually influence each other**, and how the **families, relationships, workplaces, communities, cultures and physical environments in which we are embedded shape our health**.

BY THE END OF THIS MODULE, YOU WILL BE ABLE TO:

- Apply **systems-thinking and functional-health principles** to biological, psychological and environmental patterns.
- Explain major aspects of **hormonal physiology, hormone testing and hormone optimisation** across the lifespan.
- Interpret the principles, possibilities and limitations of **hormone assessment** within appropriate professional boundaries.
- Explain relationships between gut function, the microbiome, immunity, inflammation, oral health and wider physiology.
- Recognise upstream drivers, patterns and red flags, and when lifestyle optimisation, referral or clinical treatment is appropriate.

Nervous System Regulation, Stress & Resilience

Stress is a whole-system response to **perceived demand, uncertainty, threat and unmet need**, shaped by our biology, psychology, relationships and environment.

You will explore the science of **stress, autonomic regulation and resilience** and learn how physiological state influences energy, cognition, emotion, behaviour, social connection, recovery and performance.

The module examines the **autonomic nervous system, HPA axis and cortisol regulation**, the Generalized Unsafety Theory of Stress, and **polyvagal theory as an applied framework** for understanding patterns of safety, mobilisation and protective shutdown.

Healthy regulation is not about remaining permanently calm. It is about being able to **mobilise appropriately, shift state when needed and recover effectively once the challenge has passed**.

You will examine how persistent stress can contribute to **autonomic and HPA-axis dysregulation, impaired recovery, disrupted sleep, inflammatory and metabolic strain and altered mitochondrial function**. Resilience is therefore approached as a whole-system capacity supported by **biology, psychology, relationships and environment**.

The module also investigates the **core drivers of stress**, including excessive demands, uncertainty, relationship strain, internal expectations, cognitive patterns, **unprocessed emotions and unmet emotional needs**. Drawing on Human Givens perspectives, you will consider needs such as safety, connection, autonomy, meaning, competence, attention and belonging.



Nervous System Regulation, Stress & Resilience

You will learn to recognise **physical, emotional, cognitive and behavioural signs of nervous-system dysregulation**, including chronic mobilisation, hypervigilance, exhaustion, emotional reactivity, disconnection and shutdown. Trauma and **PTSD** are introduced so that you can recognise patterns requiring trauma-informed or specialist care.

A major practical focus is **creating internal safety and working with stress consciously**, using breathing practices, meditation, mindfulness, yoga, movement, sensory regulation, nature exposure, simplification and reduction of unnecessary load.

You will also explore **HeartMath-informed heart coherence and coherence-generating practices**, before moving into a systematic approach to **building resilience through recovery, supportive biology and appropriately dosed hormetic challenge**.

The goal is not to eliminate stress, but to develop greater **flexibility, adaptive capacity, recovery and resilience**.

BY THE END OF THIS MODULE, YOU WILL BE ABLE TO:

- Explain how **stress, perceived safety, autonomic regulation and the HPA axis** influence health and performance.
- Recognise signs of **nervous-system dysregulation, chronic stress and trauma-related responses**.
- Identify biological, psychological, relational and environmental **drivers of stress**.
- Apply practices that support **internal safety, regulation and conscious stress management**.
- Explain how **resilience is systematically built** through recovery, capacity and appropriately dosed challenge.

Mind Management, Emotional Health & Psychological Flexibility

A healthy mind is not one that is free from difficult thoughts or emotions. It is one that can **experience reality with greater awareness, flexibility and choice.**

Building on the Mind Management practices introduced in Thrive Unlimited, this module provides the opportunity to **review, deepen and practise** these skills. You will distinguish **mental health from emotional health** and explore how thoughts, beliefs, attention, physiology, emotions, conditioning and past experience continually interact.

You will examine contemporary **constructionist theories of emotion**, including how emotional experience is shaped by **interoception, context, prediction, learning and meaning.**

Emotions are explored as adaptive processes that help **mobilise us, organise attention, communicate needs and orient behaviour**, rather than simply as experiences to suppress or control.

Building on Module 6, you will examine how **autonomic state influences emotional experience**, including polyvagal-informed perspectives on safety, mobilisation and protection.

A central theme is expanding our **bandwidth of allowable emotion**: increasing our ability to experience a wider range and intensity of emotion without automatically suppressing, avoiding, acting out or becoming overwhelmed.

You will also revisit the **Five Stages of Mind** as a developmental framework for understanding how perspective, identity, agency and conscious choice can evolve.

The practical heart of the module is deeper practice of the Mind Management system. Through **REFLOW**, you will learn a structured process for allowing emotions to be experienced and moved through more fully. Through the **Menu of Choice**, you will practise seeing situations from multiple perspectives and developing a more complete perception of reality. Through **Thought Defusion**, you will learn to relate to thoughts, stories and beliefs as mental events rather than unquestioned truths.

The aim is to **feel fully, see more clearly and choose more consciously.**

BY THE END OF THIS MODULE, YOU WILL BE ABLE TO:

- Distinguish **mental health and emotional health** and explain their interaction.
- Explain how emotion is shaped by **interoception, prediction, context, learning and autonomic state.**
- Expand your **bandwidth of allowable emotion** and reduce unnecessary avoidance, suppression and automatic reaction.
- Apply **REFLOW, Menu of Choice and Thought Defusion** to emotions, perceptions, stories and beliefs.
- Strengthen **metacognitive awareness, psychological flexibility and conscious choice.**

Sleep, Environment & Recovery

Adaptation requires recovery — and recovery depends on both what we do and the environments in which we live.

Recovery is more than rest. **Rest reduces demand; recovery is the biological and psychological process through which capacity is restored after load.** We can stop working without necessarily recovering, and many recovery strategies are active rather than passive.

This module explores how to **recognise recovery needs, assess recovery status and deliberately create the conditions that enable the body and mind to restore capacity.**

Sleep forms the biological foundation. You will examine **sleep pressure, circadian biology, chronotype, REM and non-REM sleep, sleep architecture and the major functions of sleep**, including learning, memory, emotional regulation, metabolic health, immune function, tissue repair and physical restoration.

You will explore the major levers of **sleep optimisation**, including timing and consistency, morning and evening light, pre-sleep routines, caffeine and alcohol, meal and exercise timing, temperature, darkness, noise and the bedroom environment. You will also consider dreaming and emotional processing and learn to recognise when persistent insomnia, daytime sleepiness or possible sleep-disordered breathing requires further assessment.

