

Real-Goals Weightloss Coaching

*"Lose weight yourself - help friends and family to lose weight,
or develop a part or full-time career in ethical weight
management - our Courses - your choice!"*

Prospectus.

Introductory Course

Weight Management Classes Course

Real-Goals Weight Loss Coaching Certificate

Real-Goals Weightloss Coaching Diploma

Course Registration Form

Payment Details

Real-Goals Weightloss - Introductory Course.

Intended for:

Those who wish to learn more about ethical weightloss coaching.
Those who want to slim themselves, safely and permanently.
Those who would like to help friends/family to lose weight.

Average time taken to complete this Course:

One week part-time.

Method of study: Distance-learning.

Ease of study: Easy.

Indemnity insurance approved? Not applicable.

Licences to Practice granted: Not applicable.

Cost: £99.00 inclusive.

Easy payment option available? No.

Pre-requisites: None.

Top-up Practical day available? Yes.

Course description:

This distance-learning Course comprises one Module split into two parts. It teaches the basics of Real-Goals Weightloss coaching. The student will learn how to evaluate slimming product claims, avoid stress in life, and deal with low self-esteem before moving on to the diet proper. Techniques for accurate weighing are outlined, and the student is shown how to calculate frame size and ideal weight. Simple calorie counting is discussed, and a self-help section is included.

By the end of the Course students will have the ability to apply Real-Goals Weightloss Coaching techniques to themselves and friends and family and obtain good results.

A top-up Practical day is available for those who wish to progress further.

Weight Management Classes Course.

Intended for:

Those who wish to develop a part or full-time career running Real-Goals Weight Management Classes.

Time taken to complete this Course: Two days.

Method of study: Practical Workshop.

Ease of study: Easy/moderate. Most students educated to GCSE-level or equivalent will find this Course straightforward and easy to complete.

Indemnity insurance approved? Yes.

Cost: £299.00 inclusive.

Easy payment option available? No.

Pre-requisites: Students must have successfully completed the Real-Goals Weightloss Introductory Course.

Top-up Practical day available? Not applicable.

This course includes the following Licences to Practice:
Weightloss Classes Licence.

Course description:

This practical Course teaches theory and practice of running professional Real-Goals Weight Management Classes.

The Course is designed to teach individuals how to run their own weight management classes for profit.

A Marketing Module is included, and ongoing support after qualification is available.

Real-Goals Weightloss Coaching Certificate.

Intended for:

Those who wish to learn more about ethical weightloss coaching.
Those who want to slim themselves, safely and permanently whilst at the same time developing a part-time or full-time career in ethical weight loss management.

Average time taken to complete this Course:

Four weeks part-time.

Method of study: Distance-learning and one day Practical.

Ease of study:

Easy/moderate. Most students educated to GCSE level or equivalent will find this Course relatively easy to complete.

Indemnity insurance approved? Yes.

Cost: £799.00 inclusive.

Easy payment option available? Yes.

Pre-requisites: None.

Top-up Practical day available? Not applicable.

This Course includes the following Licences to Practice:

Weightloss Classes Licence.

Personal (one-on-one) Weightloss Coaching Licence.

Course description:

