THE FAST TO FAITH CERTIFICATION PROGRAM

WELCOME

STUDENT HANDBOOK

FAST TO FAITH COACHING ACADEMY

Your Student Handbook will provide you with everything you need to know about this certification program, the requirements to become certified, and tips on how to set yourself up for success.

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WELCOME

I have been blessed with the calling to help women overcome their health challenges, believe in their body's ability to heal, and teach them how to create a God-centered life of health, vitality, connection, and growth. I live by the scripture Romans 12:2 that says we must not conform to the patterns of this world, but we must renew our minds, and then we will know God's will for us.

You have officially begun your Fast to Faith Coaching Certification and your journey towards deepening your understanding and expertise as a faith-based health coach, entrepreneur, and leader.

I want to congratulate and celebrate you for taking the first step toward living the life you know you're meant for.

Not everyone has the courage or conviction to truly shine their light for God's glory, as we are called to do in Matthew 5:16 and 2 Timothy 1:7. Too many people simply let fear and doubt get the best of them and they never live into the calling God has on their life. They stay stuck, living for things of this wordly-based one dimensional life, attaining the house, the car, the degree, the family, and the status, but never realizing their full potential. They stay in a job they hate, lose their spark for life, and do things because other people say it's what you should do.

But you have been brave enough to declare, "I am going to live for God's kingdom!" I am thrilled to have another sister in Christ helping to spread the truth about our bodies and how best to honor God and ourselves! I'm extra excited because I know what's possible for you, I know how our program will help you stretch and grow into the person you were meant to be, and I know we serve a limitless God who is going to use you in ways you haven't even imagined.

So get ready, because it's going to be an amazing journey led by our creator!

Blessings,

Dr. Tabatha

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PROGRAM OVERVIEW

FAST TO FAITH COACHING ACADEMY

The Fast to Faith Coaching Certification Program provides a transformative experience by integrating functional medicine concepts and faith-based coaching methods.

The certification is based on four key pillars:

Pillar 1: Return to Wholeness
Discover your "Why" and "signature story" that unlock your unique gifts and talents. These help to shape your "Christ-Centered Identity." You'll learn how to tap into your deeper purpose and align your goals with His will for your life. You will embrace your true calling and walk in faith toward a future filled with clarity and direction.

Pillar 2: Functional Medicine Principles
Dive deep into the power of nutrition, the female metabolism, hormone (sex, thyroid, adrenals) balance, and gut health. You'll learn how to reconnect the body, mind, and soul for transformational healing.

Pillar 3: Christ-Centered Coaching
Discover coaching techniques rooted in scripture. You will learn to help clients identify their "Christ-Centered Identity", which will help align their health goals with spiritual growth for living their best Christ-Centered life.

Pillar 4: Christ-Centered Business Building
Develop the knowledge and tools needed to build a successful Christ-centered coaching business; one rooted in abundance and service.

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COMPONENTS TO BEING CERTIFIED

These are the components to the Coach Certification Program at The Fast to Faith Coaching Academy (FTFCA):

Weekly Training

- Each week, you'll participate in an in-depth training class designed to equip you with all the necessary skills to become a successful coach. These classes cover essential coaching techniques, functional medicine principles, faith-based practices, business start-up techniques, and client transformation methods.

Quizzes

- After each class, you'll be required to complete a quiz to ensure you understand the core concepts. A passing score of 80% or higher is necessary to move forward in the program. You can retake the quizzes until you reach this score.

Live Training Calls

- Attend live training calls to activate your faith and integrate what you have learned each week. You'll learn exclusive strategies that will help you stand out and shine brighter in the health and wellness coaching space. We want to see you step into the fullness of you, glorying everything God created you to be!

Coaching Buddy

- Pair with a fellow student as your coaching buddy to practice your coaching techniques, refine your skills, and gain valuable feedback throughout the program.

