



CATALOG 2024

Nourish the Brain Institute
www.nourishthebrain.com
+1 (805) 215 4385

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Catalog of Courses

January 1, 2024 to December 31, 2024

Institutional Mission and Objectives

Nourish the Brain Institute was created out of the founder's purpose. Gemi became a passionate advocate of brain and behavioral health after her own life-changing experience. As a result of prolonged stress and exhaustion, her body broke down. At this time, she decided to study the effects of nutrition on the brain and listen to her body's needs.

Gemi learned innovative coaching methods, and practical lifestyle management techniques and developed her blueprint as a brain and behavioral expert after studying the best professionals in the world. Gemi has developed a series of programs designed to provide guidance and coaching to individuals on nutrition focused on the brain and behavior.

Nourish the Brain Institute is dedicated to raising awareness in the world of brain and behavioral health through nutrition by changing one habit at a time. Our mission is to deliver demanding and relevant programs teaching innovative coaching methods and practical lifestyle management techniques while developing coaching skill sets in all enrolled students.

Our primary objective is to graduate students who are qualified to excel in their purpose, advance to leadership roles, and endeavor to derive maximum benefit from a learning environment that is professional, one that fosters respect and recognizes its responsibility to identify and acknowledge excellence in teaching and learning.

Instructional Location

All instruction is provided asynchronously online via the Kajabi platform.

Description of the Facilities & Type of Equipment Used for Instruction

The equipment used in this program is broadly available. Students utilize their own computers or cell phones with internet access to access the Kajabi learning management software. In addition, the following pieces of software and equipment are used by faculty to convey the program:

MacBook Pro Laptop

iPad Pro

Copier

Kajabi software

High Level (CRM)

Google Meet (Mentoring Calls)

Typeform software

Library Resources

No formal library is needed to meet the instructional needs of the students. General library materials would not be compatible with the objectives of this program as the acquisition of specialized knowledge is the essential element for the completion of the programs offered.

Learning resources provided include access to books, periodicals, videos, and access to specially selected internet sources of information that support the learning objectives of the programs offered.

Students may access learning resources directly through the curriculum software, which includes videos with extra education, and downloadable pdf on 100 different diet theories, nutrition and lifestyles from all around the world. The library also has the intake forms and brain testing they

will need after graduation along with a big document with coaching questions to support their beginning with clients.

NOTICE CONCERNING TRANSFERABILITY OF CREDITS AND CREDENTIALS EARNED AT OUR INSTITUTION

The transferability of credits you earn at Nourish the Brain Institute is at the complete discretion of the institution to which you may seek to transfer. Acceptance of the certificate you earn in the Brain and Behavior Coach program is also at the complete discretion of the institution to which you may seek to transfer. If the certificate that you earn at this institution is not accepted at the institution to which you seek to transfer, you may be required to repeat some or all of your coursework at that institution. For this reason, you should make certain that your attendance at this institution will meet your educational goals.

This may include contacting an institution to which you may seek to transfer after attending Nourish the Brain Institute to determine if your certificate will transfer.

Admissions Policies & Recognition of Credits

Criteria for consideration for admission:

1. Students must have graduated from high school or earned a GED.
2. Student must pay all applicable fees, as per the current published fee schedule at the time of the signing or entering into an enrollment contract or make other arrangements acceptable to the school.
3. This institution does not award credit for satisfactory completion of CLEP or other comparable examinations.
4. This institution does not award credit for experiential learning.
5. This institution has not entered into an articulation or transfer agreement with any other institution.

Applicants without a high school diploma, Certificate of Proficiency, or G.E.D. certificate will be administered the Combined English Language Skills Assessment (CELSA) Ability to Benefit Test. This test is administered by an independent third-party administrator and the cost of the test is paid by the student. Testing is arranged by appointment and is handled as a separate appointment from the initial enrollment interview. Applicants are notified of their test results via telephone or email. If the applicant receives a qualifying score, the applicant is eligible to enroll in the program. If the student does not attain a qualifying score, the student may take a different CELSA test. If the student does not attain a qualifying score on the second test, the student may re-test after 15 days. A qualifying score is 97.

Visa Related Services

This institution does not admit students from other countries, so no visa-related services are offered.

Language Proficiency

The following applies to students for whom English is not their primary language and will be taught in English.

