

# PROFESSIONAL DIPLOMA in HEALTH & WELLNESS COACHING (LEVEL 7)

Awarded by ENAE, Spain

Duration 6 Months



\* all trademarks acknowledged

The background of the page features a photograph of library bookshelves filled with books, visible on the left and right sides. The shelves are made of light-colored wood and the books have various colored spines.

# Table of *Contents*

Message from DOE	<b>02</b>
Message from ENAE Desk	<b>03</b>
Message from SNATIKA Desk	<b>04</b>
SNATIKA Professional Diploma in Health & Wellness Coaching - Level 7	<b>08</b>
Program Overview	<b>09</b>
Admission Process	<b>11</b>
Information	<b>12</b>





## Message from The Education Director's Desk

Dear Learner,

Welcome to the Professional Diploma in Health & Wellness Coaching at SNATIKA. It is with great pleasure that I extend my warmest greetings as you embark on this transformative journey toward making a meaningful impact in the field of health and wellness.

In today's fast-paced world, the demand for qualified health and wellness coaches has never been greater. People are increasingly seeking guidance, motivation, and structured support to achieve sustainable health improvements. This diploma is designed to equip you with the essential knowledge, practical skills, and ethical framework needed to excel in the field of health coaching.

Throughout this program, you will explore nutrition principles, behavioral change strategies, ethical considerations, and effective communication techniques—all of which are critical to supporting clients in their health journeys. By the end of this diploma, you will not only have a strong foundation in evidence-based health coaching methodologies, but you will also be prepared to empower individuals, promote holistic well-being, and foster positive lifestyle changes.

At SNATIKA, we take pride in delivering high-quality, 100% assignment-based programs that allow learners to engage in self-paced, flexible learning. This diploma is carefully structured to ensure that you gain practical insights, engage in real-world case studies, and develop a strong understanding of health coaching best practices.

You are now part of a global learning community dedicated to driving change in the wellness industry. Whether you are a health coach, fitness professional, corporate wellness manager, educator, or healthcare specialist, this diploma will provide you with the tools and expertise needed to elevate your career.

We look forward to supporting you on this exciting journey, and we encourage you to make the most of the opportunities ahead. Wishing you success and fulfillment as you take the next step toward becoming a certified health and wellness coach.

Regards

**Premjit Biswas**  
Director of Education

## Message from ENAE Desk



Dear Learner,

It is my pleasure to welcome you to the Professional Diploma in Health & Wellness Coaching, a program jointly delivered by ENAE Business School and SNATIKA. At ENAE, we are committed to empowering individuals through education that inspires impact and drives meaningful change.

This diploma has been thoughtfully designed to address the growing global need for qualified wellness professionals. By combining academic excellence with practical insights, the program equips you with essential skills in nutrition, behavior change, ethics, and professional communication—all vital in helping individuals lead healthier lives.

What makes this program even more rewarding is that it serves as a direct pathway to the MSc in Health & Wellness Coaching, allowing you to build upon your learning and progress toward a full master's degree.

Whether you are enhancing your current role or transitioning into the wellness sector, this diploma will prepare you to support others with confidence, compassion, and evidence-based expertise.

We look forward to accompanying you on this inspiring journey.

Best regards,

**Dr. Miguel Lopez Gonzalez de Leon**

Dean

ENAE Business School

## Message from SNATIKA Desk

**B**ack in 2020, we saw many hard-working senior professionals stuck in the same position without any prospect for growth. The simple but overlooked reason for this glass ceiling was the lack of reputed academic qualifications on their CV. This lack haunted their career prospects during the pandemic and the subsequent economic disruption. It might be even more so in the future. The situation was unfair because, due to their commitments and age, senior professionals were deprived of opportunities to pursue any reputed qualifications without hurting their career prospects, financial stability, or family commitments. The idea of enrolling for a Diploma/Certificate, moving away from their hometown, and quitting their jobs was impractical and scary.

Being in the education industry for years, we wanted to help them out of this rough spot. Above all, we wanted to create an online platform where they could pursue their Degree, Diplomas or Certificates without quitting their jobs, moving away from their families, or getting



into debt without a source of income. This is how SNATIKA was created in Mumbai, India. Our founders and the team had decades of experience in the education industry, which gave us a head start. We knew our adult learners needed nothing less than a reputed and globally recognised degree/diploma/certificate to make it to the top. We partnered with reputed international education institutions to provide our learners with academic qualifications. SNATIKA has also been ISO certified for its Admission Process and Academic Delivery Process. We continue to provide one of the largest bouquets of programs exclusively for senior professionals across different domains.