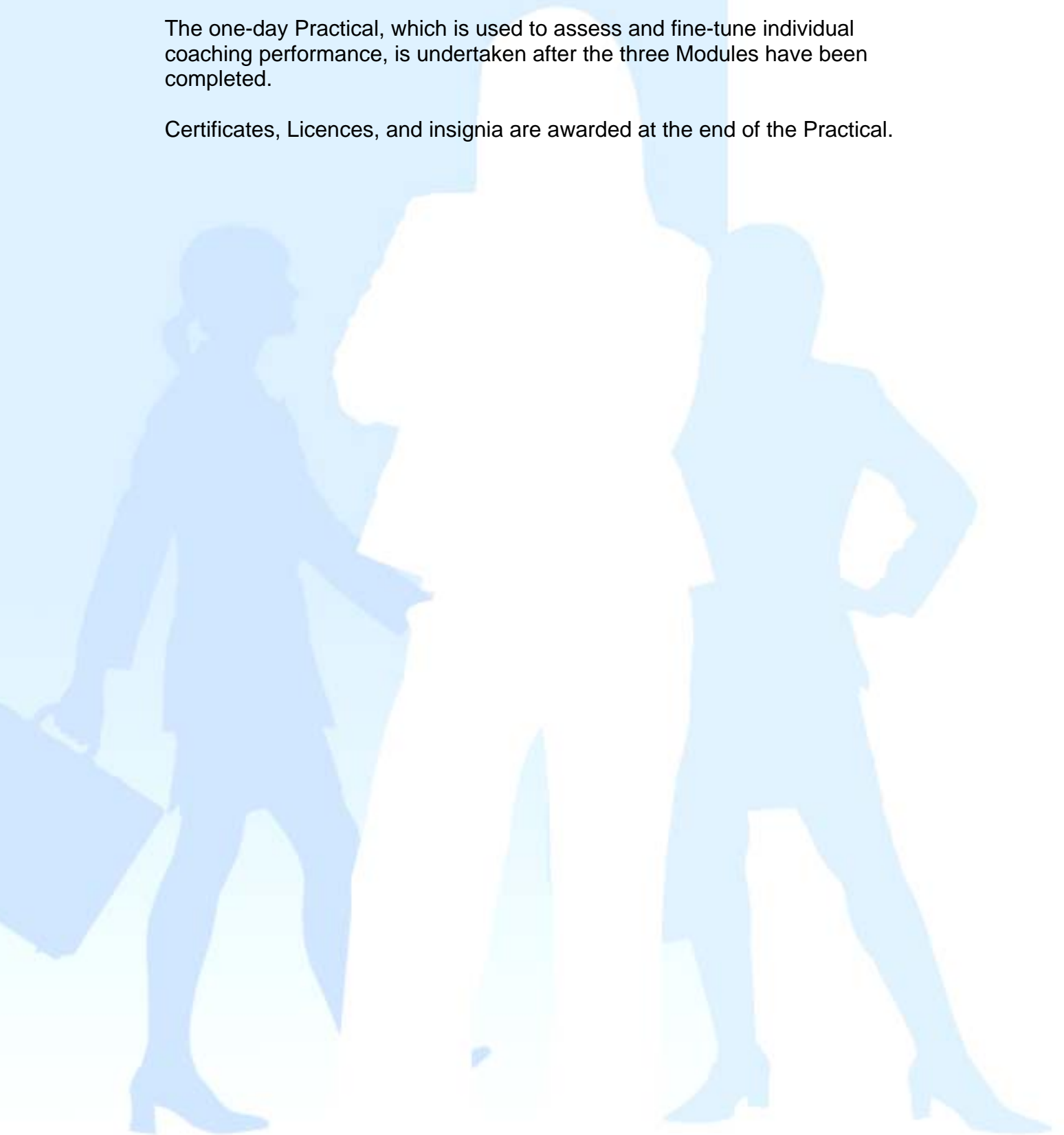
This combined distance-learning and practical Course teaches the fundamentals of professional Real-Goals Weightloss coaching. It is an excellent alternative to the full Diploma for those who want to practice professional weightloss-coaching without committing substantial time and expense.

The Course is split into three Modules and includes:

- Basic human anatomy and physiology.
- Medical problems caused by overweight and obesity.
- Practical weightloss-coaching.
- Exercise and weightloss.
- Pre-diet preparation.
- Three steps to successful (healthy and maintained) weightloss.
- Marketing your weightloss-coaching Practice.
- Weightloss Class Manual.

The one-day Practical, which is used to assess and fine-tune individual coaching performance, is undertaken after the three Modules have been completed.

Certificates, Licences, and insignia are awarded at the end of the Practical.



Real-Goals Weightloss Coaching Diploma.

Intended for:

Those who would ultimately like to develop a lucrative full-time career in ethical weight management.

Average time taken to complete this Course:

Eight to ten weeks part-time.

Method of study: Distance-learning and two day Practical.

Ease of study:

Moderate. Most students educated to A-level or equivalent will find this Course relatively easy to complete.

Indemnity insurance approved? Yes.

Cost: £1,499.00 inclusive.

Easy payment option available? Yes.

Pre-requisites: None.

Top-up Practical day available? Not applicable.

This Course includes the following Licences to Practice:

Weightloss Classes Licence.

Personal (one-on-one) Weightloss Coaching Licence.

Sponsorship (commission) Licence.