For a student whose high school or equivalent coursework was not completed in English, and for whom English was not a primary language, the student must attain a qualifying score of 97 on the CELSA. This requirement does not apply to students who have received their high school

diploma or the equivalent at an academic institution that has provided instruction in the English language. Similarly, this requirement does not apply to students who have completed coursework, in English, at the college level.

Language of Instruction

Instructions will be given in no language other than English.

English as a Second Language Instruction

This institution does not provide ESL instruction.

Accreditation Status

This institution is not accredited by an accrediting agency recognized by the United States Department of Education. A student enrolled in an unaccredited institution is not eligible for federal financial aid.

STRF Disclosure

Student Tuition Recovery Fund Disclosures.

“The State of California established the Student Tuition Recovery Fund (STRF) to relieve or mitigate economic loss suffered by a student in an educational program at a qualifying institution, who is or was a California resident while enrolled, or was enrolled in a residency program, if the student enrolled in the institution, prepaid tuition, and suffered an economic loss. Unless relieved of the obligation to do so, you must pay the state-imposed assessment for the STRF, or it must be paid on your behalf, if you are a student in an educational program, who is a California resident, or are enrolled in a residency program, and prepay all or part of your tuition.

You are not eligible for protection from the STRF and you are not required to pay the STRF assessment if you are not a California resident, or are not enrolled in a residency program.”

“It is important that you keep copies of your enrollment agreement, financial aid documents, receipts, or any other information that documents the amount paid to the school. Questions regarding the STRF may be directed to the Bureau for Private Postsecondary Education, 1747 N. Market Blvd., Suite 225, Sacramento, CA 95834, (916) 574-8900 or (888) 370-7589.

To be eligible for STRF, you must be a California resident or are enrolled in a residency program, prepaid tuition, paid or deemed to have paid the STRF assessment, and suffered an economic loss as a result of any of the following:

1. The institution, a location of the institution, or an educational program offered by the institution was closed or discontinued, and you did not choose to participate in a teach-out plan approved by the Bureau or did not complete a chosen teach-out plan approved by the Bureau.
2. You were enrolled at an institution or a location of the institution within the 120 day period before the closure of the institution or location of the institution, or were enrolled in an educational program within the 120 day period before the program was discontinued.
3. You were enrolled at an institution or a location of the institution more than 120 days before the closure of the institution or location of the institution, in an educational program offered by the institution as to which the Bureau determined there was a significant decline in the quality or value of the program more than 120 days before closure.
4. The institution has been ordered to pay a refund by the Bureau but has failed to do so.
5. The institution has failed to pay or reimburse loan proceeds under a federal student loan program as required by law, or has failed to pay or reimburse proceeds received by the institution in excess of tuition and other costs.
6. You have been awarded restitution, a refund, or other monetary award by an arbitrator or court, based on a violation of this chapter by an institution or representative of an institution, but have been unable to collect the award from the institution.
7. You sought legal counsel that resulted in the cancellation of one or more of your student loans and have an invoice for services rendered and evidence of the cancellation of the student loan or loans.

To qualify for STRF reimbursement, the application must be received within four (4) years from the date of the action or event that made the student eligible for recovery from STRF.

A student whose loan is revived by a loan holder or debt collector after a period of noncollection may, at any time, file a written application for recovery from STRF for the debt that would have otherwise been eligible for recovery. If it has been more than four (4) years since the action or event that made the student eligible, the

student must have filed a written application for recovery within the original four (4) year period, unless the period has been extended by another act of law.

However, no claim can be paid to any student without a social security number or a taxpayer identification number.

Privacy Act

This institution intends to carefully follow the rules applicable under the Family Education Rights and Privacy Act. We intend to protect the privacy of a student's financial, academic and other school records. We will not release such information to any individual without having first received the student's written request to do so, or unless otherwise required by law.

Student Conduct

Students are expected to behave professionally and respectfully at all times. Students are subject to dismissal for any inappropriate or unethical conduct or for any act of academic dishonesty.

Students are expected to dress and act accordingly while attending this institution. At the discretion of the school administration, a student may be dismissed from school for reasons including, but not limited to:

- Coming to class in an intoxicated or drugged state.
- Possession of drugs or alcohol on campus.
- Possession of a weapon on campus.
- Behavior creating a safety hazard to other people (s).
- Disobedient or disrespectful behavior to other students, an administrator, or instructor.
- Stealing or damaging the property of another.

Any students found to have engaged in such conduct will be asked to leave the premises immediately.

