



Hintsa Coach Certification – Your Frequently Asked Questions Answered

What's the time commitment to complete this course?

The course will be 9-10 months long. The weekly commitment is around 4-8 hours. The course will be fully online but designed in a learner-friendly way (so no 8 hours long Zoom sessions for example!)

Who will be the facilitators?

All of our facilitators will be seasoned coaches who have several years of experience in coaching Hintsa clients (both executives and elite athletes).

What's the timeline?

We are building the programme as we speak and we hope to publish the dates for the application period and the first programme by start of December.

Are there any language requirements?

All the materials and joint sessions will be in English so sufficient proficiency in English is desirable.

I'm interested in changing my career and start coaching. I don't have a degree in health and wellbeing related field. Can I still apply?

University level degree in one area of our Circle of Better Life model is mandatory, together with some previous coaching experience. This is not an elementary course to coaching hence we expect the participants to already have a solid understanding in health, wellbeing and performance related areas. Acceptable backgrounds are for example degrees in sport sciences, physiotherapy, psychology, physiology, nutrition.

My university studies are still ongoing, can I apply to the program despite not having a degree in health and wellbeing related field yet?

We require an academic background (ongoing studies is acceptable) in health and wellbeing related field, and some previous coaching experience. So please feel free to apply to the program!

Does completing the course guarantee work from Hintsa Performance?

No, unfortunately it doesn't automatically guarantee work from us. During this course you will learn the basics of Hintsa philosophy, tools and concepts we use in coaching our clients that you can then utilise in coaching your own clients. However, given the suitable client case at Hintsa, we might tap into the certified coach network and offer work. We always place big emphasis on selecting the best coach for any particular client case and we will certainly consider our certified coaches when looking for options.

For any other questions, please contact:

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