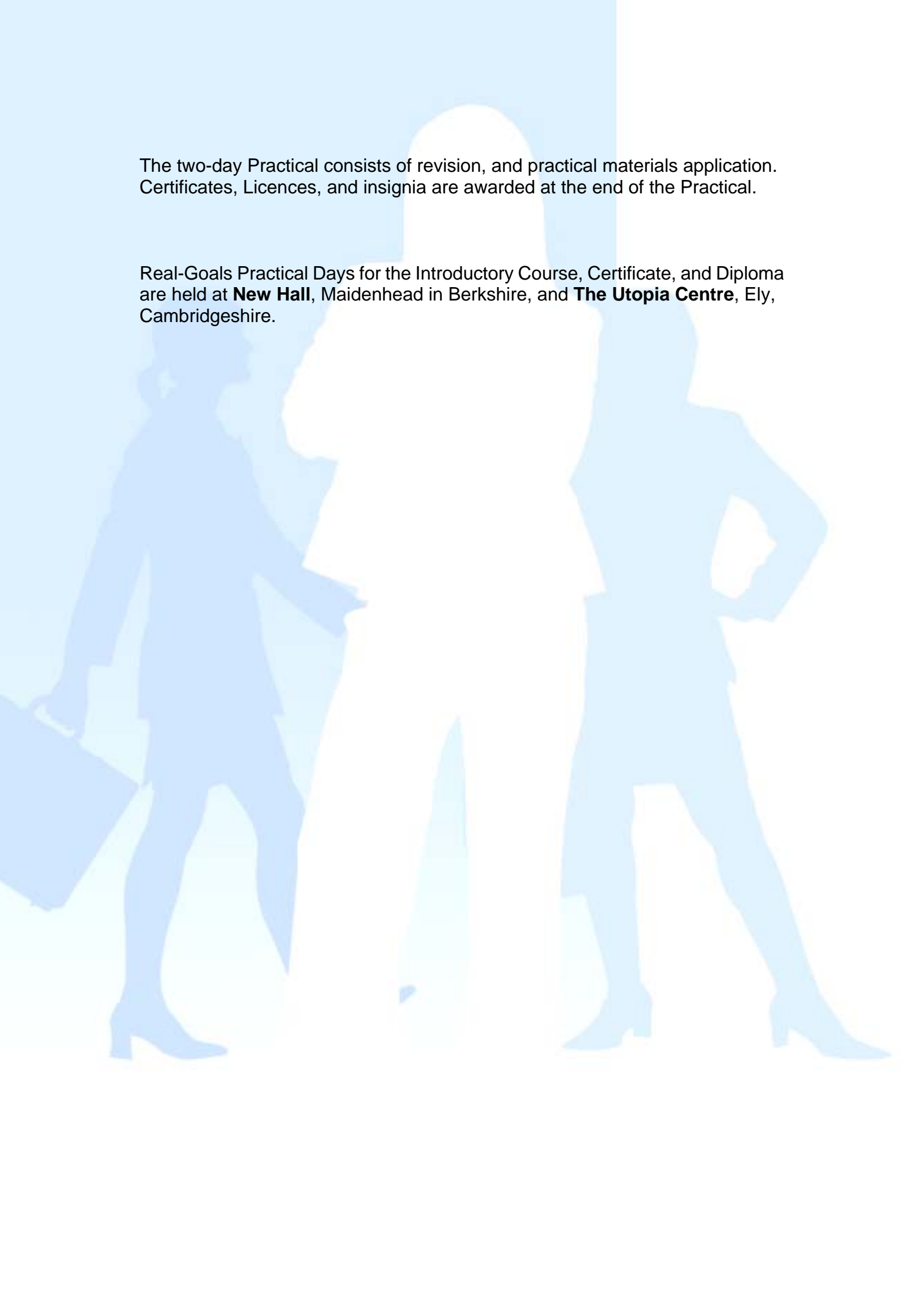
Course description:

This combined distance-learning and practical Course teaches in-depth theory and practice of professional Real-Goals Weightloss coaching. The Course is split into five Modules and includes:

- Basic human anatomy and physiology.
- Diet and health.
- Normal and abnormal fluid retention.
- Medical problems caused by overweight and obesity.
- Communication and control.
- Practical weightloss-coaching.
- Exercise and weightloss.
- Resting metabolic rate.
- The placebo-effect.
- Misinformation and the diet industry.
- Pre-diet preparation.
- Three steps to successful (healthy and maintained) weightloss.
- Marketing your weightloss-coaching Practice.
- Recommended fee scales.
- The Real-Goals Weightloss Class Manual.

The two-day Practical consists of revision, and practical materials application. Certificates, Licences, and insignia are awarded at the end of the Practical.

Real-Goals Practical Days for the Introductory Course, Certificate, and Diploma are held at **New Hall**, Maidenhead in Berkshire, and **The Utopia Centre**, Ely, Cambridgeshire.



Real-Goals Course Registration.

I would like to register for (tick your choice)

The Real-Goals Introductory Course

Cost: £99.00 inclusive.

The Real-Goals Weightloss Coaching Certificate.

