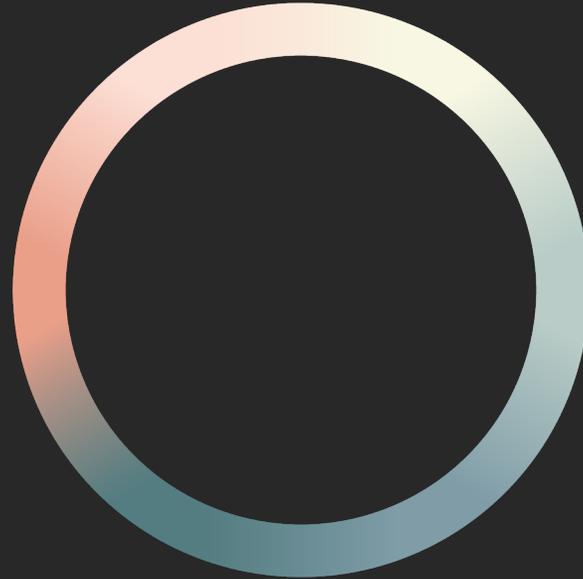


Hintsa Performance Coaching Course

2026



“
**Better life
belongs
to everyone.**

Dr. Aki Hintsa

Orthopedic surgeon, F1
doctor, founder of Hintsa
Performance

1958-2016



The leading Performance Coaching course

For 30+ years, we've worked with the world's top performers - athletes, leaders, top talent. Our methods are designed to help the ambitious achieve sustainable high performance, in their arena.

- ✓ **In this 9-month course, you'll learn the Hintsa method:**
 - Integrated approach to wellbeing, health, and performance
 - The 'how' of Hintsa performance coaching
- ✓ **Join from anywhere** in the world – fully remote course
- ✓ **Gain practical coaching tools** you can use in your work
- ✓ **Connect with others** – participants on the course include professionals from a variety of fields
- ✓ Receive a **Certificate of Completion** after the course
- ✓ After completion, you can join the **Hintsa Coach Membership** for ongoing learning, development, and networking. If you meet criteria, you can apply for the title "Hintsa Certified Coach"