Our mission is to serve senior working professionals with a fair opportunity to pursue career-enhancing professional programs on our state-of-the-art Learning Management System.

# Count on Our Qualifications



Learners are guided by SNATIKA at each level to choose the right program, and the final decision to provide admission rests with SNATIKA. SNATIKA's admission process ensures that only those learners who are apt for the program get admitted to our programs. Learners are provided with the right resource material, academic support, and timely assistance for them to successfully complete their program. We are able to provide this across genders, races, time zones, and geographies because of a strong academic delivery process, which is aptly supported by our PhD/ Doctorate facilitators. SNATIKA's academic delivery process ensures this is done flawlessly.

SNATIKA is certified for ISO 9001:2015 for "Admission Process & Academic Delivery Process."



Arden University is a private, for-profit teaching university in the United Kingdom. It offers a variety of undergraduate and post-graduate programmes with both blended and online distance learning delivery options. Its head office is in Coventry with study centres in Birmingham, Manchester, London and Berlin.

SNATIKA learners are awarded MBA / MSc or BA degrees from Arden University.



The Atal Incubation Center – Goa Institute of Management (AIC-GIM) is a premier incubation hub established under the Atal Innovation Mission by NITI Aayog, Government of India. Dedicated to fostering entrepreneurship, AIC-GIM provides startups with state-of-the-art infrastructure, tailored mentorship, funding opportunities, and extensive networking to drive innovation and business growth.

SNATIKA and AIC-GIM collaborate to empower future entrepreneurs through innovation.



ENAE Business School, based in Murcia, Spain, is a top institution in business and management education, recognized by QS and Forbes for its high standards. With over 35 years of excellence, ENAE is renowned for producing highly skilled, industry-ready professionals prepared to succeed in global business environments.

SNATIKA learners are awarded a MSc, MA or MBA from ENAE Business School.



Universidad Católica San Antonio de Murcia (UCAM) is a fully accredited European University founded in the year 1996. The university is strategically located in Murcia, Spain, with a Campus of more than 16,000 students and around 1,000 professors. The World University Ranking especially highlights the internationalisation capacity of UCAM. The university has a diverse academic offer, constantly adapting and consistent with the real needs of society. MBA degree is awarded by UCAM under the provision of university private degrees – Título Propio.

SNATIKA learners are awarded MBA degrees from UCAM.



The University of Gloucestershire, a UK state university, is the degree awarding institution. It is located in the edge of the stunning Cotswolds and has three campuses which are based in Cheltenham and Gloucester. The University is a diverse, vibrant community of 12,000 students and 1,500 staff. The University has scored 90/100 and are placed in the top tier of the new SOS-UK net zero ranking. Ranked 6th globally in the Postgraduate Research Experience Survey, 2019.

This partnership with the university is through IDM.



The European Institute of Education (eie) is a licensed Higher Education Institution accredited by the Malta Further & Higher Education Authority eie has partnered with prestigious institutions worldwide to develop flexible learning programs, offering qualifications from EQF Levels 5 to 7. Located in the vibrant town of St. Julians along the Maltese coast, eie's campus boasts stunning Mediterranean Sea views from every lecture room, overlooking the picturesque Balluta Bay.

SNATIKA learners are awarded MBA and BBA degree from eie.



OTHM, UK, is an awarding body which is approved and regulated by Ofqual – Office of the Qualification and Examinations Regulations, UK (a UK government department). Ofqual is responsible for maintaining standards and confidence in international qualifications. Ofqual also regulates the National Curriculum Assessments in England. OTHM aims to support professions and industry by providing excellent qualifications that contribute for a highly qualified and experienced workforce.

SNATIKA is an accredited/ approved training partner of OTHM.





# ENAE

## Business School

ENAE Business School, located in Murcia, Spain, is a prestigious institution with over 35 years of dedication to excellence in business education. Established in 1988 as part of the University-Business Foundation of the Region of Murcia, ENAE collaborates closely with the Polytechnic University of Cartagena and the University of Murcia, bridging the gap between academia and the business world. Consistently ranked among Spain's top business schools, ENAE is known for its commitment to producing highly qualified professionals.