Cost: £799.00 inclusive.

The Real-Goals Weightloss Coaching Diploma.

Cost £1,499.00 inclusive.

Name.....

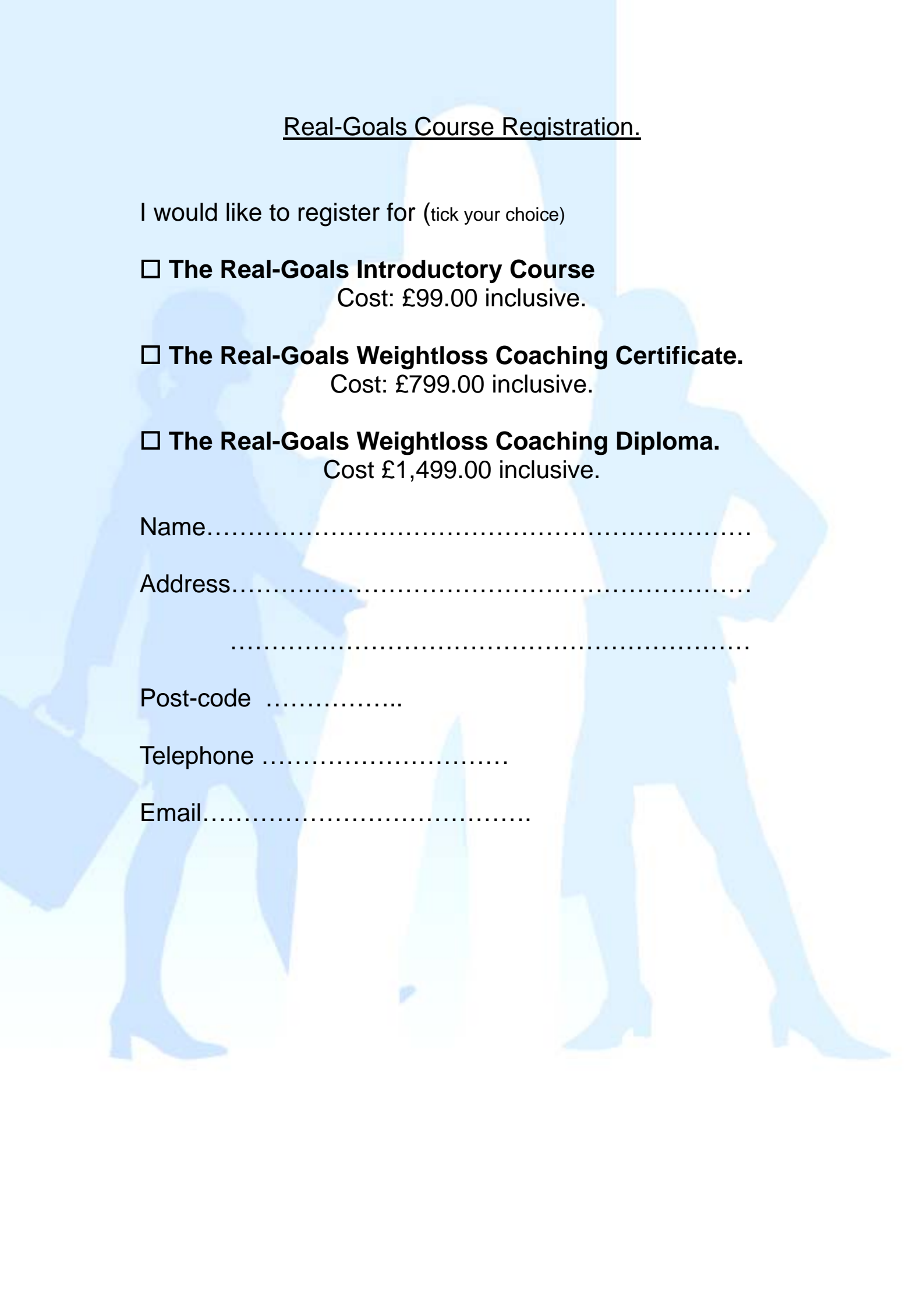
Address.....

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Post-code

Telephone

Email.....



Payment.

You may pay for each Course by cheque or Credit Card. Module Packs will not be sent out until payment has been received. Please make cheques payable to **Real-Goals Weightloss Ltd** and send to:
Real-Goals Administration, 7 Main Street, Snarestone, Swadlincote DE12 7DB.

Secure card payment [here.](#)

Easy Payment Option.

This is available on the Weightloss Certificate and Weightloss Diploma Courses. To find out more please send for our free Information Pack [here](#)