Certification Exam

- At the end of the course, you'll take a comprehensive Certification Exam to demonstrate your knowledge and skills. A score of 80% or higher is required to pass and earn your certification. You can retake as many times as needed to pass.

Study Hall

- Engage in the Study Hall community, where you can build relationships, find your coaching buddy, and receive feedback and support. This is also a judgement-free zone; a space to share experiences, ask questions, and exchange tips on becoming a confident coach.

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COMPONENTS TO BEING CERTIFIED

PREREQUISITES

You must be at least 21 years old to become a Certified Fast to Faith Coach. You must also have a strong desire to positively impact women's lives by improving their health and strengthening their relationship with the Holy Trinity.

COACHING CAMPUS

Everything you need to successfully complete The Certified Fast to Faith Coaching Program is in the FTF Coaching Academy at https://academy.fasttofaith.com

If you need any assistance, please contact us at support@fasttofaith.com.

WEEKLY CLASSES

The content is taught through weekly classes.

Every week, you will receive an email when your new class is ready to access in the Coaching Academy. Go through the content in that week's class. You'll find streaming videos, workbooks, reference guides, resources, worksheets, and more! Please work through them and take your time to enjoy what you're learning.

We recommend having a dedicated notebook to take notes, gather feedback, and make observations from the live calls.

And don't forget the FAITH IT journal! It is a powerful way to activate your gifts, record your experience, and see changes you're making in your own life as a result of what you're learning.

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COMPONENTS TO BEING CERTIFIED

QUIZZES

After each week's class, you'll be required to take a quiz and receive a passing score of 80% or higher in order to move on to the next class. If you do not receive a passing score, you can simply retake the quiz until you do.

COACHING BUDDY

It's important to set aside time to practice coaching with your Coaching Buddy.

You will select your Coaching Buddy in the Study Hall Community inside the Coaching Campus.

This will leave you feeling much more confident in your abilities and provide more experience as a coach plus, you'll make a lifelong friend in the process! Our students tell us this is one of their favorite features and many stay in touch with their Coaching Buddy long after their certification is complete.

You will be required to submit a Coaching Log showing at least 10 hours of coaching practice with your Coaching Buddy and/or current client(s).

This is the baseline but remember, the more you practice coaching, the more confident you will feel!

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COMPONENTS TO BEING CERTIFIED

Program Completion & Certification

1. Complete the Fast to Faith 40-Day Program
2. Complete all seven (7) classes in the course
3. Complete and pass all seven (7) quizzes in the course
4. Attend or watch seven (7) Weekly Training calls.
5. Attend or watch seven (7) Faith Builder calls.
6. Host a live Faith Builder Call.
7. Complete and pass the Certification Exam within six (6) months of enrollment.

CERTIFICATION EXAM

When you complete all the classes in the course, there will be a comprehensive Certification Exam. This exam is available after your last class. Although you will have 6 months from the start of your program to take and pass it, I recommend you take it within 3 months of beginning the course so that the information is fresh in your mind.

You will be allowed to use any of your class materials for the exam and it should be very straightforward if you've focused on the material in the classes.

You must receive a score of 80% or higher to pass. If you do not, you can retake the exam as many times as needed until you do - however, you have to pass the final exam no later than 6 months after you enroll in FTFCA.

Once you pass the Certification Exam and host a Faith Builder call, you will officially become a Certified Fast to Faith Coach through The Fast to Faith Coaching Academy. You'll receive your certificate and certification badge to display proudly.

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COMPONENTS TO BEING CERTIFIED

COMMUNITY CAMPUS

Connect with your fellow students (and sisters in Christ) in the campus located in the Fast to Faith Coaching Academy.

Here you'll be able to create powerful relationships, find your coaching buddy, get peer feedback and support, and discover tips on how to become a successful, confident coach!