Disciplinary action will be determined by the Chief Executive Officer of this institution and such determination will be made within 10 days after meeting with both the chair of the department in which the student is enrolled and the student in question.

Nondiscrimination Policy

This institution is committed to providing equal opportunities to all applicants to programs and to all applicants for employment. Therefore, no discrimination shall occur in any program or activity of this institution, including activities related to the solicitation of students or employees based on race, color, religion, religious beliefs, national origin, sex, sexual orientation, marital status, pregnancy, age, disability, veteran's status, or any other classification that precludes a person from consideration as an individual. Please direct any inquiries regarding this policy, if any, to the Chief Operations Officer who is assigned the responsibility for assuring that this policy is followed.

Academic Freedom

Nourish the Brain Institute is committed to assuring full academic freedom to all faculty.

Confident in the qualifications and expertise of its faculty members, the college encourages its faculty members to exercise their judgments regarding the content of the assigned courses,

organization of topics and instructional methods, providing only that these judgments are made within the context of the course descriptions as currently published, and providing that the instructional methods are those official sanctioned by the institution, methods for which the institution has received oversight approval.

Nourish the Brain Institute encourages instructors and students to engage in discussion and dialog.

Students and faculty members alike are encouraged to freely express views, however controversial, as long as they believe it would advance understanding in their specialized discipline or sub-disciplines.

Sexual Harassment

This institution is committed to providing a work environment that is free of discrimination, intimidation, and harassment. In keeping with this commitment, we believe that it is necessary to affirmatively confront this subject and express our strong disapproval of sexual harassment. No one associated with this institution may engage in verbal abuse of a sexual nature; use sexually degrading or graphic words to describe an individual or an individual's body; or display sexually suggestive objects or pictures at any facility or other venue associated with this institution.

Students are responsible for conducting themselves in a manner consistent with the spirit and intent of this policy.

Student's Right to Cancel

The student has the right to cancel the enrollment agreement and obtain a refund of charges paid through attendance at the first class session, or the seventh day after enrollment, whichever is later. A notice of cancellation for the current term or from the school shall be in writing and submitted to the school

administrative office. Cancellation is effective on the date notice of cancellation is sent by email to gemi@nourishthebraininstitute.com. If the student has received federal student financial aid funds, the student is entitled to a refund of moneys not paid from federal student financial aid program funds.

A withdrawal for the current term or from the school may be effectuated by the student's written notice or by the student's conduct, including, but not necessarily limited to, a student's lack of attendance. The institution shall refund 100 percent of the amount paid for institutional charges, less a reasonable registration fee. The institution shall issue a refund for unearned institutional charges if the student cancels an enrollment agreement or withdraws during a period of attendance. The refund policy for students who have completed 60 percent or less of the period of attendance shall be a pro-rata refund. The institution shall pay or credit refunds within 45 days of a student's cancellation or withdrawal.

Refund Policy

Instruction Not Offered in Real Time

The student shall have the right to cancel the agreement and receive a full refund before the first lesson and materials are received. Cancellation is effective on the date written notice of cancellation is sent. The institution shall make the refund as per the calculation consistent with the California Code of Regulations.

If the institution delivered the first lesson and materials before an effective cancellation notice was received, the institution shall make a full refund within 45 days after the student's return of the materials.

Notice Regarding Distance Educational Programs

The school will transmit your first lesson and other materials to you within seven days after your admission. This institution will transmit all of the lessons and other materials to you if (A) you have fully paid for the educational program; and (B) if after having received the first lesson and initial materials, you request in writing that all of the materials be sent. If this institution transmits the balance of the materials per your request, this institution shall remain obligated to provide other educational services it agreed to provide, such as responses to student inquiries, student and faculty interaction, and evaluation and comment on lessons submitted by you. This institution shall not be obligated to pay any refund after all of the lessons and materials have been transmitted.

If the student cancels an enrollment agreement or withdraws during a period of attendance, the refund policy for students who have completed 60 percent or less of the period of attendance shall be a pro rata refund. A pro rata refund pursuant to section 94919(c) or 94920(d) or 94927 of the code shall be no less than the total amount owed by the student for the portion of the educational program provided subtracted from the amount paid by the student, calculated as follows:

The amount owed equals the daily charge for the program (total institutional charge, divided by the number of days or hours in the program), multiplied by the number of days student attended, or was scheduled to attend, prior to withdrawal.

