

# ALUMNI PROGRAM



The FMCA Alumni Program is thoughtfully designed to provide professional coaching experience, collaborative community, and ongoing mentorship—supporting and advancing your career as a Functional Medicine Certified Health Coach (FMCHC). Below are 7 key features of Alumni Program Membership.

## HOW TO GET STARTED WORKING AS A HEALTH COACH

If you're looking for a way to jumpstart or revitalize your health coaching career, you'll love this 7 week workshop! You'll get the tools, community support, and expert guidance to launch a thriving health coaching practice.

Learn how to craft a compelling marketing strategy and build a referral network to attract the coaching clients you want.

Step-by-step guidance on setting up your coaching business from entity formation to filing essential legal documents.

Instruction on financial and operational foundations to set your practice up for success.

Get access to exclusive materials that will help you grow and manage your business.

Expert advice on regulatory and legal requirements to protect yourself and your practice.

## COACH CONNECTION WORKSHOPS

- Attend meetups for business/career problem-solving and support.
- Learn strategies to improve your coaching practice from experienced peers and facilitators
- Experience the same LTS community and collaborative growth you had as an FMCA student with other FMCA Alumni
- For International Graduates - Be a part of a global community with Mahnaz Malik, our International Relations Coordinator
- Receive individualized guidance for unique challenges and questions you and your colleagues have, regardless of knowledge and experience

## ASK THE EXPERT WEBINARS

- Exclusive to FMCA students and AP members
- Priority Q&A access for AP members
- Continuing education (CE) opportunities available
- Learn from experts including Dr. Felice Gersh, Dr. Kalea Wattles, Dr. Aly Cohen, Dr. William Davis, Dr. Deanna Minich, and many more

## FMCA'S COMMUNITY COACHING IN ACTION

Want hands-on experience coaching clients, building referral networks, and making an impact, wherever you are in your coaching journey? Past partnerships include: IFM, Slalom, Partners in Change, and Symphony Natural Health.

Receive coaching clients, referred directly to you through the program.

Apply and develop your coaching skills with real clients looking to transform their health and wellness.

Log coaching sessions that count toward NBHWC certification requirements.

Get opportunities to learn about new organizations and how to work with specific populations as a coach.

Make a lasting impact on communities alongside mission-driven organizations who have partnered with FMCA.

## COACHING SKILLS MENTORSHIP CALLS

- Join live sessions led by a seasoned, NBHWC board-certified coach with an expertise in coach mentoring.
- Share client challenges, obstacles, and wins
- Build confidence and overcome imposter syndrome while growing your skills

## CONTINUING EDUCATION CREDITS AND SPECIALTY COURSES

- 10 opportunities to earn CEs from courses and workshops at NO additional charge (over \$1,200 of courses included with membership!)
- Exclusive discounts on FMCA Specialty Courses

## OFFICE HOURS WITH DR. SANDI

- Gain insider expertise on the health coaching industry
- Access valuable resources and personal connections
- Get one-on-one guidance from FMCA's founder on your career, coaching style, and personal goals



*"The Alumni Program keeps evolving, giving us continued access to functional medicine experts and invaluable insights to support our clients."*

- Lyndsey Byrne, FMCHC