Enter Here:https://academy.fasttofaith.com/products/communities/CommunityCampus

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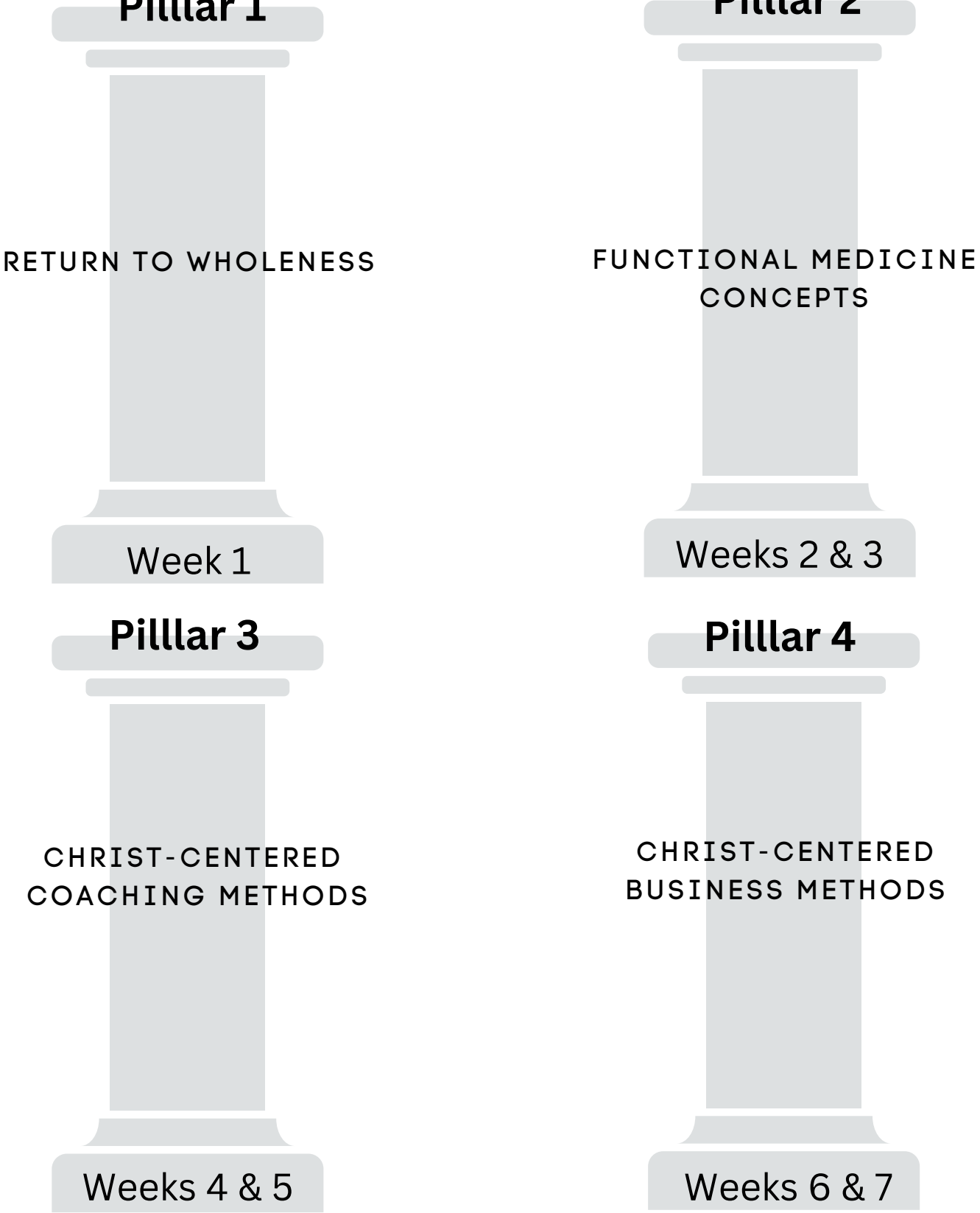
COURSE ROADMAP



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PART 2

THE STUDENT EXPERIENCE

FAST TO FAITH COACHING ACADEMY

Discover tips on how to be a great student and set yourself up for success!