For purposes of determining a refund, a student shall be considered to have withdrawn from an educational program when he or she withdraws or is deemed withdrawn in accordance with the withdrawal policy stated in this institution's catalog.

If an institution has collected money from a student for transmittal on the student's behalf to a third party for a bond, library usage, or fees for a license, application, or examination and the institution has not paid the money to the third party at the time of the student's withdrawal or cancellation, the institution shall refund the money to the student within 45 days of the student's withdrawal or cancellation. If the student has received federal student financial aid funds, the student is entitled to a refund of moneys not paid from federal student financial aid program funds. This institution shall refund any credit balance on the student's account within 45 days after the date of the student's completion of, or withdrawal from, the educational program in which the student was enrolled.

Policies and Procedures Regarding Financial Aid

This institution does not participate in any federal or state financial aid programs. A student enrolled in an unaccredited institution is not eligible for federal financial aid programs.

Financial Aid Disclosures

This institution does not participate in any federal or state financial aid programs. A student enrolled in an unaccredited institution is not eligible for federal financial aid programs. The school does not provide financial aid directly to its students.

Grades and Standards for Student Achievement - Satisfactory Progress

Pass/fail scores are utilized for all assignments, quizzes, and the written final examination. Students must receive passing grades on all assignments and achieve an 80% or better on the final exam to successfully pass the program. The grading policy includes: assignments, quizzes/midterm, final exam, participation, and attendance. Students will be evaluated throughout the program. The student's final grade will be calculated by the grading scale.

Students who receive less than 80% on the final exam may retake the exam with the consent of the instructor. Students who are permitted to retake an exam will receive a maximum grade of 80% on the exam.

A student will be warned that they are in jeopardy of failing the program if their cumulative score falls below 80%. If a student is dropped from a program for low grades or for failing the final exam, the student **will not** be allowed back to class.

Types Weight Grade Scale Pass/Fail

Attendance/Participation 10% 90 Pass 89 & Below Fail

Module Quizzes 25% 100-50 Pass 49 & Below Fail

Mentoring Sessions 30% 100-80 Pass 79 & Below Fail

Assignments (Workshop & Intake Project) 35% 100-80 Pass 79 & Below Fail

Evaluation & Communication Policy

Grades are awarded on a pass/fail basis. Checklists are used by instructors to record student acquisition and mastery of assorted skills. Students must achieve a "pass" rating on all areas of instruction. To ensure this timely communication, your instructor will respond to each of your quiz/project/assignment submissions or exam submissions within 10 days. To further ensure this timely communication, you must respond to each of your instructor's inquiries within 10 days as well.

Grading Policy for Pass / Fail Standards on Attendance/Participation: Students are required to attend or otherwise consume and participate in at least 90% of the scheduled hours of mentoring sessions and/or content in Kajabi. Two mentoring sessions are mandatory per month in the program. The school needs to be notified when a student is not able to attend a session or will be unable to make progress in Kajabi. It is the student's responsibility to inquire about make-up/catch-up and make arrangements with their instructor.

Grading Policy for Pass/Fail Standards on Module Quizzes: All students will be required to achieve a score of 50% or higher on all module quizzes to continue to make progress through the course. Students will be allowed to take each module quiz only once and will be given a grade of pass or fail.

Students who pass will have their answers revealed to support better understanding and further study, however, failed quizzes will not reveal correct/incorrect responses and will be assigned to the instructor for additional review. The course instructor will assess any failed quiz, and a mentoring call becomes mandatory in the week following a failed quiz to discuss challenges and coach the student to better understand. Students will then be given one opportunity to retake the quiz to replace the grade they received.

Grading Policy for Pass / Fail Standards on Mentoring Sessions: All students will be required to score 80% or higher in mentoring sessions. Two mentoring sessions per month in the course are mandatory, however, students may schedule up to 4 mentoring sessions per week.

Grading Policy for Pass/Fail Standards on Assignments: All students will be required to achieve a cumulative score of 80% or higher on both major projects in the course to be eligible to receive an overall passing grade in the course and a certificate of completion.

If the student has not completed the coursework and earned a grade at the end of the program, the instructor may issue one of the following grades.

Incomplete If the program has not been completed, the instructor may grant an I on a two-month extension of the term, at no additional tuition cost, when the student is making satisfactory progress and the instructor believes that an extension of time will permit satisfactory completion. At the end of this period, a final grade must be recorded.

