



HumanGuide Basic course assessment

The short version

The course really lifts me as a nutritional therapist. Sometimes I can be unsure of what kind of advice might work. Now I feel more confident that I can more often provide a really solid support for my clients.

Suzanne Lindström (47), BZ solutions AB. She is inspired by the world's blue zones and wants to deliver services in that spirit. This applies to both her Business Solutions and Health Solutions, which are interdependent for success.

Detailed course assessment

*HumanGuide Basic is a course that offers a **whole new way** of looking at how to help your clients/patients feel better. By gaining a better understanding of the patient's personality, the advice becomes better by being personalised. This increases the chances of the client completing their treatment, as there will be a better interaction with me as a counsellor and there will be good results.*

It only takes about 15 minutes for the client to do the personality test. The result gives me a nuanced view of the client's personality in the eight dimensions of the theory. It is practical that everything, including several supporting documents, is digitised.

The nuanced view makes it easier to understand the client's needs and which of the client's strengths can be used for good personal development. As a nutritional therapist, I can work more holistically.

The module with the specific application for nutritional therapists was of course particularly valuable. Probably it is for everyone, because what you eat has a big impact on everyone;-)

As an added bonus with the course was the pleasant video format with Rolf as teacher and Bo as "special student".