The module then moves beyond sleep to the wider science and practice of **recovery**. You will distinguish **rest, recovery and adaptation**, and explore how recovery requirements change according to total physical, cognitive, emotional and physiological load.

You will learn to assess recovery through both **objective and subjective indicators**. Objective measures include **HRV trends, resting heart rate, sleep, activity and training load**. Subjective measures include **energy, fatigue, muscle soreness, mood, motivation, irritability, concentration, perceived stress and readiness for challenge**.

The emphasis is **on patterns and trends rather than reacting to individual scores**.

You will develop a toolkit of **active and passive recovery strategies**, including sleep, nutrition and hydration, lower-intensity movement, mobility, breathing practices, meditation, relaxation, nature exposure, meaningful social connection, deliberate downtime and appropriately reducing training or workload.

Recovery is treated as something that can be **planned, practised and personalised**, rather than something we wait for exhaustion to force upon us.

A major component is **environmental optimisation**. You will systematically review the environments in which you spend your life — **home, bedroom, workplace and wider living environment** — to identify unnecessary sources of physiological, cognitive and emotional load.

This includes **light, noise, temperature, air quality, pollutants, clutter, ergonomics, access to nature and opportunities for movement and restoration**.

Sleep, Environment & Recovery

The assessment extends to the **digital and informational environment**. Screens, notifications, constant connectivity, social media, news, entertainment and the material we repeatedly watch, read and listen to can influence attention, arousal, emotion, behaviour and recovery.

The goal is not to create a perfectly controlled environment, but to become more conscious **of which inputs restore capacity and which continually consume it**, then redesign surroundings, routines and boundaries accordingly.

Heat, cold and other hormetic practices are considered through the **Load–Capacity Model**, reinforcing the principle that a stimulus that builds capacity in one context may simply add further load in another.

BY THE END OF THIS MODULE, YOU WILL BE ABLE TO:

- Explain the difference between **rest, recovery and adaptation** and why recovery is essential for health and performance.
- Explain **sleep architecture, circadian biology and the major functions of sleep**, and apply practical sleep-optimisation strategies.
- Assess recovery through **HRV and other objective data alongside subjective indicators**.
- Apply **active and passive recovery strategies** according to individual load, capacity and recovery needs.
- Systematically evaluate and redesign **home, work, physical and digital environments** to reduce unnecessary load and support recovery.



Physical Capability & Exercise

The purpose of exercise is not simply to burn calories or meet activity guidelines. It is to **build and preserve the physical capabilities and reserve required to live fully, perform well and remain independent throughout life.**

You will explore the major components of physical capability: **cardiorespiratory fitness and VO₂max, skeletal muscle, strength, power, mobility, balance, movement quality and bone health.**

You will learn how different forms of exercise create different adaptations, including **lower-intensity aerobic exercise, higher-intensity interval training, resistance training and movement-based work**, and why an effective programme develops multiple physical qualities rather than relying on a single modality.

The module explores the principles of **specificity, progressive overload, adaptation, recovery and consistency**, helping you understand why training must match the capability being developed.

A central concept is **physical reserve**: deliberately building and maintaining more strength, fitness, power and mobility than everyday life currently requires. This creates a buffer against illness, injury, inactivity and age-related decline.

Particular attention is given to preserving **muscle, power, cardiorespiratory fitness, balance and bone health with ageing**, because maintaining these capacities is central to independence and functional lifespan.

Exercise is therefore reframed from a short-term fitness activity into a **lifelong strategy for preserving capability, independence, healthspan and peakspan.**

BY THE END OF THIS MODULE, YOU WILL BE ABLE TO:

- Describe the major components of **physical capability and physical reserve.**
- Explain the importance of **VO₂max, skeletal muscle, strength and power** for health and longevity.
- Distinguish the adaptations produced by aerobic, interval and resistance training.
- Explain the importance of **mobility, balance, movement quality and bone health.**
- Develop a strategic approach to building and preserving **physical capability across the lifespan.**

Cognitive Performance & Brain Health

We are always training the brain — the question is whether we are shaping it deliberately.

Brain health is not only about preventing cognitive decline. It is about preserving and developing the capabilities that allow us to **focus, learn, remember, think clearly, make good decisions and adapt effectively throughout life.**

You will explore the major domains of cognitive performance, including **attention, processing speed, memory, executive function and cognitive flexibility**, together with the principles of **neuroplasticity** that allow repeated experience and behaviour to reshape brain function.

You will examine **brain reserve and cognitive reserve**, and explore why people with apparently similar levels of age-related pathology may retain very different levels of cognitive function.

The module examines the major modifiable influences on brain health, including **cardiovascular and metabolic health, nutrition, exercise, sleep, stress regulation, sensory health, cognitive challenge, learning, purpose and social engagement.**

You will distinguish **Lifestyle-Assisted Brain Training** from **Tech-Assisted Brain Training**. Lifestyle remains foundational, while appropriately selected technologies may provide additional opportunities for measurement, feedback and targeted training.

You will critically examine approaches including **meditation, cognitive training, neurofeedback and transcranial photobiomodulation**, considering their mechanisms, potential applications and evidentiary limitations.

You will also learn to recognise changes in cognitive function that may require **clinical assessment rather than optimisation alone.**

The aim is to support both sides of brain longevity: **reduce the risk of cognitive decline while continuing to develop cognitive capacity, adaptability and performance.**

BY THE END OF THIS MODULE, YOU WILL BE ABLE TO:

- Describe the major **cognitive domains and principles of neuroplasticity.**
- Distinguish **brain reserve from cognitive reserve.**
- Identify major lifestyle and physiological influences on long-term brain health.
- Distinguish **Lifestyle-Assisted from Tech-Assisted Brain Training.**
- Critically evaluate cognitive training and emerging neurotechnologies while recognising when clinical assessment may be appropriate.

Psychological Wellbeing & Human Development

Optimal health is not simply the absence of illness or distress. It includes the capacity to **live well, develop your potential and experience meaning, connection and fulfilment.**

Building on the emotional and Mind Management practices developed earlier in the programme, this module places health optimisation within the wider context of **psychological wellbeing and human development.**

You will explore three progressively deeper dimensions of wellbeing: **subjective wellbeing**, including positive emotion and life satisfaction; **eudaimonic wellbeing**, including purpose, meaning, autonomy, growth and self-actualisation; and **fundamental wellbeing**, characterised by deeper inner contentment, presence and reduced identification with the narrative self.