Withdraw The student may withdraw from any program before the end of the term. At the end of the term, the instructor may withdraw the student from the program and issue a W when the instructor believes the student's progress is insufficient to warrant an extension. A student who withdraws or is administratively withdrawn must retake the course and is responsible for a new tuition payment for that course of study.

Grading System Standard, Rubrics, and Student Gradebook

Evaluation of student achievement will be based on meeting the objectives for each program.

Evaluation of these objectives is done through the use of a series of rubrics for each assessment category in the course. Rubrics will be completed by faculty and reviewed with students.

Completed rubrics will be saved in each student's secure Google Drive repository which will also house their overall gradebook so students can monitor both their grades (quantitative progress) and their feedback from faculty (qualitative progress).

Attendance Policy

This institution's policy on attendance is based on the premise that regular communication between the teacher and the student has significant value in the learning process.

If a student is enrolled in an online/blended course, the student must demonstrate regular and substantive interaction with the instructor. Regular and substantive interaction is defined as completing one of the following academically related activities once a week to be marked as having attended and actively participating:

- Post to the course discussion board substantive comments relevant to the subject
- Substantive exchanges with the instructor about course content, concepts, and assignments
- Submit a graded unit assignment or exercise
- Attempt quiz or module exam
- Submit a final paper

Logging into a course and clicking on resources will not count as having participated. Reading discussion boards, and reading or viewing course resources, though academically important, are not measured or counted as student attendance.

Online students who do not engage through one of the five activities for seven consecutive (7) calendar days will be withdrawn from the institution.

Academic Probation and Dismissal Policies

The Chief Academic Officer may place a student on academic probation if the student is not making satisfactory academic progress as per this institution's published policy. The student's academic progress will be monitored at the end of each module as the grades are posted. Should the student's pass/fail percentage fall below that required for graduation, a student may be placed on academic probation. This will result in a formal advisory, which will be sent to the student by mail, explaining the reason for the probation. If the student wishes to appeal the formal advisory, the student is to submit a written request for an administrative academic review to the school at gemi@nourishthebraininstitute.com. After the completion of the current module, the student will have two additional modules to bring his or her pass/fail percentage up to or over the minimum standard of the institution. Thereafter, the student's failure to achieve satisfactory academic progress may result in dismissal from the program. The Chief Academic Officer will offer assistance in locating a suitable tutor, should such service be requested by the student. Any student seeking a tutor is financially responsible for the cost of all such tutoring. Violations of the Harassment or Discrimination Policy of this institution will become part of the student's record. Depending on the severity and/or frequency of the violation(s), the Faculty may take disciplinary action, including administrative withdrawal from the University. A student who has become subject to disciplinary action may submit an appeal to the Chief Academic Officer per the University's Grievances policy.

Leaves of Absence

It is the policy of the school to not grant a Leave of Absence to students.

The school director may grant a leave of absence after determining that good cause is shown. A student may have no more than two leaves of absence in a 12-month calendar period and may be on leave of absence no more than 30 calendar days during that 12-month calendar period. School attendance records will clearly define the dates of the student's leave of absence. A written statement of the reason(s) for leave of absence was granted, signed by both the student and the school director indicating approval, will be placed in the student's permanent file. A student's enrollment in the program will be terminated if the student fails to return as scheduled from an approved leave of absence.

Student Grievance Procedures – Student Rights

Most problems or complaints that students may have with the school or its administrators can be resolved through a personal meeting with the student's instructor or a counselor. If, however, this action does not resolve the matter to the satisfaction of the student, he/she may submit a written complaint by email to gemi@nourishthebraininstitute.com. The written complaint must contain a statement of the nature of the problem, the date the problem occurred, the names of the individuals involved, copies of documents if any, which contain information regarding the problem, evidence demonstrating that the institution's complaint procedure was properly followed, and the student's signature. The student can expect to receive a written response within ten business days. The COO will verify that the student has attempted to resolve the incident or complaint. If the student has followed the above three steps, the COO will call a grievance session and include all of the concerned parties. Each party involved may be asked to present their version of the incident before all parties are present. The person against whom the complaint is filed shall receive written notice which shall include the initial report, the factual allegations, a list of witnesses, and evidence. Each party involved may be asked to present their version of the incident before all parties being present. The COO will then state all parties within 48 hours of the grievance meeting conclusion. If the decision is unacceptable to the student, the student must, within 48 hours, send written copies of all documents and a cover letter to the COO explaining why they believe the decision is unacceptable. The school has the right to suspend the student until the problem is resolved if the student does not follow the proper grievance procedures.

