



Hintsra Coach Certification – Your Frequently Asked Questions Answered

I'm interested in changing my career and start coaching. I don't have a degree in a 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 of approximately 2 years. 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 a health and wellbeing related field yet?

Yes, ongoing studies are acceptable (in a health and wellbeing related field) provided you also have some previous coaching experience of approximately 2 years.

I would like to become a F1 performance coach. Should I become a certified Hintsra coach to achieve my goal?

Only a handful of Hintsra coaches work with an F1 driver and the bar for this particular role is extremely high. Historically, Hintsra has hired only 6% of the applicants for any given role, and getting a role in F1 is a fraction of that percentage. However, going through the certification programme will mean that you will be included in our coach network and you are considered for any new opportunities we have – in sport or our corporate business.

More specific requirements for working in sport (especially in FI) at Hintsa are:

- Minimum 3 years experience of working with elite athletes
- Minimum Masters degree in sports science or related subject
- Expertise in an area of nutrition, S&C, psychology or physiotherapy
- Ability to coach, deliver training programmes, and track and monitor performance
- The right 'match' for the driver. The FI team and driver have a role to play in deciding which coach they would like to work with

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.

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 time commitment to complete this course?

The programme will be 9 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!) A more specific outline of the programme timeline will be made available to you following your interest in obtaining more information on the programme (see 'Join the Email list!')

How will I be assessed on the course?

Candidates are assessed throughout the programme using a number of different methods including continuous coach observations, reflection feedback, practical use of Hintsa tools, and exams on theoretical understanding.

How do you accommodate different time zones?

In our first programme we have participants from Australia, Europe and the US. We offer 2 time slots for our live webinar sessions, to accommodate different time zones. Besides, the small groups are divided based on the participants location, to make the scheduling easier. Facilitator meetings will likewise take into account participants time zones. The rest of the programme is either self-study or practicing with a real client.

Are there any language requirements?

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

How much does the programme cost?

This 9-month long programme costs 4340 EUR (VAT included).

Is there a monthly payment option?

Yes, we offer three options: you can pay the programme in full at the start of the programme, in three instalments or on a monthly basis.

What if I am unable to continue the course mid-way through due to unforeseen circumstances? Can I still qualify at a later date?

Yes, we'll make it work!

Do you offer shadowing or internship opportunities with Hints Performance Coaches?

No, unfortunately we are not able to offer shadowing or internship opportunities.

I have some questions, to whom I can reach out to?

For any questions regarding the programme, please reach out to Mari Johansson, Hintsas Coach Certification Programme Director, mari.johansson@hintsa.com. You can also book a zoom call via this link:

<https://HintsaBetterLife.as.me/MariCertificationIntro>