You will examine **relationships, belonging, values, agency, resilience and psychological maturity**, and consider how perspective, identity and our understanding of ourselves, other people and the world can continue developing throughout adulthood.

The module explores **self-actualisation, adult development and self-transcendence** not as fixed achievements, but as evolving developmental possibilities.

It also provides the deeper developmental context for **Biohacking 3.0**. Optimisation ultimately becomes less about controlling the self and more about cultivating **awareness, integration, freedom, alignment with values and meaningful contribution.**

Health therefore becomes more than freedom from disease or even preservation of function. It becomes part of the foundation from which we can **live according to our values, express our potential, contribute meaningfully and flourish.**

BY THE END OF THIS MODULE, YOU WILL BE ABLE TO:

- Distinguish **subjective, eudaimonic and fundamental wellbeing.**
- Explain the roles of **purpose, meaning, values, relationships and belonging** in wellbeing.
- Describe **agency, resilience and psychological maturity** as developable capacities.
- Explain **self-actualisation and adult development** as evolving processes.
- Integrate **wellbeing, self-transcendence and human development** into a broader understanding of Optimal Health.

Supplements, Health Tech & Longevity Innovations

The world of supplements, biohacking technologies and longevity interventions is expanding rapidly. The challenge is not finding more things to take or try — it is knowing **what has a meaningful purpose, what the evidence supports, what is appropriate for the individual and how to tell whether it is actually helping.**

The module begins with **Supplements 101**, establishing what supplements are, how they differ from food, functional foods and medicines, and where they belong within a wider health optimisation strategy.

You will move from reactive, symptom-led supplementation towards **conscious supplementation**: using supplements purposefully and selectively in response to a defined need or desired outcome.

You will explore **Whole Foods First, nutrient synergy and balance**, and the major supplement categories, including **vitamins, minerals, amino acids, fatty acids, probiotics and digestive support, adaptogens, mushrooms, phytochemicals and herbs.**

You will learn to evaluate supplements in the right order: **effectiveness first, quality second.** This includes evaluating scientific evidence, choosing appropriate ingredients, forms and doses, interpreting labels, identifying excipients and allergens, and assessing **manufacturing standards, third-party testing, transparency and traceability.**



Supplements, Health Tech & Longevity Innovations

The **OSGTA framework** and **N=1 principle** provide a structured approach for connecting each intervention to a clear **Outcome, Strategy, Goals and Tactics, then Adapting** according to response and feedback. Supplements are therefore treated as **tactics in service of an outcome**, rather than as the foundation of health optimisation.

You will apply the same disciplined thinking to **health optimisation technologies**, including wearables, metabolic monitoring, sleep and recovery technologies, environmental technologies, photobiomodulation, PEMF, biofeedback, neurofeedback, thermal interventions, fitness technologies and functional-capacity assessment tools.

The core principle is **evidence first, technology second**.

Finally, you will explore contemporary **longevity science and geroscience**, including **regenerative capacity, predictive medicine and AI, biological-age and multi-omic biomarkers, organ-specific ageing, rigorous healthspan trials, autophagy and nutrient sensing, cellular senescence, immune ageing, mitochondrial medicine, epigenetic reprogramming, gene therapies and emerging cell-based interventions**.

Throughout, you will learn to distinguish **practice-ready knowledge, human translational evidence, emerging science and experimental ideas**, allowing curiosity and innovation without sacrificing scientific discipline.

BY THE END OF THIS MODULE, YOU WILL BE ABLE TO:

- **Evaluate supplements** for evidence, effectiveness, formulation, dose, quality, safety and personalisation.
- Apply the **OSGTA framework** and N=1 principle to supplementation and self-experimentation.
- Critically evaluate **health technologies** according to purpose, evidence, dose, fit, cost and measurable value.
- Describe major developments in **geroscience, regenerative medicine, predictive health and longevity innovation**.
- Distinguish **practice-ready, translational, emerging and experimental evidence** and apply disciplined scientific thinking to new interventions.

Step 2b: Coaching Skills & Competencies

18 hours

Skills Intensive

2 labs

Advanced Coaching Skills

20 hours

Total live skills training

Learn It. Practise It. Apply It.

This is more than a knowledge programme.

To become an effective Health Optimisation Coach, you need to be able to work skilfully with another person — to listen, understand, evoke insight, navigate resistance, support behavioural change and help clients translate knowledge into sustainable action.

Professional coaching development therefore runs alongside your academic learning.

Health Coaching 3.0 Skills Intensive

Four consecutive days: 4.5 hours of live training + a 30-minute break daily (5 hours scheduled).

Day 1

Day 2

Day 3

Day 4

The Inner Game
of Coaching

The Outer Game
of Coaching I

The Outer Game
of Coaching II

Health Coaching
Practice

Two Advanced Coaching Skills Labs

Two additional 60-minute live sessions deepen your coaching capability.

These sessions focus on:

- Greater **depth of listening** and inquiry
- More complex **behaviour-change** conversations
- Coaching through **ambivalence and resistance**
- **Integrating health information** without becoming overly directive
- **Advanced application** of Health Coaching 3.0

20 Hours of Logged Coaching Practice

You will complete at least **20 hours of logged coaching practice** alongside your academic learning. Ideally, coach at least four different people for a minimum of five sessions each, and log the actual coaching time.

Practise with motivated friends, family members or colleagues. Spread sessions throughout the programme; for example, **one hour of coaching per week over 20 weeks**. Preparation, administration and reflection are additional to the 20 logged hours.

One Developmental Recorded Coaching Review

During your training, you submit one **30-minute recorded coaching session** for review.

You receive individual developmental feedback designed to help you understand what you are already doing well and where your next stage of growth lies.

This submission is developmental rather than a final assessment

The Health Optimisation Coaching System

Outcome > Strategy > Goals > Tactics > Coach > Adapt

From “What Could Help?” to “What Matters Most?”

One of the challenges of modern health optimisation is that there are almost always dozens of things a person could change.

Nutrition. Sleep. Exercise. Stress. Supplements. Glucose. Strength. Wearables. Recovery. Environment. Mindset.

More options do not necessarily create better outcomes.

They can create confusion and overwhelm.

The Health Optimisation Coaching System gives Health Optimisation Coaches a clear process for turning complexity into focused, personalised and sustainable action.