Continued unresolved complaints may be directed to:

Bureau for Private Postsecondary Education

P.O. Box 980818

West Sacramento, CA 95798-0818

Phone: (916) 574-8900

Web site: www.bppe.ca.gov

Student Services

This institution does not provide airport reception services, housing assistance or other services. Further, this institution maintains a focus on the delivery of educational services. Should a student encounter personal problems that interfere with his or her ability to complete coursework, this institution will assist in identifying appropriate professional assistance in the student's local community but does not offer personal counseling assistance.

Placement Services

This institution does not represent to the public, in any manner, or by any means, that it offers job placement assistance.

Student Housing

This institution has no responsibility to find or assist a student in funding housing.

Student Records and Transcripts

Student records for all students are kept for five years. Transcripts are kept permanently. Students may inspect and review their educational records. To do so, a student should submit a written request identifying the specific information to be reviewed. Should a student find, upon review, that records are inaccurate or misleading, the student may request that errors be corrected. If a difference of opinion exists regarding the existence of errors, a student may ask that a meeting be held to resolve the matter. Each student's file will contain the student's records, including a copy of the signed enrollment agreement, school performance fact sheet, diploma granted, transcript of grades earned, high school diploma or GED, copies of all documents signed by the student including contract, instruments of indebtedness and document related to financial aid, leave of absence documents, financial ledger, refund information as applicable, complaints received from the student or student advisories related to academic progress. Transcripts will only be released to the student upon receipt of a written request bearing the student's live signature. No transcript will be issued until all tuition and other fees due the institution are paid current.

Professions – Requirements for Eligibility for Licensure

Licensure is not a goal of this program.

Charges: Tuition & Fees

All fees are subject to change from time to time, without notice.

Tuition & Fees

Program Name	Tuition	Registration Fee	STRF Fee	Books & Materials	Total Cost
Brain and Behavior Coach	\$5,100	\$0	\$0	\$0	\$5,100

Program Name: Brain and Behavior Coach

Fees

TOTAL CHARGES FOR THE CURRENT PERIOD OF ATTENDANCE \$5,100

ESTIMATED TOTAL CHARGES FOR THE ENTIRE EDUCATIONAL PROGRAM \$5,100

TOTAL CHARGES STUDENT IS OBLIGATED TO PAY UPON ENROLLMENT: \$0

Dr. Gemi Bertran, Ph.D, MBA, and an Integrative Nutritional Health Coach who possesses years of experience in the faculty field.

Programs

Name of Program: Brain & Behavior Coach

Program Description: Health coaching certification specializing in brain behavior through nutrition.

Program Mission and Objectives: Nourish the Brain Institute was created from the founder's vision to improve brain and behavioral health through nutrition. Dr. Gemi Bertran became a passionate advocate after experiencing severe physical and mental exhaustion caused by prolonged stress. Her research on the impact of nutrition on the brain led to the development of NTBI's innovative programs. Our mission is to deliver rigorous and relevant programs that teach innovative coaching methods, practical lifestyle strategies, and essential coaching skill sets. We aim to empower students with the ability to help others improve their brain health and behavior through nutrition.

Total Clock Hours: 100 hours

It is an Externship; No Internship is Required

Graduation Requirements:

Job Classification Final Tests or Exams: Brain and Behavior Coach

The Brain and Behavior Coach Program is a health coaching program specializing in brain and behavioral health. Upon graduation, students will be equipped to become professional coaches and create their own businesses while helping others to address their unhealthy habits. In this course, students can expect to learn about both the environmental effects on the brain and body such as sugars, sweeteners, whole grains, and allergies, as well as emotional and lifestyle effects such as stress, inflammation, addiction, emotional attachments to food, and negative thoughts and self-talk. Throughout the course, students will hold an intake visit and follow-up visits with a practice client, which is an opportunity for the student to be coached on their coaching such that they graduate the course with real-world coaching experience. Upon completion of this program, the student will have the ability to perform the following:

After this program, the student will be able to:

- Help their clients address their behavior and brain health through nutrition
- Perform an intake visit and 3 follow up visits with practice client subjects
- Apply the coaching strategies with their practice client subjects
- Understand and explain the effects of sugars and sweeteners, inflammation, and stress on the body.
- Execute effective cooking and recipe preparation techniques that demonstrate an understanding of portion size, the effects of factory farming, and food selection's effect on longevity
- Classify the benefits of multiple diet styles from around the world
- Harness their power through the innate power of the brain.

