



220 Parker St. Warsaw, IN 46580

To enroll: (800) 428-0408, option 2

Current students: (800) 428-0408, option 1

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# From Passion to Career: Fulfilling Your Wellness Goals

## Introduction

Everyone wants a career that intersects with their passion—but that can be hard to find. Even if you love your job, there's nothing wrong with wanting something more. Whether you spend your days chasing kids around the house or sitting at a desk, it's easy to become restless.

If you're not actively challenging your mind, body, and soul to achieve growth, you may not be reaching your full potential—especially, if you feel like you've become more complacent than content. Make the best decisions for your well-being by turning your interests into a profession.

What you do should inspire you. If you're stuck in a job that drains your energy or overshadows your purpose, consider what's preventing you from making a change. Your career can be something you love while improving the lives of others—like fitness, aromatherapy, or holistic health.

## Certified Holistic Fitness Specialist (CHFS)

Are you interested in helping the fitness-minded person understand the value of whole-person approaches to exercise, nutrition, and recovery? Become a certified holistic fitness specialist to take the next step in your journey. This will allow you to focus your wellness regimen on more than exercise and learn to support the body, mind, and emotions.

A CHFS recommends practices to help people meet long-term goals in both physical and emotional health. Instead of pushing fad diets and excessive fitness routines, these professionals show others how to take a comprehensive approach to fitness. You can help others take full advantage of their potential by teaching them to view their health as more than just hours on a treadmill or grams of protein in a shake.

## Certified Aromatherapy Specialist (CAS)

Essential oils have grown in popularity in recent years—but few people are certified and educated to use them safely and effectively. To achieve a solid foundation in aromatherapy, it is important to understand its history, benefits, and practical functions. You must also know what blends support different needs, as well as the appropriate application methods, to successfully assist others.

When you become a certified aromatherapy specialist, you'll know how to create effective oil blends by combining the art of plant synergy with the science of organic chemistry—and that's just the beginning. The CAS program will educate you on the proven benefits of essential oils and teach you how to use them to balance your physical, emotional, and spiritual health.

## Certified Natural Health Professional (CNHP)

If you're determined to make decisions that support the whole body, mind, and spirit—and to encourage others to do the same—consider becoming a certified natural health professional. This program will provide a solid foundation of knowledge for you to work with clients and to make sound recommendations for a variety of presentations.

Take your passion to the next level by learning about the rich history of natural health and adding several naturopathic techniques such as iridology, pH balancing, or herbology to your repertoire. Becoming a CNHP can change your life—even if your goal is to use your certification to strengthen yourself and your family.

## Certified Holistic Health Practitioner (CHHP)

Once you complete the CNHP program, your desire for knowledge might be even stronger. Many people choose to become certified holistic health practitioners. While the CNHP program gives you the skills to empower your own family and community, the CHHP program focuses on enhancing these skills and expanding on techniques you can use in your practice. This certification can also give you more confidence and credibility when working with clients.

Turning your passion into a career gives you the rare opportunity to change others' lives—and it's why becoming a CHHP is so rewarding. Through a series of classes, presentations, and reading assignments, you learn how to support a variety of demographics, such as men, women, expectant mothers, children, and seniors. Serving others with a holistic health practitioner certification is about encouraging them to live to the fullest and achieve optimal physical, mental, and emotional wellness.

## Risk vs. Reward

Starting something new always comes with an element of fear. It's a risk to leave behind what you know to chase your dreams—because there's no guarantee of success. But if you feel like something is missing, taking a brave step forward is the best thing you can do. The risk might be nerve-racking, but the opportunity for reward is great.

*True wellness does not come with a step-by-step guide; everyone's journey is unique. That's why it's important to find the tools and resources that work best for you.*

As you prepare to pursue your passion, research the school you're interested in to see if you will receive support that will facilitate your success. Does your desired school have a student group? Will instructors be readily available to answer questions? Are live events offered to augment your learning? It's also beneficial to research the mission and beliefs of the school where you want to

enroll. Learning all of this information will give you insight into how your desired school supports its students and graduates.

## Conclusion

True wellness does not come with a step-by-step guide; everyone's journey is unique. That's why it's important to find the tools and resources that work best for you. No matter what you're passionate about, we want to help you chase it.

Whether you want to become a CNHP so you can support your family better or get a certification in holistic fitness so you can equip others on their journeys, our team at Trinity School of Natural Health will work with you to choose the next best step. If you're ready to turn your love for wellness into a career, [contact an enrollment specialist today](#).



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