ENAE's innovative and practical approach to learning emphasizes the Case Method, cultivating critical business skills and strategic thinking. With an impressive 98% employment rate for its graduates within the first year, ENAE is highly regarded within the business sector and is recognized as a reliable source of skilled talent.

The school has strong connections to the business community, partnering with over 300 companies to offer learners extensive industry exposure and networking opportunities. ENAE's faculty includes 450 professors who teach not only in Spain but also across Latin America and the United States, highlighting its robust international presence.

Certified by CLADEA and ISO-EN-UNE 9001:2015 and as a member of AACSB, ENAE upholds high global standards, earning recognition from prestigious institutions worldwide. Its programs are celebrated in Spain, with accolades like 2nd best Executive MBA by Forbes in 2024 and a five-star QS rating. This unwavering commitment to academic rigor and industry relevance makes ENAE a top choice for learners aspiring to build global careers.



# ENAE Business School: Rankings and Accolades in Education

ENAE Business School, based in Murcia, Spain, is a prestigious institution known for its commitment to excellence in business and management education. With over 35 years dedicated to preparing leaders in business, ENAE has achieved multiple accolades and certifications that underscore its impact and quality.



## QS Rankings and Stars

ENAE's programs consistently perform well in QS rankings, with its Master's in International Trade ranked 35th worldwide. Additionally, ENAE has earned a prestigious five-star QS Stars rating, recognizing its excellence in areas such as teaching quality, graduate employability, and academic strength. These recognitions place ENAE among the most respected business schools globally, particularly in the fields of management and international trade.

The Forbes logo is the word 'Forbes' in a bold, serif font, enclosed within a white circle. The background of the circle is a light green gradient.

## Forbes Recognition

Forbes recently ranked ENAE's Executive MBA as the 2nd best executive program in Spain for 2024, reinforcing ENAE's reputation for delivering high-quality, career-focused training for business professionals. This accolade highlights ENAE's expertise in executive and postgraduate business education, making it a top choice for those advancing in management roles.



## AACSB Membership

As a proud member of the AACSB (Association to Advance Collegiate Schools of Business), ENAE is aligned with internationally recognized standards of excellence in business education. AACSB membership places ENAE among a distinguished group of business schools worldwide, confirming its commitment to academic rigor and ethical business practices.



## Global Corporate Partnerships

ENAE's close partnerships with over 300 companies provide its students with hands-on experience, internships, and access to industry leaders. This extensive network supports ENAE's 98% graduate employment rate within the first year, making ENAE a highly respected source of skilled business talent.



## International Certification and Presence

Certified by CLADEA (Latin American Council of Schools of Administration) and ISO-EN-UNE 9001:2015, ENAE meets rigorous quality standards recognized internationally. Its presence in Latin America and the U.S. further strengthens ENAE's impact and offers students diverse perspectives in global business practices.



# SNATIKA Professional Diploma in Health & Wellness Coaching - Level 7

## Brief about the program

The Professional Diploma in Health & Wellness Coaching equips learners with the essential knowledge and skills to guide individuals toward healthier lifestyles. Covering nutrition, behavioural change, ethics, and professional communication, the program prepares professionals to implement evidence-based coaching strategies. With a focus on holistic well-being, this diploma enhances career prospects in health coaching, wellness consulting, and lifestyle management, serving as a pathway to further studies.

## Eligibility

Since our Professional Diploma are highly specialised for advanced learners, we believe you can only take full advantage of this education if you have relevant work experience.

Therefore, the eligibility criteria for SNATIKA's Professional Diploma is:

- Minimum 2 Years of Work Experience in Health and Wellness sector for Graduates and/or
- Minimum 5 Years of Work Experience in Health and Wellness sector for Non-Graduates\*

\* Only a very small percentage of applicants are approved on the basis of Recognition of Prior Learning (RPL).

## Overview

SNATIKA's Professional Diploma in Health & Wellness Coaching is delivered by SNATIKA through our own LMS. Our Subject Matter Experts have designed the pedagogy that will meet the demands and fulfil the needs of a busy working professional. Our PhD-level Masters Guides will help you through the program.

## Who is it meant for?

SNATIKA is a dedicated platform for senior professionals who have work experience.

