The Nutrition & Wellness Coaching Certification

Manifesto

As a Simply Megan V certified Nutrition & Wellness Coach, I hereby agree to uphold and pledge the following:

1. I shall never judge another based on their diet.

2. I shall never recommend or uphold that a specific diet is the best for every single person.

3. I shall treat my clients in a compassionate, welcoming and non-judgmental manner.

4. I shall watch my biases and refuse to allow bias to taint my ability as a coach.

5. I understand that weight is not always a reflection of health.

6. I shall never encourage another to try or do any sort of drastic diet.

7. I shall maintain that diets DO NOT work and shall uphold the importance of food freedom.

8. I shall do my best each day to be a positive example to others.

9. I shall never treat any client with an eating disorder or diagnosed medical condition with this certification alone.

10. I shall remain true to my “why” and shall remain service focused first.

11. I shall never promise results that I cannot guarantee.

12. I shall only sign clients that I feel in alignment with and I shall never sign a client simply because of monetary gain.

13. I shall put forth 110% of my effort for each of my clients.

14. I shall not be afraid to admit that I do not know something & I shall reach out and ask for help when necessary.

15. I shall maintain ethical and legal practices in every aspect of my Nutrition & Wellness coaching business.

16. I shall never shame or put down another client or coach due to differences of opinion.

17. I shall continue to grow my education and knowledge even after this course ends.

18. I shall always refer my client out when their needs are beyond my scope of ability.

19. I shall always continue to work on my own personal development, as I understand this is necessary to being the best coach I can be.

20. I shall never engage in fitspo, thinspo, fat shaming or any derivative of these things.