Live Expert Masterclasses

Learn From Specialists Across Health, Longevity & Human Performance

The core curriculum gives you a broad, integrated foundation in health optimisation and longevity.

Throughout your training, **expert masterclasses** provide opportunities to go deeper into selected areas and hear directly from specialists working across **contemporary health science, coaching and human performance**.

Areas explored may include:

- ✓ Longevity and geroscience
- ✓ Nitric oxide and cardiovascular performance
- ✓ Metabolic and gut health
- ✓ The oral microbiome
- ✓ Functional fitness
- ✓ Flow and performance
- ✓ Digital health analytics
- ✓ Wearables and tracking
- ✓ Supplements
- ✓ Brain–gut health
- ✓ Neurotechnology
- ✓ PEMF and photobiomodulation
- ✓ Applied biohacking
- ✓ Emerging health technologies

Guest masterclasses are designed as **additional educational enrichment** rather than core certification requirements.

Topics and contributors may vary as the field evolves. Where possible, recordings are made available for students unable to attend live.

This allows the core curriculum to remain coherent while exposing you to **new ideas, emerging science and a range of expert perspectives**.

Step 3: Create Your Growth Blueprint

Coach Specialist Growth Blueprint

Turn Your Expertise into Meaningful Professional Work

Training as a coach is not only about developing knowledge and coaching competence.

You also need clarity about **who you want to help, how you want to help them and how your work will fit into the wider health and wellness landscape.**

The Coach Specialist Growth Blueprint helps you begin developing that professional direction while you train.

You will explore:



Your Professional Vision

What kind of work do you want to do?

What type of **professional life would be meaningful to you?**



Your Specialist Direction

Identify areas of health optimisation, performance or longevity **that align with your interests**, experience and strengths.



Your Ideal Client

Develop a **clearer picture of the people you most want to serve**, the challenges they experience and the outcomes they value.



Positioning Around a Valuable Problem

Learn why **specialist positioning** can make it easier for prospective clients and referral partners to understand the value you provide.



Creating Your Coaching Offer

Consider how your knowledge and methodology could be translated into a coherent coaching journey rather than disconnected sessions.



Career & Collaboration Models

Explore **private practice, clinic collaboration, corporate health, performance coaching, groups, retreats, education and other possible pathways.**



Credibility, Visibility & Referrals

Explore **professional networking, educational content, speaking, workshops, clinic partnerships and referral relationships.**



Your Practice Development Roadmap

Create a **practical plan for moving from training towards your first or next stage of professional practice.**

There is no requirement to build the same type of practice as another graduate.

The purpose is to help you identify a path that fits your background, strengths, interests and goals.

Step 4: Complete the Certification Process

Professional Certification

Demonstrate Your Competence

Certification demonstrates that you can **understand the science, apply professional judgement and coach another person effectively.**

To become a **Certified Health Optimisation Coach**, you complete the following requirements:

Thrive Unlimited

Complete the 35-day experiential foundation.

Health Optimisation Knowledge

Complete all required learning and reflection activities.

Coach Specialist Growth Blueprint

Clarify your professional direction and practice-development pathway.

Health Coaching 3.0 Skills Intensive

Attend all four live professional training days.

Two Advanced Coaching Skills Labs

Complete both 60-minute live advanced training sessions.

20 Hours of Logged Coaching Practice

Develop practical fluency through coaching experience.

One Developmental Coaching Review

Submit one 30-minute recorded coaching session and receive individual developmental feedback.

Complete Modules 1–12 Assignments & MCQs

Achieve a score of at least 80% on each module's MCQ assessment and submit the required assignment for each module.

Learning & Reflection Logbook

Capture significant insights, personal applications and professional development throughout your training.

Final 30-Minute Coaching Competency Assessment

Submit a final recorded coaching session demonstrating the level of coaching capability expected of a Certified Health Optimisation Coach.

Code of Ethics & Scope of Practice

Commit to ethical, collaborative and appropriately scoped professional practice.

Graduate Credential

Successful completion leads to the professional credential:

CERTIFIED HEALTH OPTIMISATION COACH

The credential is awarded by **Syntony Institute**.

Your Certification Completion Window

You have up to **12 months from the date of enrolment** to complete the programme and all certification requirements. The recommended pathway takes approximately **eight months**, giving you flexibility around work, family, coaching practice and assessment feedback.

If you need more time beyond your initial 12-month enrolment period, you can request an extension:

1-month extension: €150 | 3-month extension: €300

Book live training early and plan your learning, coaching practice, assignments and final assessments throughout the programme.

Professional Accreditation

The Health Optimisation & Longevity Certification is professionally accredited by:

International Association of
Coaches, Therapists & Mentors



American Association of
Natural Wellness Coaches



External accreditation recognises the training programme and its educational and professional standards.

The professional credential:

Certified Health Optimisation Coach

is conferred by **Syntony Institute**.

Accreditation does not confer a medical licence or expand a graduate's legal clinical scope.

All graduates remain responsible for working within applicable local laws, their competence and any other professional licences or qualifications they hold.

Professional Scope of Practice

As a Certified Health Optimisation Coach, you are trained to educate, coach and support clients in improving their health, performance, resilience and longevity through evidence-informed Mind-Body Health Optimisation and sustainable behaviour change.

Your role is to help clients understand the factors influencing their health, identify meaningful priorities, translate knowledge into practical action and develop the awareness, skills and behaviours needed to sustain change.

Within your training, competence and local professional regulations, you are trained to:

- ☒ **Educate across the major foundations of Mind-Body Health Optimisation**, including nutrition, metabolic health, sleep, exercise, physical capability, recovery, stress regulation, cognitive performance, psychological wellbeing, environmental health and healthy ageing.

- ☒ **Help clients understand how body and mind influence one another**, including the relationships between physiology, nervous-system state, thoughts, emotions, behaviour, relationships and environment.

- ☒ **Support nervous-system regulation and resilience** using appropriate non-clinical practices such as breathing, mindfulness, meditation, movement, sensory regulation, nature exposure, recovery strategies and reduction of unnecessary load.

- ☒ **Coach clients in mind management and psychological flexibility**, helping them develop greater awareness of thoughts, beliefs, emotions and behavioural patterns, strengthen metacognitive awareness and make more conscious choices.

- ☒ **Support motivation, behaviour and habit change**, including values clarification, readiness, self-efficacy, agency, identity, routines, environmental design and sustainable implementation.