The Professional Diploma in Health & Wellness Coaching - Level 7 is ideal for:

- Health Coaches & Wellness Professionals
- Healthcare & Allied Health Professionals
- Fitness Trainers & Nutritionists
- Human Resource & Corporate Wellness Managers
- Educators & Counselors

## Units Covered

### Stage-01

- Health and Nutrition – Nutrition and Health Coach Practice
- Health Coaching – Behavioural Changes and Evidence-Based Coaching
- Health Coach Ethics
- Professional Communication



# Program Overview

## Unit Specifications

### UNIT 1

#### Health and Nutrition – Nutrition and Health Coach Practice

In this unit, learners will have the opportunity to extend their learning of health and nutrition as it applies to the practice of health coaching. Learners will explore opportunities to learn a client centered approach to disseminating evidence-based nutritional knowledge, integrating their prior learning in regard to concepts such as whole foods advocacy and principles of bio-individuality.

#### Learning Outcomes

- » Identify and discuss the issues associated with nutrition and health coach practices.
- » Create a nutritional assessment plan appropriate for a chosen client.
- » Connect popular media information to human nutrition and eating behaviour.
- » Identify the causal factors of and approaches to addressing significant nutrition and dietary challenges in contemporary societies.

### UNIT 2

#### Health Coaching – Behavioural Changes and Evidence-based Coaching

In this unit, learners will advance their knowledge of and skills as a health coach. The aim of this unit is for learners to explore opportunities to learn and practice the evidence-based methodology of a client-centered coaching model built on positive psychology principles and the latest findings in neuroscience, motivation research, behaviour change theories, and integrative mind-body tools.

#### Learning Outcomes

- » Connect the issues associated with behaviour change and evidence-based coaching methods.
- » Plan solutions for sustainable healthier life changes for a selected client.
- » Demonstrate theoretical and practical competency in coaching skills and knowledge.



### UNIT 3

#### Health Coach Ethics

This unit is designed to provide insight and provoke thought regarding the learner's ethical and moral responsibilities as a health coach. This unit aims to build on the foundational coaching process learned and practised in previous units by giving the learner a deeper understanding of related ethical codes and responsibilities.

#### Learning Outcomes

- » Discuss and apply the health coaching scope of practice.
- » Assess the importance of communicating with a number of health professionals in different sectors and distinguish the various roles of each.
- » Demonstrate the process of ethical decision making.
- » Explain the different components of a coaching agreement.



## UNIT 4

### Professional Communication

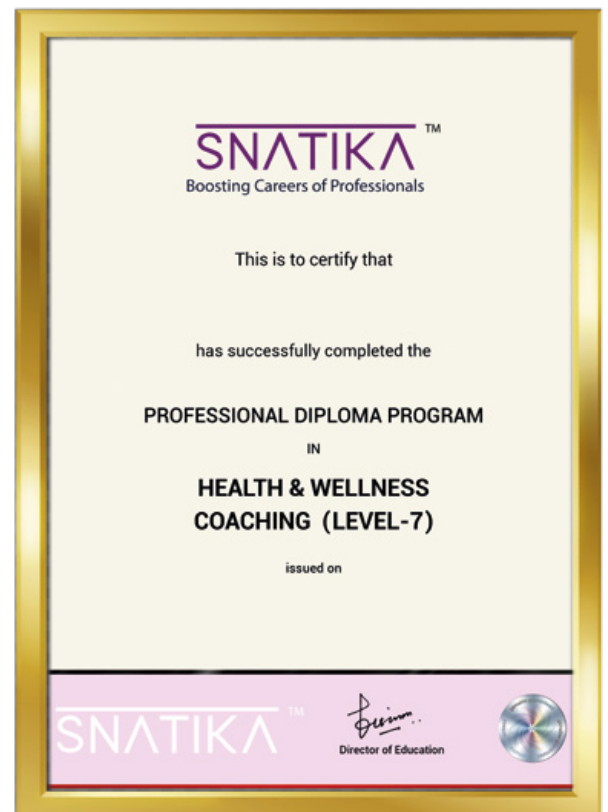
The aim of this unit is for learners to examine the use of effective communication and communication theories for personal and professional development in the field of integrative health.

#### Learning Outcomes

- » Apply communication theory in the context of health coaching.
- » Discuss the importance of effective communication on personal and professional levels.
- » Develop a plan for effective communication among clients, practitioners, and the public.



