

WOMEN'S HEALTH COACH CERTIFICATION PROGRAM GUIDE & SYLLABUS



THE
integrative
women's health
INSTITUTE



The **ONLY** NBHWC-Approved Health
Coach Certification Program for
Women's Health

TABLE OF CONTENTS

WOMEN'S HEALTH COACH™ CERTIFICATION

THE INTEGRATIVE WOMEN'S HEALTH INSTITUTE

» APPLY NOW

[Who We Are](#)

[About the WHC Certification](#)

[Program Overview](#)

[Master Coach Faculty](#)

[Mentorship](#)

[Women Need Your Help](#)

[Who is a good fit for the WHC Certification?](#)

[WHC Syllabus & Core Components](#)

[Component 1: Coaching Modules \(1-19\)](#)

[Component 2: Skills Practice & Feedback](#)

[Component 3: Functional Nutrition Modules \(20-27\)](#)

[Component 4: Business Training](#)

[What can the WHC program help you achieve?](#)

[Apply Now & Talk to Our Admissions Team](#)

[About Dr. Jessica Drummond, Our Founder](#)

[FAQ - Frequently Asked Questions](#)

[WHC Graduate Success Stories](#)

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www.iwhicourses.com

Questions? Email us at

support@integrativewomenshealthinstitute.com

WHO WE ARE

THE INTEGRATIVE WOMEN'S HEALTH INSTITUTE

The Integrative Women's Health Institute was founded in 2007 with the goal to provide women's health and wellness practitioners with on-demand, evidence-driven, continuing education courses and certifications.

At IWHI we believe in accessibility and flexibility, which is why we've spent the last fifteen years building an extensive collection of programs to help our students learn how to support their clients with an integrative approach and revolutionize the way they run their practice.

THE INTEGRATIVE WOMEN'S HEALTH INSTITUTE



2,000+ Women's Health Students Globally



Student in 62 Countries



We offer the only NBHWC-Approved Program for Women's Health



Faculty of Women's Health Coaching Experts



Dr. Jessica Drummond,
DCN, CNS, PT, NBC-HWC

Founder & CEO

[Read About Dr. Drummond](#)

The **Women's Health Coach™ Certification** was developed by Dr. Jessica Drummond, DCN, CNS, PT - a leading women's health expert with two decades of experience building her own 7-figure practice. She is the founder and CEO of The Integrative Women's Health Institute.

Dr. Drummond created this program on the basis of evidence-based science and research, coupled with her extensive clinical career and experience over the last 25 years in women's healthcare.

She now oversees our team of Master Coaches who provide personalized mentoship and support to WHC students.

As Seen In:

Bloomberg

FOX
BUSINESS

50
THE FAB

NEWS 8
wtnh.com

reset 360°
BY DR. SARA GOTTFRIED

advance
healthcare
NETWORK

CRave

PROGRAM OVERVIEW

WOMEN'S HEALTH COACH™ CERTIFICATION

Revolutionize your practice through the four core components of our program.

Create a thriving practice around the rapidly growing and very lucrative Women's Health field.

THE INTEGRATIVE WOMEN'S HEALTH INSTITUTE



EVIDENCE-DRIVEN CONTENT

27 Modules
Presentations & Handouts
Quizzes & Exams



EXCLUSIVE VIDEOS

300+ eLearning Videos
70+ hours!