- ☒ **Support wellbeing and human development** through non-clinical coaching around values, meaning, purpose, agency, resilience, self-awareness, relationships, personal growth and self-direction.

- ☒ **Educate clients about common health biomarkers and health assessments** and help them organise relevant information and questions for discussion with appropriately qualified healthcare professionals.

- ☒ **Educate clients about core blood biomarkers**, including measures such as vitamin D, vitamin B12, iron status, magnesium, Omega-3 Index, homocysteine, hsCRP, HbA1c, ApoB and other biomarkers covered within your training.

- ☒ **Help clients understand and track non-diagnostic health and performance data**, including blood pressure, waist-to-height ratio, body composition, VO₂max, strength, power, mobility, balance, cognition, HRV, sleep, resting heart rate, activity, training load and continuous glucose monitoring.

- ☒ **Help clients make sense of health information and data without overinterpreting it**, focusing on context, patterns, trends, personal baselines, relevance and actionability.

- ☒ **Provide general evidence-informed education about supplements**, including purpose, evidence, formulation, dose, quality, safety, personalisation and appropriate use within a broader health optimisation strategy.

- ☒ **Provide general education about health-supportive technologies**, including wearables, metabolic monitoring, sleep and recovery technologies, photobiomodulation, PEMF, biofeedback, neurofeedback and other technologies covered within the curriculum.

- ☒ **Educate clients about contemporary longevity science**, including healthspan, functional longevity, biological ageing and emerging developments, while distinguishing established evidence from emerging or experimental approaches.

- ☒ **Help clients optimise recovery and their environment**, including sleep, circadian rhythms, light, noise, temperature, digital exposure, nature, workload and other physical or behavioural influences on recovery.

- ☒ **Use the Health Optimisation Coaching System — Outcome → Strategy → Goals → Tactics → Coach → Adapt — to co-create personalised health optimisation strategies** that reflect the client's goals, preferences, readiness, circumstances and available evidence.

- ☒ **Support implementation, accountability and adaptation**, helping clients identify barriers, learn from setbacks and refine strategies as circumstances and outcomes change.

- ☒ **Support the implementation of recommendations made by appropriately qualified healthcare professionals** where this sits within your competence.

- ☒ **Recognise red flags, professional boundaries and situations requiring referral**, and collaborate appropriately with doctors and other qualified healthcare, mental-health, nutrition, exercise and allied professionals.



What You Are Not Trained To Do

This certification does not qualify you to:

-  Diagnose disease or medical conditions

-  Claim to treat, cure or prevent disease

-  Prescribe, initiate, discontinue or alter prescription medication

-  Provide medical treatment unless separately qualified and legally authorised

-  Provide clinical interpretation of diagnostic laboratory tests unless separately licensed to do so

-  Diagnose or treat psychiatric or psychological disorders

-  Provide psychotherapy or trauma treatment without appropriate professional qualifications

-  Practise beyond your competence or outside the laws and regulations of your jurisdiction

The certification expands your **coaching competence and health literacy** — **not your clinical scope of practice.**

Health Education vs Clinical Practice

A core principle of the programme is learning the difference between **health education, coaching and clinical practice.**

For example, you may explain what HbA1c or ApoB measures, why it may be relevant to long-term health, help a client understand general evidence-informed concepts, track changes over time and prepare questions for their healthcare professional.

You are not trained to diagnose diabetes, cardiovascular disease or another medical condition from those results, determine that an abnormal result represents a specific pathology, or prescribe medical treatment.

Likewise, you may help a client recognise stress patterns, regulate their nervous system, work more skilfully with thoughts and emotions and develop greater psychological flexibility. You are not trained to diagnose or treat PTSD, depression, anxiety disorders or other mental-health conditions unless you are separately qualified to do so.

Your role as a Health Optimisation Coach is broad but clearly bounded: educate, coach, personalise, support implementation, monitor progress, collaborate and refer when appropriate.

Your Training. Your Future. Your Choice.

A Health Optimisation Coaching qualification can support multiple professional pathways — from a flexible private practice to employment, clinical collaboration and consulting.

01 START PART-TIME

Coach a few clients alongside your existing career and grow at your own pace.

02 BUILD A PRIVATE PRACTICE

Develop 1:1 packages, group programmes, memberships and specialist services.

03 WORK FOR AN ORGANISATION

Explore employed or contracted roles in digital health, healthcare and wellbeing.

04 PARTNER WITH CLINICS

Support behaviour change and follow-through alongside appropriately qualified clinicians.

05 EXPAND YOUR PROFESSION

Add coaching to personal training, nutrition, wellness or an existing healthcare role.

06 BUILD A PORTFOLIO CAREER

Combine coaching with education, retreats, corporate workshops and consulting.

OPPORTUNITIES ACROSS THE HEALTH ECOSYSTEM

Digital health & virtual care: Virta Health, Omada Health, Vida Health, Oviva, Liva Healthcare

Healthcare & workplace wellbeing: One Medical, Mayo Clinic, Personify Health, BetterUp

Health data, testing & practitioner services: ZOE, InsideTracker, Levels, Fullscript

WHAT COULD YOU EARN?

\$75–\$150

Typical fee cluster*

67%

\$50k–\$99k annually*

12%

\$100k+ annually*

*2025 NBHWC survey of US National Board Certified Health & Wellness Coaches. The fee figure reflects the common private-practice hourly range; income figures refer to full-time respondents.

EXPLORE THE FULL CAREER & INCOME OPPORTUNITIES GUIDE →

Company names are illustrative, not employment partners or vacancy listings. Some roles require additional qualifications. Employment, clients and earnings are not guaranteed.

What Previous Students Say

Feedback from graduates of Mark's previous health optimisation and longevity certification.

Dr Mark has created an outstanding course. The content is comprehensive, covering all the key areas of health while showing how they work together as an integrated system. What truly sets this course apart is Mark's experience in training coaches. He explains complex concepts in a practical, easy-to-understand way that builds both knowledge and confidence. If you're looking to take your understanding of health optimization and coaching to the next level, this is the course to take. I highly recommend it.

Jennie Luey Managing Director and Entrepreneur

This certification has been a genuinely transformative experience. As someone already passionate about health and optimisation, this course took my understanding to a completely new level cutting through the noise of trends and giving real, science-backed foundations that actually work.

