

# Coach Course + Cohort

## FAQs

### Is this program for me?

This course is our way to support coaches in sharing our methodology with the fitness world. It is for anyone who wants to support women on their life journey as well as fitness journey – preconception pregnancy, postpartum and beyond. If you are a coach or trainer that supports women while training then this course is for you. You can simply use this course as educational or you can take it one step further and join our Coach Community by applying to be a B! Coach. This step is not required but we would love to have you!

### I do not have any certifications, can I still take this course?

Of course! This course is for everyone who wants to learn more about supporting women through their journey. Once you finish you will not be able to apply to be a B! Coach but you will have a ton of knowledge to share with your community. We accept a variety of professions for becoming a Coach so email us if you are wondering if you can apply!

### How long is the Course?

The course is 13 modules long, each varying in time length. We launch the first two modules immediately and the following modules will open every 5 days. You can work at your own pace so take your time, take notes and soak it all in!

### Do you offer payment plans?

Yes! We offer a one time payment option, 2 month, 3 month and 4 month payment options. Discounts typically only apply to the one time payment option. Email with further questions!

### Is there a military or student discount?

For sure. We offer a discount to anyone who is associated with the military as well as in school. Please email us at [info@birthfit.com](mailto:info@birthfit.com) to get a discount.

### Is there a deadline I have to finish this course?

We do not have a deadline but we highly recommend working through this course at a steady pace and applying within 6 months of purchase. That way you can start teaching BIRTHFIT to your community right away!

### Do I have to take this the Education: Foundations to be able to take the Coach Course?

Nope! The Coach Course is our only course now, so during registration and completion we just determine whether you fit the criteria for the Leader route or the Coach title.

### I have taken a Seminar or Online Course with you before – do I need to take this to stay relevant?

Over the last 2 years we have evolved our Leader and Coach Program. We no longer require recertification each year. With that being said, we highly recommend that if you need a refresher or haven't been involved with BIRTHFIT for an elongated period of time for you to take the course. We offer generous discounts to those who have been with us so please email for more information.



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### How long do I have access to the course?

You will have access for at least two years. At times we adjust the length of time we give access to courses, depending on upgrades and new information coming out all the time. So if you have any questions, always email us!

### Is this course a registered CE/CEU for any institution?

We are not a registered CE or CEU for any institution/organization. There are so many that we would never be able to apply and maintain our status. We have had many professionals personally apply this course as a CE/CEU and it gets approved. We are happy to help with any information you may need so reach out so we can support you.

### What is the difference between becoming a Leader and a Coach?

Becoming a BIRTHFIT Leader is those who work with women in the motherhood transition in any capacity other than coaching (fitness/yoga/pilates) so they can bring BIRTHFIT to their community. By taking our Coach Course + Cohort you will learn all the things from the History of Birth to Training for Birth and beyond. Once you complete the 12 Module Course, you can apply to become a Leader and you will have access to download our BIRTHFIT Leader Curriculum. The Curriculum gives you the tools to be able to host/teach the following; B! Consultation, B! Workshop and B! Basics (Prenatal/Postpartum). You will also be able to join the B! Community Monthly Membership and join the Monthly Meetings via Zoom where we talk on certain topics, host guests and answer YOUR questions.

Becoming a BIRTHFIT Coach, you must have a Coach Certification to apply. Anyone can join the course but to become certified, you must have a previous experience. The Coach Course teaches you how to Coach your athletes through Prenatal, Postpartum and beyond. You will go over all things from stability breath to coaching cues. Once you have completed a Coach Course, you can apply to be a certified BIRTHFIT Coach. You can then not only download the Leader Curriculum but you can also download the Prenatal and Postpartum Strength and Conditioning Curriculum and coach it. You will also be able to join the B! Community Monthly Membership to partake in the monthly calls!

### What are the requirements to become a B! Leader?

To apply and become a certified B! Leader you will need the following information:

- One-page resumé
- Copy of certification(s)
- Copy of insurance
- Proof of valid CPR Certification
- Copy of your liability waiver that you have clients sign
- Three book summaries- half to full page in length each

This will be collected at the end of your course and you will get access to the application link as well. Please be sure to read your instructions carefully!