To complete this program a student must earn an overall grade of pass. This educational program is designed to prepare students for employment as SOC 25-3020 Self Enrichment Teachers.

The final module "quiz" is a cumulative final exam for all course topics.

Outline of Subject Matter

Module Name Module Description Hours

Your Habits This module introduces students to the fundamentals of this course and how to nourish the brain to think better through an examination of their own personal habits and lifestyle choices. We will cover multiple factors that have great effects on the brain, body, and behavior, such as sugar and sweeteners, stress, and inflammation. Students will also begin preparing their midterm project, which is to structure their practice as a brain and behavior coach.

The Brain This module focuses on the power of the brain, and how care of the brain and the body in a holistic approach yields greater health results than care of the brain or body individually. Students will learn how the how food choices affect the brain, and how the brain affects food choices in the form of emotional attachments to food and addictions.

Students will also continue to work on their client intakes and follow-up visits, and practice the learning from this module in cooking classes with the instructor.

Building Your Business

This module focuses on coaching the student in the development of their business model as a coach, and how the power of their brain and behavior will influence their success. 35

Mentoring

Mentoring sessions with the assigned instructor are crucial

Sessions to cement the skills and knowledge students are developing during the course and encourage a student's success following graduation. Two sessions per month are 12 mandatory, however, students may schedule up to 4 sessions per week. In these sessions, students are expected to come prepared with questions and reflections on the course material to deepen their understanding of the content.

Total Hours 100

REQUIRED DISCLOSURES

The policy of this institution is to update the official school catalog annually, in January of each year.

Annual updates may be made by the use of supplements or inserts accompanying the catalog. If changes in educational programs, educational services, procedures, or policies required to be included in the catalog by statute or regulation are implemented before the issuance of the annually updated catalog, those changes shall be reflected at the time they are made in supplements or inserts accompanying the catalog.

This institution makes its current catalog and current program brochures available to the public at no charge. Individuals who wish to obtain a copy can make arrangements by simply calling the school's office.

This institution is a private institution. The school was granted institutional approval to operate by the Bureau of Private Post-Secondary Education (BPPE) and the California Department of Consumer Affairs (DCA). The Bureau's approval means that the institution and its operation comply with the minimum standards established under the law for occupational instruction by

private postsecondary educational institutions. This approval does not mean that: (1) the institution or its educational programs are endorsed or recommended by the state or by the bureau. Nor that

(2) the approval to operate indicates that the institution exceeds minimum state standards as outlined in this chapter.

This institution has not had a pending petition in bankruptcy, is not operating as a debtor in possession, and has not filed a bankruptcy petition within the preceding five years nor has had a petition in bankruptcy filed against it within the preceding five years that resulted in reorganization under Chapter 11 of the United States Bankruptcy Code.

As a prospective student, you are encouraged to review this catalog before signing an enrollment agreement. You are also encouraged to review the School Performance Fact Sheet, which must be provided to you before signing an enrollment agreement.

If a student obtains a loan to pay for an educational program, the student will have the responsibility to repay the full amount of the loan plus interest, less the amount of any refund, and that, if the student has received federal student financial aid funds, the student is entitled to a refund of the money not paid from federal student financial aid program funds.

Any questions a student may have regarding this catalog that have not been satisfactorily answered by the institution may be directed to the

**Bureau for Private Postsecondary Education at
1747 North Market, Suite 225 Sacramento, CA 95834, P.O. Box 980818, West Sacramento,
CA 95798,**

www.bppe.ca.gov

Toll-free telephone number (888) 370-7589 Fax (916) 263-1897.

A student or any member of the public may file a complaint about this institution with the Bureau for Private Postsecondary Education by calling (888) 370-7589 or by completing a complaint form, which can be obtained on the Bureau's Internet Web site www.bppe.ca.gov.

The Office of Student Assistance and Relief is available to support prospective students, current students, or past students of private postsecondary educational institutions in making informed decisions, understanding their rights, and navigating available services and relief options. The office may be reached by calling (888) 370-7589, option #5) or by visiting (<https://osar.bppe.ca.gov>).