What stood out most for me was the depth of insight into the body's core systems, especially hormones and how they influence every aspect of how we feel, function, and perform. The content is not only powerful but delivered in a way that's engaging, practical, and easy to integrate into everyday life.

The masterclasses and workshops add another layer entirely being part of a community of like-minded people, all sharing knowledge and experiences, creates an environment that's both inspiring and empowering. I've come away with a clearer, more grounded approach to health, one that's rooted in nature, simplicity, and understanding the body rather than chasing quick fixes. I would highly recommend this to anyone wanting to take ownership of their health in a deeper, more meaningful way.

Lucy Cherrington

The optimal health and longevity certification has been a truly remarkable experience, exceeding my expectations in every way. The training provided a profound depth of knowledge and practical tools, offering both the art and the science of optimal health. Dr. Mark's thoughtfully designed approach gently guides you through the process of shaping your own unique program and translating it into practice — one that can serve others with clarity and impact. Learning from Dr. Mark Atkinson is truly a privilege; he delivers with wisdom, depth, and a multidimensional perspective that enriches every lesson. This experience has been deeply transformative, expanding both my personal health and my ability to support others with refined coaching tools. I highly recommend this training to anyone seeking to elevate their mastery in optimal health and biohacking coaching.

Zee Malakul

What Previous Students Say

Feedback from graduates of Mark's previous health optimisation and longevity certification.

The Optimal Health & Longevity certification far exceeded my expectations. Led by Dr. Mark Atkinson, the curriculum is a masterclass in integration—combining the rigors of health and longevity science (foundations in functional medicine) with the 'Thrive Unlimited' pillars of fundamental wellbeing and self-actualization. It didn't just provide a scientific basis for optimal health; it equipped me with the specific coaching tools to help others thrive. This course has been life-changing for my personal health and professional trajectory.

Ward Merken

I am truly grateful that I chose this course and that Mark was our teacher. Only now do I realize how much work, dedication, and experience has been invested in providing us with this valuable knowledge. Biohacking is a vast and profound concept, offering countless opportunities to improve ourselves and enhance our well-being. I have already started applying the new insights in my daily life, and the first positive results are undeniable.

I am convinced that if everyone had the chance to learn and apply this knowledge, as a community we would all become stronger, healthier, happier, and more fulfilled.

A healthy body nourishes a healthy mind.

Thank you, Mark!

Janis Liepiņš

This certification stands out by prioritizing structured reasoning and ethical self-experimentation over trends or extreme protocols. Rather than offering generic hacks, it teaches a responsible framework based on assessment, personalization, and measurable outcomes: making it practical and adaptable to real human biology. It provides a solid foundation for sustainable practice, critical thinking, and long-term impact in the field of health and longevity.

Milene F

My experience as a student of the coach training certification has truly been transformative! Dr. Mark has brought a wealth of knowledge, experience, and expertise to creating an innovative and presence-based learning curriculum on Optimal Health & Longevity. While it's accessible to anyone with a strong passion for growth, optimization, and living a high-quality life with others, you'll be amazed at the depth of this program. You will be ready to coach others after graduation! Not only will you learn about your human system and how to keep it functioning at an optimal level, but you'll also learn how to deeply flow with others, while building emotionally intimate relationships, which, in turn, optimizes you. And makes you a better coach. I highly recommend it.

Tawny Sanabria, Certified Health Optimisation Coach

What Previous Students Say

Feedback from graduates of Mark's previous health optimisation and longevity certification.

The coach training certification is a journey of discovery—even of ourselves—that makes us think, reflect, look back at the past, but above all, look to the future with the eyes of someone who now has the knowledge to make it better, to make me better on every level. It's a comprehensive program that taught me everything from the fundamental principles that help me move from a state of survival and stress to a true state of fulfilment and higher vitality, to advanced strategies in integrative health, biohacking practices, and personal development tools that support me daily in creating a profound transformation in my physical, mental, emotional, and relational health.

Elsa Fernandes

Entering this training, I brought with me years of experience in holistic and integrative medicine, biohacking, and human optimization. What I encountered with Mark was something far deeper. His teaching did not just refine my understanding, it expanded it, brought it into coherence, and shaped it into something I could finally live and lead from. Mark holds a rare frequency—visionary, deeply present, and profoundly attuned. This training became the catalyst for the next evolution of my work, offering both the framework and the inner alignment to ground my passion into its next true form. It has been a bridge between all that I've learned and all that I am here to offer.

Angela Le

I found the Course incredibly valuable, as it provided in-depth knowledge on all health aspects as well as insights on coaching skills and building a coaching practice. I'm grateful for the care and effort put into creating such a meaningful and relevant learning journey.

Chetna Jaraim

Taking the Optimal Health & Longevity certification is honestly one of the best decisions I made in my life. The amount of knowledge that is there and the way they are organised made my life and work so much easier. This course literally prepared us to be great coaches from A to Z. I didn't expect this course to also teach us the business side of things which was really helpful. I also saw a lot of progress with time in the way I came up with plans, in the way I systemise everything with my clients and just in the way the knowledge is now organised in my brain. It also helped me grow a lot on a personal level.

Jennifer Zahm

What Previous Students Say

Feedback from graduates of Mark's previous health optimisation and longevity certification.

I came to learn and found unlearning. I leave with humility and less of myself, leaving more space for my clients. My sessions now have more silence, deeper listening, greater presence, and clients report feeling more seen and safe with me.

What makes the coach training special is the grounded, presence based, non dogmatic teaching style, which is rare in this space. The live experiential sessions invite real inner shifts while integrating biohacking science, functional medicine, and somatic practices into practical tools that now live in my daily work. I wholeheartedly recommend this course. It reconnected my work to a deeper sense of purpose and truly exceeded my expectations.

Arnoud, The Belgian Biohacker

For me, this coach training has been more than just a program. It has been a truly transformative journey. I gained distilled, up to date scientific knowledge that significantly improved my sleep, energy levels, and recovery, but even more importantly, I experienced deep personal transformation. The course blends cutting edge science with powerful self exploration, creating a truly holistic experience that has changed me inside and out. I now feel confident in my ability to help others achieve lasting change.

Uroš Eržen, Certified Coach

I thoroughly enjoyed this certification and found it to be one of the most practical and science-based programs I have completed. The content was easy to understand while still being evidence-based, and I appreciated how it covered nutrition, movement, sleep, recovery, stress management, supplementation, and behavior change in a holistic way.

