



## **The Longevity Coaching FAQs**

**Updated: 4/18/2017**

### 1) What are the PLP courses?

The Personal Longevity Courses on this page are all part of a twelve course series leading to a Certificate in Personal Longevity knowledge which also authorizes the student to teach these courses themselves. Each course is designed as a module covering specific topics related to extreme longevity which include videos, ebooks, exercises, presentations, tests, and more.

### 2) Why are there tests on each course?

The tests are designed to check the student's knowledge of each course towards a Longevity Coaching Certification. Most questions are essay questions and are mainly the answers from each Topic in the course.

### 3) How are the tests graded?

We do not use a black and white scoring system. If the student's answer is reasonably close to a correct one the question is marked correct. The question responses are mainly to show that the student has made an effort to read and study the materials.

### 4) How may I use the materials such as Ebooks and videos that I get from the courses?

You are allowed to keep these materials and even use them in your training, and with individual clients, but unless there is specifically a license for doing Workshops/Seminars for the materials you are not allowed to use them with a group or make copies and distribute them.

### 5) What does a certificate as a Longevity Coach mean?

The certificate says that you have completed all of the course work with a proficient level of knowledge of the materials. With a certificate you will also be fully authorized to teach this course to others.

### 6) How is InDepth Longevity Training Different than Longevity Coaching Training?

In Depth Training is more detailed training than Basic Longevity Training but still only about 25% of the overall training Longevity Coaches get. InDepth Training also does not include additional resource pages or online tests.