HOW TO BE A GREAT STUDENT

These are some tips for setting yourself up for success at The Fast to Faith Coaching Academy:

- Show up each week and complete your lesson. Follow the roadmap and stay on course. We've found that students who set aside time in their calendar each week to move through the course are far more successful.
- Do the work on yourself as you go through the course so you can speak to clients from first-hand experience.
- Spend time doing the Future Gazing with God exercise and read it daily to create your new "Christ-Centered Identity". We will go through this together in your first week of class so you can begin to create your "Future Self" right now.
- Not all time spent in the program should be spent studying. Find a quiet location where you will not be disturbed and use the FAITH IT® Method to hear from God, and regularly invite Him into everything you are doing.
- Show up live for the Training and Faith Builder Calls as the person who has the life you decided to create during your Future Gazing with God. How will the YOU in your Christ-Centered Identity prepare? Dress? Speak? Participate?
- Check to ensure your technology is working properly in advance of the Training and Faith Builder Calls. Please practice being resourceful and discovering answers to any tech issues you might have using Google, YouTube, and any other tools at your disposal.
- Honor your coaching buddy as you want them to honor you. This is a beautiful partnership where you can connect to grow through any challenges that may arise during your certification.
- Don't be afraid to reach out to us for anything you need. You are not alone and we're happy to support you.
- Enjoy yourself, have fun, and give God all the glory!

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RECOMMENDED TECHNOLOGY

FAST TO FAITH COACHING ACADEMY

Discover the technology you will need to successfully complete your course and our recommendations.

RECOMMENDED TECHNOLOGY

In general, you will want to have a computer, access to the internet, a microphone (you can use the internal one in your computer if needed), good lighting, and a webcam if your computer doesn't have one. You will also need to download Zoom to participate in the Training and Faith Builder Calls.

Below is a list of equipment that we recommend, however you are free to choose your own.

Computer: There are a lot of choices and you can use whatever you would like. We strongly recommend a computer that meets the minimum requirements for using Zoom. You can find those requirements here.

Zoom: You can download Zoom and register for a free account if you don't have one here.

Webcam: Logitech Webcam C920 HD Pro

Microphone: Fifine Dynamic Microphone

Lighting: Position yourself in front of a window or other source of natural light if possible. If you do not have enough light, you might consider purchasing a ring light with diffuser.

We recommend these products:

- Ring Light - Upgraded Version 19inch with LCD Display Adjustable Color Temperature 3000K-5800K with Stand, YouTube Makeup Dimmable Video LED Light Kit, for Video Shooting, Portrait, Vlog, Selfie

- Neewer 18 inches Collapsible Photography Video Light Softbox Diffuser for 75W(600W Equivalent) Ring Fluorescent Light Flash Light

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GENERAL POLICIES AND PROCEDURES

FAST TO FAITH COACHING ACADEMY

Discover the general policies and procedures here at the Fast to Faith Coaching Academy, including course access, payment policies, and more.

GENERAL POLICIES AND PROCEDURES

CONFIDENTIALITY

All student and graduate information is kept strictly confidential. Examination scores are confidential and will not be disclosed unless specific written permission to do so is provided by the candidate or by subpoena or court order. Candidates must also indicate in writing the specific person or organization to which the scores should be revealed. The Fast to Faith Coaching Academy verifies, upon request, the status of all individuals that have passed their respective examinations and received their certification status but does not revel any scores or performance measurements.

PROGRAM PROBATION AND DISMISSAL

Program completion is contingent upon Student's compliance with all of The Fast to Faith Coaching Academy Rules of Operation and Conduct as described in this Coaching Handbook.

If Student fails to adhere to the Rules of Operation and Conduct, The Fast to Faith Coaching Academy reserves the right to take the following steps:

- Step 1. Meet with to discuss the situation/challenge.
- Step 2. If situation/challenge persists, a written warning will be sent to Student via email putting her on program probation.
- Step 3. If a situation/challenge persists, another meeting with Student for final warning will take place with a written follow-up post meeting.
- Step 4. If a situation/challenge persists, Student will be sent a written letter of dismissal from the program.