This certification has given me the confidence to launch my own longevity and body transformation wellness center, where I will apply everything I have learned to help people improve their health, performance, and quality of life. Thank you to Dr. Mark Atkinson and the entire team for creating such an inspiring program. I highly recommend it to anyone passionate about health, longevity, and coaching.

Maria Serrano

Plan Your Live Skills Training

Health Coaching 3.0 Skills Intensive · 2027 dates

Once you have completed **at least the first 14 lessons of Thrive Unlimited**, you can attend the Health Coaching 3.0 Skills Intensive virtual workshop.



NEXT SKILLS INTENSIVES

28–31

January 2027

22–25

April 2027

22–25

July 2027

21–24

October 2027

LIVE ONLINE

New York, USA

10:00am – 3:00pm

London, UK

3:00pm – 8:00pm

What to plan for

- Four consecutive days: 4.5 hours of live training + a 30-minute break daily (5 hours scheduled).
- **Attendance across all four days** is required for professional certification.
- The **two Advanced Coaching Skills Labs** are scheduled separately during your professional training.

Plan your pathway early. Choose an Intensive that supports your eight-month study plan and leaves time for coaching practice, feedback and final assessments within your 12-month certification window.

Your Investment

The Health Optimisation Coach Training Programme

Turn your passion for health into meaningful professional work.

ENROL & SAVE €1,600

~~€5,595~~

€3,995

Including VAT

ENROLMENT OPENS

24 November 2026

Payment-plan options available.

Your complete pathway to certification

Your tuition includes:

- ✓ Thrive Unlimited: 35-day health optimisation and personal transformation
- ✓ Complete 12-module Mind-Body Health Optimisation curriculum
- ✓ Health Coaching 3.0 Professional Practice
- ✓ 18-hour live Health Coaching 3.0 Skills Intensive
- ✓ Two Advanced Coaching Skills Labs; 20 total hours of live skills training
- ✓ 20 hours of coaching practice to develop your professional capability
- ✓ Your coaching reviewed with individual developmental feedback
- ✓ Expert masterclasses and available recordings
- ✓ Module MCQ assessments and submissions
- ✓ Access to our community for connection and ongoing learning
- ✓ Coach Specialist Growth Blueprint
- ✓ Full professional certification process
- ✓ **Certified Health Optimisation Coach credential**
Awarded upon successful completion

Ready to take your next step?

Join the wait list to hear when enrolment opens on 24 November.

JOIN THE WAIT LIST

Frequently Asked Questions

Eligibility & getting started

Are there any prerequisite or entry requirements?

You do not need a previous health, medical or coaching qualification to enrol.

However, this is an advanced professional training programme that explores human biology, health science and longevity in meaningful depth. We therefore recommend that applicants have **a Bachelor's degree or equivalent level of higher education**, or comparable professional experience that demonstrates their ability to engage confidently with university-level learning.

Just as important are the qualities you bring to the programme. We are looking for people who have:

- a **deep and genuine interest in health, human potential and longevity**
- a **sincere desire to help others**
- a willingness to **apply what they learn to their own health and development**
- a commitment to **ethical and professional conduct**
- a mind that is **curious, open and discerning** — willing to explore new ideas while thinking critically about evidence and claims

Existing coaches, healthcare professionals and health, wellness, fitness and performance practitioners are welcome, but previous professional experience in these fields is not essential.

Who is this programme designed for?

The programme is particularly suited to three groups:

Aspiring Health Coaches who want to turn their passion for health into a professional career.

Existing Health Coaches who want to deepen their health optimisation and longevity expertise.

Health, Wellness & Performance Professionals who want to add advanced coaching and personalised health optimisation to work they already do.

When can I start?

Enrolment opens on **24 November 2026**. You can begin **Thrive Unlimited** immediately after enrolling.

The **12-module core curriculum opens on 4 January 2027**. From then, you can work through the online learning at your own pace.

After completing the **first 14 lessons of Thrive Unlimited**, you can attend the next suitable Health Coaching 3.0 Skills Intensive.

How long does the programme take?

The programme is designed for completion in approximately **eight months**, with up to **12 months from the date of enrolment** to complete all certification requirements.

Begin with the 35-day Thrive Unlimited foundation, then study the 12-module curriculum alongside coaching development, assignments and **20 hours of logged coaching practice**.

Core learning is largely self-paced; the Skills Intensive and Advanced Coaching Skills Labs are live, scheduled sessions. Completion time depends on your pace, experience and attendance.

Frequently Asked Questions

Learning & weekly commitment

How much time should I allow each week?

As a guide, allow approximately **5-7 hours per week** for lessons, essential reading, reflection, assignments, MCQs, coaching practice and certification activities, **outside scheduled live training**.

Your weekly commitment varies with your pace and experience. Allow more time around the four-day Skills Intensive, two 60-minute Skills Labs and assessment submissions.

Is the programme live or online?

The certification is fully online, combining flexible digital learning with scheduled live professional training. The academic curriculum includes pre-recorded learning and supporting resources.

Professional coaching development includes the live virtual Health Coaching 3.0 Skills Intensive and two Advanced Coaching Skills Labs.

How does the programme differ from traditional health coach training?

Traditional health coach training often focuses on coaching skills, lifestyle foundations and behaviour change. These capabilities remain essential.

The **Health Optimisation Coach Training programme** goes further by developing a much broader understanding of the factors that shape health, performance and longevity — including nutrition, metabolic health, **biomarkers, wearables, nervous-system regulation, mind and emotional health, physical and cognitive performance, systems health, supplements, health technology and longevity science**.

Health Coaching 3.0™ brings these elements together. You learn not only how to coach behaviour change, but how to work skilfully with the health and performance of both body and mind, make sense of relevant health information and data, understand the wider context influencing a client, and help translate that insight into personalised, sustainable action.

What is the Health Optimisation Coaching System?

It is the practical methodology used throughout the programme:

Outcome → Strategy → Goals → Tactics → Coach → Adapt

It helps coaches move from the client's desired outcome to an appropriate overall strategy, translate that strategy into goals and practical tactics, coach sustainable implementation and continually adapt based on learning and progress.

The system is designed to replace one-size-fits-all protocols with a more **focused, collaborative and personalised process**.

Frequently Asked Questions

Live training & certification

When can I attend the Health Coaching 3.0 Skills Intensive?