HANDS-ON SKILLS PRACTICE

3 LIVE Virtual Retreats



PRIVATE MENTORSHIP

Six 1:1 Coaching Sessions with
your dedicated Master Coach



BONUS MATERIAL

Exclusive interviews, webinars,
handouts, practitioner resources
50+ Expert Guest Faculty

THE FOUR CORE COMPONENTS

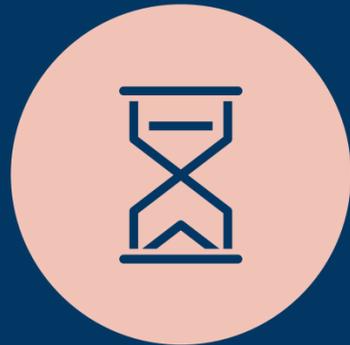
- 1 Health Coaching
- 2 Skills Practice & Feedback
- 3 Functional Nutrition
- 4 Business Training

[View
Details](#)

PROGRAM OVERVIEW

WOMEN'S HEALTH COACH™ CERTIFICATION

THE INTEGRATIVE WOMEN'S HEALTH INSTITUTE



SELF-PACED

Students have up to 18 months to complete the program at their own pace online.



ACCESSIBLE

100% Remote Learning with 24/7 access to on-demand course content.



SUPPORTIVE

1:1 personalized support from our WHC Master Coaches throughout the entire program.

Weekly Q&A Calls, Student FB Community

“

“As a board certified obstetrician and gynecologist who has been dissatisfied with the standard of care for pelvic pain and spent thousands of dollars attending numerous conferences on pelvic pain, pain processing, holistic and integrative medicine, I wish I had started with this program first.”

”



Dr. Lanniece F. Hall, MD,
FACOG, ABIHM.
Women's Health Coach

[VIEW FULL
TESTIMONIAL & MORE](#)

Get the Gold Standard

The Women's Health Coach Certification is the only NBHWC-approved program with a specialty focus on Women's Health

OUR MASTER COACHES

WOMEN'S HEALTH COACH™ CERTIFICATION

THE INTEGRATIVE WOMEN'S HEALTH INSTITUTE



Amy Rempel, PT, MS, WHC
WHC Director



Dr. Dawn Allen,
DNP, ARNP, FNP-BC, WHC



Cathy Grosshart,
WHC, NBC-HWC



Liz Wentworth, WHC



Susan C. Clinton
PT DScPT, OCS, WCS,
FAAOMPT, WHC, NBCHWC



Cindy Land,
RN-BSN, BCB-PMD,
WHC, NBC-HWC



Naja Chikazunga-Martin,
PT, DPT, WHNC, PRPC,
NBC-HWC

MENTORSHIP

WOMEN'S HEALTH COACH™ CERTIFICATION



YOU'RE NOT A NUMBER HERE.

OUR FACULTY ARE HERE TO
HELP YOU SUCCEED.



Every student works with a dedicated
Master Coach throughout the program



Six 1:1 30-minute coaching calls
(required) + Two Bonus Calls



Become a part of our small digital,
educational community

BECOME A BOARD-CERTIFIED

WOMEN'S HEALTH COACH™

THE INTEGRATIVE WOMEN'S HEALTH INSTITUTE

This program is for people who want to become a board-certified health coach, build a women's health specialty practice, and have a lucrative career in the growing health coaching industry.

Women all over the globe are searching for YOUR services for:



Fertility, Pregnancy, & Post-Partum Support



Menstrual Issues & Pelvic Pain



Chronic Illness & Fatigue



Perimenopause & Menopause Transition



Hormonal Imbalance



Endometriosis, PCOS, & More

WHO IS A GOOD FIT?

WOMEN'S HEALTH COACH™ CERTIFICATION

Women's Health Professionals

Nurses & Medical Assistants

Physical & Occupational Therapists

Medical Doctors

Nutritionists

Fitness Professionals

Wellness Coaches

And many more!