Probation or dismissal does not eliminate Student's financial obligation.

SOLICITATION POLICY

Although we support growing your business and supporting your fellow coaches, we do not allow solicitation of your offerings to anyone in our community including coaches, alumni, sisterhood members or staff.

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GENERAL POLICIES AND PROCEDURES

PAYMENT POLICY

You are responsible to pay FTFCA tuition in full (including all applicable sales and other taxes or fees) and for providing us with a valid credit card or other payment method.

If you select our payment plan option, your card will be charged the initial payment when you enroll and subsequent monthly payments automatically every month thereafter, for the term of the payment plan.

If you have selected our payment plan option and you miss a payment, your account status will be changed to "delinquent." You will lose access to FTFCA and all Content will be revoked immediately after your payment is declined. When your account is no longer delinquent you will regain access to FTFCA.

If your account remains in delinquent status for longer than thirty (30) days, we reserve the right to report any delinquent balance owed to a credit reporting bureau and/or collections agency subject to our sole discretion until the account is caught up and in good standing.

To be clear, The Certified Fast to Faith Coaching Program is not a subscription payment model that can be canceled or a "pay in part" program where you can pay only for access to certain lessons and not others. This is a full immersion program, and your payment plan is a convenience that we offer.

The Refund Policy also applies to payment plans and you will be responsible for all payments in your payment plan.

REFUND AND WITHDRAWAL POLICY

Please refer to your Student Enrollment Agreement for information on refunds and withdrawal policies.

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GENERAL POLICIES AND PROCEDURES

ACCESS

If you enroll in FTFCA and you graduate within the certification period (six (6) months after enrollment) you will have Lifetime Access to FTFCA and all of your lessons for the life of the program. You'll continue to be a sister of our private community and able to attend the Live Trainings so you can connect, collaborate, and continue to learn and grow yourself and your business!

If you are on our payment plan and your account becomes delinquent, your access to FTFCA will be revoked until your account is made current.

If you DO NOT take and pass the final exam with a score of 80% or higher within the certification period (six (6) months after enrollment) your access to FTFCA will be revoked.

To reinstate your access and graduate, you will be charged a one-time Extension Fee of $500. Once your access has been reinstated you will have 60 days to take and pass the certification exam or you will permanently lose access to FTFCA and all courses inside and NOT graduate as a Certified Fast to Faith Coach.

DIVERSITY AND INCLUSION

We believe that Jesus' life, death, and resurrection, as well as the entire Bible clearly tell us to love our neighbor as thyself, to leave judgment up to God, to spread the gospel, and to live as Christ's hands to serve.

Even though the foundation of this program and our beliefs as an organization are rooted in Christianity, we want to make it known that we respect all humans, which means we respect all races, religions, creeds, gender identities, sexual orientations, ages, national origins, disabilities, and backgrounds and have a zero-tolerance policy for those who don't.

We reserve the right to revoke access to your lessons, certification, and FTFCA as a whole for any student who violates this policy in any way.

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GENERAL POLICIES AND PROCEDURES

INTELLECTUAL PROPERTY PERMISSIONS

Students and graduates have asked us for guidelines on how they can use The Fast to Faith Coaching Academy's content. Based on standard Intellectual Property Permissions, we have created guidelines, which can also be found in your Student Enrollment Agreement and Licensing Agreement (which you will receive once you become certified).

A few general reminders about intellectual property, plagiarism, and permissions:

All rights are reserved for the Student Handbook and all program content including, but not limited to, student training videos, workbooks, manuals, and both printed and online materials.

- No part of this handbook or any material provided during training may be shared, distributed, or used for any purpose other than intended, which is for use within the parameters of a coaching relationship.