Once you have completed **at least the first 14 lessons of Thrive Unlimited**, you can attend the next suitable scheduled Skills Intensive. For 2027, the dates are:

28–31 January · 22–25 April · 22–25 July · 21–24 October

Live online: New York, 10:00am–3:00pm · London, 3:00pm–8:00pm

Four consecutive days: 4.5 hours of live training + a 30-minute break daily (5 hours scheduled).

What if I cannot attend one of those dates?

You can select a later Skills Intensive that fits your schedule.

Because the Skills Intensive involves live coaching demonstrations, practice and feedback, attendance is required for certification and cannot simply be replaced by watching a recording.

Are expert masterclasses compulsory?

No.

Guest expert masterclasses provide additional enrichment but are not core certification requirements.

Where possible, recordings are made available if you cannot attend live.

What is required to become certified?

The complete certification requirements are set out in **STEP 4: Complete the Certification Process**.

Successful completion leads to the professional credential Certified Health Optimisation Coach.

Is the programme internationally accredited?

Our coach training programme is accredited by the **International Association of Coaches, Therapists & Mentors (IACTM)** and the **American Association of Natural Wellness Coaches (AANWC)**.

Syntony Institute awards the Certified Health Optimisation Coach credential.

Accreditation does not override local laws governing coaching or healthcare practice, so graduates remain responsible for working within the regulations relevant to their country and professional background.

Frequently Asked Questions

Your practice & professional scope

What can I do as a Certified Health Optimisation Coach?

Depending on your background, interests and local regulations, you may choose to build a private coaching practice, coach part-time, develop a full-time coaching career, collaborate with longevity or functional-health clinics, work within corporate health and performance, or develop group programmes, workshops or retreats.

Your professional pathway will be shaped by your existing qualifications, experience and the kind of clients you want to serve.

Can I work alongside health or longevity clinics?

Yes.

Collaborative practice is actively encouraged.

Health Optimisation Coaches can complement physicians, nutrition professionals, psychologists, physiotherapists, dentists, exercise professionals and other qualified practitioners by supporting clients with behaviour change, implementation, accountability and ongoing health optimisation.

Clinical assessment, diagnosis and treatment remain with appropriately licensed professionals.

What is the scope of practice of a Health Optimisation Coach?

Health Optimisation Coaches educate, coach and support clients in improving their health, performance, resilience and longevity through evidence-informed Mind-Body Health Optimisation.

They help clients clarify outcomes, understand relevant health information and data, work with behaviour and habits, support nervous-system regulation, develop greater psychological flexibility, and translate health knowledge into personalised, sustainable action.

They may also use appropriate self-assessment tools, wearables and non-diagnostic health metrics, and support the implementation of recommendations made by qualified healthcare professionals.

They do not diagnose medical or psychological conditions, prescribe medication, provide medical treatment, clinically interpret diagnostic tests or provide psychotherapy unless separately qualified and authorised to do so.

The role is broad but clearly bounded: educate, coach, personalise, support implementation, monitor progress, collaborate and refer when appropriate.

Can I take the certification purely for my own health?

You can enrol if you have a strong personal interest in enhancing your own health. Please reach out to us for more information.

Frequently Asked Questions

Institution & student support

What is the relationship between Syntony Institute and Longevity Science Academy?

Syntony Institute and **Longevity Science Academy by Biohackers World** share the educational origins of this training and remain aligned around health optimisation, longevity and professional coach education.

Based in **the Netherlands**, Syntony Institute serves Europe and international markets outside North America.

In **North America**, the corresponding programme is offered through **Longevity Science Academy by Biohackers World**.

What is the relationship between Syntony Institute and The School of Biohacking?

Syntony Institute represents the evolution of The School of Biohacking.

The School of Biohacking established a substantial body of education in health optimisation, longevity and applied biohacking and built an international student and graduate community.

As our work has broadened beyond biohacking into health optimisation, functional longevity, professional coaching and human development, **Syntony Institute has become the new institutional identity.**

The School of Biohacking remains an important part of our history. The testimonials in this guide are from graduates of Version 1 of the Health Optimisation Certification.

Will I receive support after graduation?

Graduates become part of the wider Syntony Institute professional community and can access opportunities for continued connection, collaboration and ongoing education as these are made available.

Advanced learning, specialist education and continuing professional development opportunities will continue to be developed for graduates.

Can I speak with someone before enrolling?

Yes.

You can book a **Student Advisor Call** to discuss your background, goals and professional aspirations, ask questions about the programme and explore whether the certification is appropriate for where you want to go next.

There is no obligation to enrol.

Frequently Asked Questions

Cancellation, refunds & transfers

What is the refund policy?

You can cancel your enrolment in the Health Optimisation Coach Training Programme within **14 days of enrolment and receive a full refund**, even if you have already begun accessing the programme. You do not need to give a reason.

After 14 days, programme fees are non-refundable, except where applicable law requires otherwise. Your statutory consumer rights are unaffected.

How do I request a refund?

Email **hello@syntonyinstitute.com** within 14 days of enrolment, including your name and enrolment details. Refunds are made to the original payment method. An approved full refund ends programme access and cancels any remaining payment-plan instalments.

Can I transfer my place to another person?

A transfer may be approved once to an eligible replacement participant, subject to our prior written approval and any required onboarding. A transfer does not entitle you to a cash refund. Contact us before arranging a transfer.

How do payment plans work?

A payment plan spreads the total programme fee across instalments. It is not a cancellable subscription. After the refund period, remaining instalments remain payable, subject to applicable law. Contact us promptly if you experience payment difficulties.

Your Next Step

Help People Turn Health Knowledge into Lasting Change

People have access to more health information than at any point in history.

What they increasingly need is someone who can help them make sense of it, understand what matters, translate knowledge into meaningful action and stay engaged long enough for change to become part of how they live.

That is the role we are training you to fulfil.

The Health Optimisation Coach Training Programme brings together contemporary health science, functional longevity, Health Coaching 3.0 and a practical methodology for personalised change.

Follow a flexible professional training journey designed for completion in approximately **eight months**. Successful completion leads to the professional credential:

Certified Health Optimisation Coach

ENROL & SAVE €1,600

~~€5,595~~

€3,995

including VAT

Payment-plan options available.

Enrolment opens

24 November 2026

[JOIN THE WAIT LIST](#)

[SPEAK WITH ADMISSIONS](#)

Advancing the Science & Practice of Health Optimisation