## What will you earn?



**Disclaimer:** The above images are for reference purposes only.

# ADMISSION PROCESS

SNATIKA Masters' Program follows a first-come, first-served process of admission and applications are evaluated as soon as they are received. The earlier you apply, the better your chances are for securing your admission to our Masters' program given that all the documents and requirements are satisfied.

The step-by-step admission process is outlined below.

## STEP 01

### VISIT

**WWW.SNATIKA.COM**

Choose the program relevant to your work experience and click on the **Enroll Now** icon.

## STEP 02

### CREATE YOUR PROFILE

Create your profile by filling up the Registration form and verifying your email.

## STEP 03

### SUBMIT ADMISSION APPLICATION FORM

Fill up the Admission Application form and upload requested documents (These would be your educational qualification and work experience related testimonials).

## STEP 04

### APPLICATION CONFIRMATION

You will receive an application confirmation email from us within five days else you will be requested to share some more documents or information.

## STEP 05

### INTERVIEW

Post application confirmation you will need to undergo an interview with a senior member of the SNATIKA academics team to assess your suitability for the program.

## STEP 06

### ADMISSION OFFER LETTER

If you clear the interview then you'll receive your Admission Offer Letter within 2 days.

## STEP 07

### PAYMENT OF FEE

You will need to pay the fee within 5 days of receiving the admission offer email. Please visit our website ([www.snatika.com](http://www.snatika.com)) to check the updated fees for the respective programs. This will allow us to confirm your admission for the current intake.

## STEP 08

### ADMISSION CONFIRMATION

On receipt of the Program Fee, you would receive your Admission Confirmation for your program.

## STEP 09

### LOG IN TO SNATIKA LMS

Your access to the SNATIKA LMS would be enabled on the batch start date.





# INFORMATION

## State of the Art LMS

The program delivery happens through the robust and user friendly SNATIKA LMS (Learning Management System). It is accessible 24x7 from anywhere in the world.

## The SNATIKA Pedagogy

Our Professional Diploma programs have been designed by SNATIKA's Subject Matter Experts who have decades of experience in the education industry. The pedagogy is smartly designed to fit the program content into the busy schedules of senior working professionals. You will need just 2 - 3 hours of daily input to succeed in the program.

The immersive nature of the syllabus, coupled with the learner's experience, makes the program easier to comprehend and complete in just 6 months. The assignment based assessment makes the learner grasp the concepts from the roots and enhances the research, critical thinking, and writing skills thereby.

## PhD Level Guides

SNATIKA learners will be supported by our PhD level Guides upon the batch start date. SNATIKA's PhD level Subject Matter Experts will help you with all the challenges you face academically throughout the program.

## Session Dates

Aspiring candidates may join in any one of our yearly sessions. You can check our website for current information on the closing date of admissions and the batch start date ([www.snatika.com](http://www.snatika.com)).

## Selection Process

Selection is based on the details provided during the application process. Admission is granted on a first-come-first-served basis.

## Program Format- Online

The entire duration of the master's program is delivered through our state-of-the-art LMS (Learning Management Systems).

Your entire learning journey will be managed and recorded by our LMS. You can access your program content, take quizzes, upload assignments and raise tickets for queries.

## Duration of the Program

The duration of the program is 6 months.

This duration only changes in case you fail to meet the requirements of the assignment and the deadline passes.

## Program Fees

Please visit our website to check the updated fees for the respective programs ([www.snatika.com](http://www.snatika.com)).

All learners are required to deposit the fee in full within 5 days of receiving the admission offer letter email.

To ease the financial burden on your shoulders, we offer an Instalment option for depositing the program fee.





# SNATIKA

## Provides the Following Professional Diploma Programs Awarded by ENAE

Professional Diploma in Corporate Finance - Level 7

Professional Diploma in Health & Wellness Coaching - Level 7

Professional Diploma in Cloud & Networking Security - Level 7

Professional Certificate in Business Growth and Entrepreneurship - Level 7

Professional Diploma in Artificial Intelligence and Machine Learning - Level 7

Professional Diploma in Cyber Security - Level 7

Professional Diploma in DevOps - Level 7

Professional Diploma in Occupational Health, Safety and Environmental Management - Level 7



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+91 93246 63250 |



[www.snatika.com](http://www.snatika.com) |



[info@snatika.com](mailto:info@snatika.com)