PRACTITIONERS WORKING WITH:

- ✔ Female Athletes & Active Women
- ✔ Women Seeking Optimal Fertility
- ✔ Women with Hormone Issues
- ✔ Women with Pelvic or Sexual Pain
- ✔ Any Female from Puberty to Menopause
- ✔ Women with Chronic Illness and Pain

WOMEN'S HEALTH COACH™ CERTIFICATION

CORE COMPONENTS

CLICK EACH COMPONENT FOR DETAILS

1

COMPONENT 1: Coaching

19 Modules

143 Videos,
31+ Hours of Training

Component 1 Exam

2

COMPONENT 2: Skills Practice & Feedback

6 1:1 Coaching Calls

3 Virtual
LIVE Retreats

Component 2 Exam

3

COMPONENT 3: Functional Nutrition & Lifestyle Medicine

8 Modules

82 Videos,
14+ Hours of Training

Component 3 Exam

4

COMPONENT 4: Business Training

6 Modules

87 Videos,
25+ Hours of Training

Component 4 Exam

COMPONENT 1

Health Coaching

THE INTEGRATIVE WOMEN'S HEALTH INSTITUTE

"Health coaching communication skills are the "secret sauce" for patient compliance and empowerment." - Dr. Jessica Drummond

Yet when it comes to coaching communication, most of us feel unprepared.

In many cases, school only ever taught us how to give recommendations - but not how to deal with "real-life" barriers including imposter syndrome and limiting beliefs.

You will close this knowledge gap with **19 modules** focused on health coach communication skills alone.

We're going to cover vision and values, mindful listening, narrative medicine, motivational interviewing, and more!



Component

1

COMPONENT 1

Modules 1 - 19

1: Welcome and Introduction to Prospective Clients

2: Establishing The Coaching Relationship

•

3: Documentation, Time Management, and Productivity

4: Ethical and Legal Issues in Health Coaching

5: Health Coaching Models

6: Mindfulness and Presence

•

7: Models of Behavior Change and Patient Activation

8: Eliciting the Client's Vision and Developing Your Skills of Active Listening

9: Establishing The Client's Current Situation & Her Strengths, Challenges, and Resources

10: Establishing Clear Long and Short Term Goals

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11: Overcoming Challenges for Goal Attainment and Health Coaching vs. Clinical Education or Clinical Psychology

12: Building Your Practice Referral Network and Red Flags for Referral

13: Building Health Coaching Skills

14: Accountability in The Coaching Relationship

15: Assessing and Supporting Client Progress

16: The Importance of Authenticity and Courage for Health Coaches (skills of self-management)

17: Maintenance and Post-Coaching Plans

18: Behavior Tracking Strategies and Technologies

19: The Importance of Professional Development and Building Self-Awareness

COMPONENT 2

Skills Practice & Feedback

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PROGRAM EXCLUSIVE

Attend 3 live, virtual weekend retreats (from the comfort of your home!)



Component
2

- ✔ Experience **LIVE** training on health coaching skills you need to build and scale a successful practice at the 3 required retreats.
- ✔ Practice your coaching skills at the retreats and with other WHC students on practice calls.
- ✔ Observe **LIVE**, virtual demonstrations of health coaching skills.
- ✔ Complete 6 private practice coaching sessions with your dedicated Master Coach.
- ✔ Pass Oral Coaching Exam

COMPONENT 3

Functional Nutrition

THE INTEGRATIVE WOMEN'S HEALTH INSTITUTE



PROGRAM EXCLUSIVE

Never before has the Functional Nutrition Model been applied SPECIFICALLY to women's health in this way.

In this 40-hour course we'll be covering the foundations of women's health! You'll be taking a deep dive into everything from women's cardiovascular health to immune health, the nervous system, stress and hormonal health - from puberty to menopause and beyond!

We'll also be going far beyond nutrition and will delve into in-depth study of lifestyle medicine skills.

Upon completion of Component 3, you're going to discover strategies to AVOID compassion fatigue and healer burnout, and you will feel a new level of professional confidence.