- Nothing in any of The Fast to Faith Coaching Academy manuals may be used for workshops or trainings, nor reproduced by any means, including electronic storage within a computer program or database, without the written advance consent of Dr. Tabatha Barber and The Fast to Faith Coaching Academy except for the "Faithful Coaching System" which has its own guidelines on how and when it can be used. You can find those guidelines in the Licensing Agreement, in FTFCA. You will receive access to this once you graduate from the Certified Fast to Faith Coaching Program.

- When referencing materials from a source, you should always make sure the material is presented in a way that makes it clear to readers which ideas/data are your own and which are derived from other sources being consulted.

- When paraphrasing or summarizing (reproducing the exact meaning of someone else's ideas or facts - including Dr. Tabatha Barber or any representative or faculty member of The Fast to Faith Coaching Academy - using your own words and sentence structure), acknowledge and cite the source.

- Be aware that extensive paraphrasing or quoting of key elements of any kind can constitute copyright infringement; therefore, please give proper attribution to Dr. Tabatha Barber or The Fast to Faith Coaching Academy for paraphrasing or quoting of any kind.

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GENERAL POLICIES AND PROCEDURES

- If you are seeking permission regarding any intellectual property that is not specified in the Intellectual Property Permissions or if you have any questions, please contact Student Support for additional guidance.

- Some Students create study aids and "cheat sheets" to help them remember and integrate The Fast to Faith Coaching Academy materials. If you choose to do so, please be aware that study aids are for personal use only; they may not be distributed in any format, even to other students.

- Do not reproduce, copy, or disseminate The Fast to Faith Coaching Academy materials in any manner or medium not authorized by The Fast to Faith Coaching Academy. This prohibition includes any digital posting, reverse engineering, copying, or distribution on any web platform, YouTube, social media, or any other means of digital dissemination. Using models found in The Fast to Faith Coaching Academy curriculum by changing acronyms or meanings slightly is not allowed and is considered an intellectual property infringement.

- All trademarks of The Fast to Faith Coaching Academy must be in the correct form and give notice to the public that it is a registered trademark (and has all of the associated rights and privileges associated with that registration). You are therefore required to use the circle "R" symbol (i.e., ®) every time you use any of the trademarks of The Fast to Faith Coaching Academy. In addition, the following notice must be placed in a visible area on the same document, website, or other area where the trademark is used: The "FAITH IT" Method is a registered trademark of White Iris Properties, LLC."
    - Registered Trademarks include, but are not limited to:
        - FAITH IT Method
        - Future Gazing with God
        - Fast to Faith

- When displaying your "Certified Fast to Faith Coach" badge, the badge's color, font, and spacing must remain consistent and no additions of images, slogans, or groupings can be made. Proportions of images may not be distorted or altered in any way. Use artwork as provided.

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GENERAL POLICIES AND PROCEDURES

COMMUNICATIONS

Please contact us for anything you need at support@fasttofaith.com. Please do not post support requests in the Coaching Academy. In addition, make sure you add support@fasttofaith.com to your Address Book so you don't miss any important information about your certification, training calls, and more.

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GRADUATION AND NEXT STEPS

CERTIFICATION

Upon passing the final exam and hosting a successful Faith Builder call, you will receive your certificate as a Certified Fast to Faith Coach and an official badge to use publicly. Your name will be added to the certified coaches directory.

ONGOING SUPPORT

Stay connected through monthly training calls, continued education opportunities, and business development resources. You will be eligible for renewal of continuing support once a year.

ADDITIONAL BENEFITS

- 30% discount on FTF supplements.
- Access to the VIP membership and exclusive workshops.

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YOU'RE ALL SET!

See you in the Academy and in the FTF App!

Congratulations once again on stepping into this incredible calling God has for you!

Please reach out to us anytime at support@fasttofaith.com and we will be happy to support you in any way.

Blessings,
Dr. Tabatha and Team

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COACHING ACADEMY