Component

3



COMPONENT 3

Modules 20-27

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20: The Functional Nutrition Perspective Applied to Women's Health

21: Evidence-Based Sex Differences in the Stress Response and Mind-Body Medicine to Reduce Stress in Women

22: Optimal Digestive Function in Women

23: Optimal Cardiometabolic Health in Women

24: Women and The Immune System (Elevated Risk of Autoimmunity)

25: Optimal Hormonal Health from Puberty through Menopause

26: Functional Nutrition Approach to Women with Mood Disorders

27: Creating a Health Coaching Practice that Serves Women and Nourishes YOU



COMPONENT 4

Business Training

THE INTEGRATIVE WOMEN'S HEALTH INSTITUTE



Component

4

For over 10 years, Jessica Drummond has built her own women's health practice, bringing in \$40K-100K a month.

Inside this business training, she will be sharing her proprietary business coaching method to build a successful women's health practice from the ground up.

We're going to cover everything you need to know to build a thriving practice - including legal, tax, accounting, marketing, and more!

Most graduates use these strategies to grow their practice and monthly revenue significantly.

What can the WHC program help you achieve?

- ✔ Become a part of the IWHI community and network with some of the most brilliant minds in the industry.
- ✔ Gain a waitlist of ideal clients - all lined up from word-of-mouth referrals.
- ✔ Become the #1 Certified Women's Health Coach™ your area (who's widely known for getting RESULTS)
- ✔ Build a lucrative in-person or tele-health practice that fits your lifestyle!
- ✔ Enjoy clients who happily comply with your recommendations - with no more tension or stress!

WHC graduates are recognized as being the top health coaches for women's health. Being WHC certified will create more health coaching opportunities for you.



Discover how to become a Certified Women's Health Coach™
to enhance your credentials, accelerate your career, and
build a lucrative practice this year.

» APPLY NOW

STEP 1



SUBMIT QUESTIONNAIRE
& SCHEDULE INTERVIEW

STEP 2



COMPLETE INTERVIEW
WITH OUR TEAM

STEP 3



ACCESS TO COURSE
MATERIALS

STEP 4



MEET YOUR
MASTER COACH

Graduate Success Stories



Dr. Lanniece F. Hall

Women's Health Coach
WHC, MD, FACOG, ABIHM

“I Wish I Started With This Program First”

“I cannot say enough good things about IWHI’s Women’s Health and Nutrition Coach program. It is thorough, informative, evidence-based, practical, and changes the paradigm of caring for women with pelvic pain. As a board certified obstetrician and gynecologist who has been dissatisfied with the standard of care for pelvic pain and spent thousands of dollars attending numerous conferences on pelvic pain, pain processing, holistic and integrative medicine, I wish I had started with this program first.

I would have saved money and been very well prepared to treat this patient population in a more evidence-based way. For any medical doctors who may be hesitant, delay no longer; you will be more than satisfied! This course will change your practice and the way you view not only your pelvic pain patients but all of your patients.”

Graduate Success Stories



Nicole Jardim

Women's Health Coach
Author of Fix Your Period
Host of The Period Podcast

“I’m Seeing Phenomenal Results With My Clients”

“The WHC Certification Program is rocking my world. I have done a lot of training programs in the last five years and this is hands down the best one I’ve ever participated in. In this relatively new field of work in which the research and facts are sometimes scarce, having access to this course that is so well-researched is so encouraging. Jessica has covered every aspect of women’s hormonal health and backed it all up with thorough evidence-based research. It’s all very compelling!

Each session has been interactive and engaging. Jessica is a masterful teacher and her passion for this work really shines through every step of the way. She has left no stone unturned and covers each topic comprehensively. There is so much material that I find myself going back through each of the webinars at least 2 or 3 times. Additionally, I’ve implemented a lot of what I’ve learned into my own practice and I’m seeing phenomenal results with my clients.”

Graduate Success Stories



Heba Shaheed

Women's Health Coach
Physical Therapist

"Jessica Drummond is one of the most amazing women and mentors I've had the pleasure to meet (virtually). IWHI provides all the answers I have been searching for – an integrative approach to women's health care, combining nutrition, lifestyle and premier coaching for ultimate health. I am blessed to be one of the first students to enroll for the Women's Health Coaching program.

And the program literally changed my life, transforming my own health and the health of my complex clients beyond bounds. Since then I have become addicted to IWHI programs, enrolling for Female Athlete in 2015, and the upgraded WHC in 2016.

I have found immense value in all of the courses, both for myself personally and professionally, and for my clients. Going through the WHC program has also inspired me to start up my own online education and coaching business – The Pelvic Expert. I'm so grateful to have the support of amazing therapists, coaches and healers like Jessica. Thank you Jessica for being an amazing inspiration!"

Graduate Success Stories



**Allison Vernon-
Thompson**

Women's Health Coach
Co-Owner Tribeca
Health & Fitness

“Increased My Monthly Income Significantly”

“Jessica Drummond is a gem. I appreciate Jessica’s down to earth and practical approach. I loved setting biweekly goals and knowing I would be asked about them during our group calls. It was amazing accountability. My business expanded while I was working with Jessica. I increased my client base and was asked to join a couple partnerships. All of which increased my monthly income significantly.”

MEET OUR FOUNDER

WOMEN'S HEALTH COACH CERTIFICATION

THE INTEGRATIVE WOMEN'S HEALTH INSTITUTE

Dr. Jessica Drummond, DCN, CNS, PT, NBC-HWC, is the founder and CEO of The Integrative Women's Health Institute, The Outsmart Endo Health Coaching Program, and the creator of the Women's Health Coach Certification.

She is passionate about caring for and empowering people who struggle with women's and pelvic health concerns. She is equally passionate about educating and supporting clinicians and wellness professionals in confidently and safely using integrative tools to transform women's and pelvic healthcare.

Dr. Drummond has two decades of clinical experience as a licensed physical therapist, licensed clinical nutritionist, and board certified health coach working with women with pelvic pain, including endometriosis, vulvodynia, and bladder pain syndrome.

She brings a unique, conservative, and integrative approach to supporting women to overcome hormonal imbalances, and chronic pain conditions. She is a sought after international speaker on topics such as integrative pelvic pain management, natural fertility options, optimal hormone health, menopause, and female athlete nutrition.

Dr. Drummond was educated at the University of Virginia, Emory University, Duke Integrative Medicine, and Maryland University of Integrative Health.



Dr. Jessica Drummond,
Founder & CEO

DCN, CNS, PT, NBC-HWC

FREQUENTLY ASKED Q'S

WOMEN'S HEALTH COACH™ CERTIFICATION

THE INTEGRATIVE WOMEN'S HEALTH INSTITUTE

What's the first step I should take if I am interested in the WHC program?

Schedule a call with our admissions team and fill out our application questionnaire.

What does the application and interview process look like for the WHC program?

Submit your application questionnaire and schedule an Interview with Admissions Faculty. Our faculty will review your application, interview notes, and make a decision. Upon acceptance you will be granted access to Module 1 and will be assigned your Master Coach.

How long do I have to complete the program?

Students have 18 months to complete the program. If you are unable to complete it within 18 months you can pay for a quarterly graduation extension fee until you're finished.

Do you offer payment plans?

Yes we offer a 12 month, 0% interest payment plan.

Do you offer any grants or scholarships?

Yes, students will be evaluated for scholarship eligibility when they go through the application process.

What equipment do I need for this program?

WHC students need access to a computer, decent internet, and the ability to use video conferencing software like Zoom.

Do I need to be based in the US to enroll?

No! This program is open to students all over the world. Our courses are currently only in English.

» **APPLY NOW**

STEP 1



SUBMIT QUESTIONNAIRE
& SCHEDULE INTERVIEW

STEP 2



COMPLETE INTERVIEW
WITH OUR TEAM

STEP 3



ACCESS TO COURSE
MATERIALS

STEP 4



MEET YOUR
MASTER COACH

Questions before you schedule? Reach out to us at support@integrativewomenshealth.com