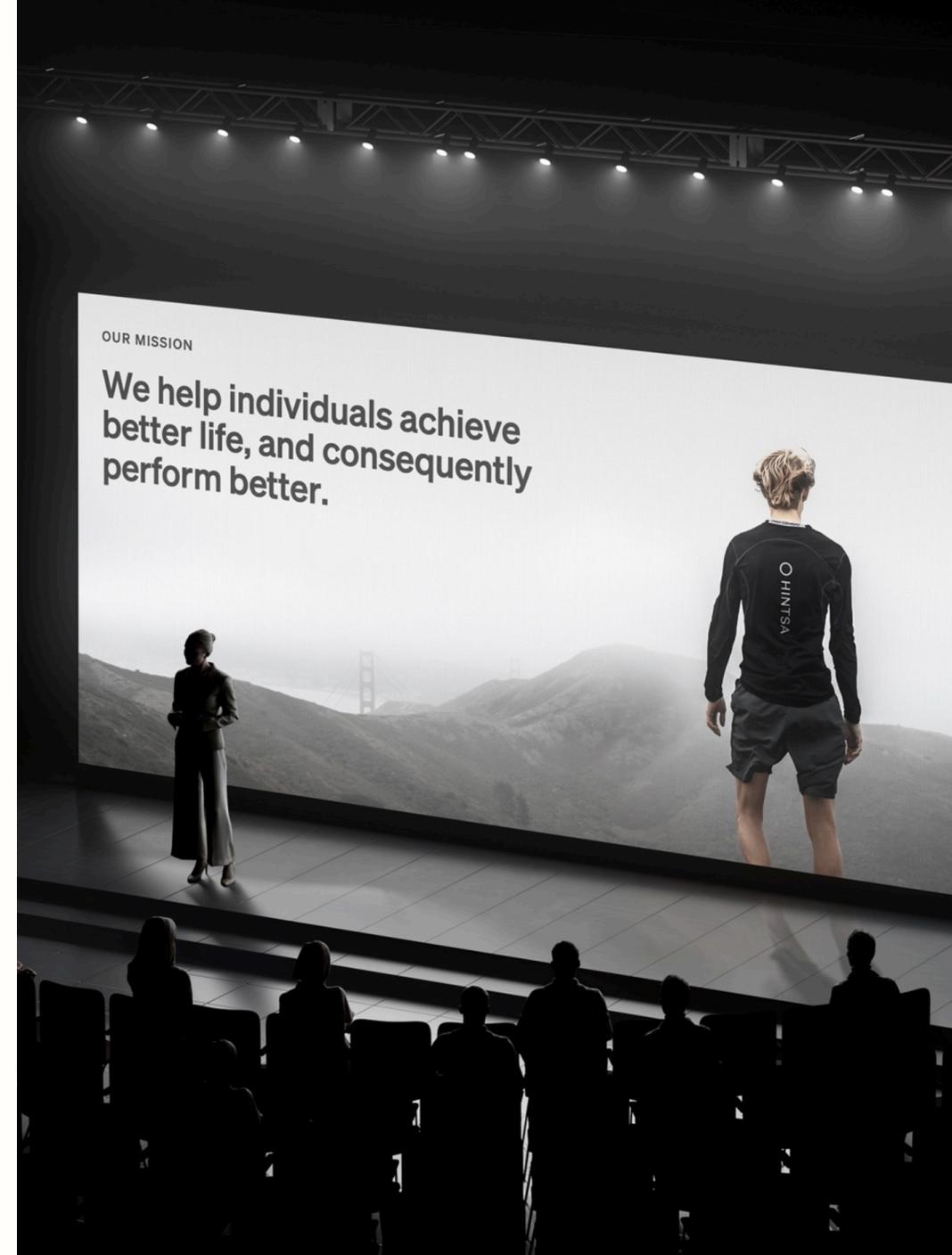
The course in numbers

Course content:

- **42 hours of video content**, which includes:
 - 28 hours of **expert lessons** delivered by 22 different professionals
 - 9 hours of practical **coach discussion** sessions by senior coaches
 - 4 hours of **example coaching sessions** by senior coaches, where you can observe their coaching
 - 1 hour of additional video content on introductions, tools, etc.
- In addition to video content, each content week includes **practical coaching tools**, and **references** for further reading and study

Practical coaching assignments:

- During the first part of the course, you will complete **8 practice coaching sessions** on specific themes
- During the second part of the course, you will complete a **5-meeting programme with two practice clients**



Application criteria



PATH 1

Academic entry

- An **academic background** in health and wellbeing related field - e.g. a Bachelors, Masters or higher degree in, e.g. strength & conditioning, psychology, physiotherapy, nutrition, medicine, sport sciences, etc.
- **Minimum 2 years of experience in coaching** or another similar role, e.g. therapist, personal trainer, counsellor, medical doctor, etc.



PATH 2

Experience-based entry

- **15+ years of experience** in high performance settings – either in sports or business contexts, e.g. leadership, talent, or learning development
- **Minimum 2+ years of experience in coaching** (does not need to be a full-time role)
- Demonstrating an understanding and passion towards **health, wellbeing, and performance** related topics

The What & How of Hintsa Coaching

COACHING RELATIONSHIP

Head + Heart.

“

We never just communicate the science – head-to-head – we connect as real people, heart-to-heart.

Dr. Aki Hintsa



METHODOLOGY

What you do + Who you are.

“

The world is full of plans and programmes. What's often missing though is the connection to who you are, where you want to go, and how to get there with an approach that looks like you.

Matti Kontsas, Coaching Director of
Coach Training & Development



SUSTAINABLE CHANGE

Challenge + Autonomy.

“

There's enough 'yes people' at [the Formula 1] level, people who want to please.
If you truly care about a driver you need to also say no.

Antti Kontsas, Hintsa's Performance
Director for Motorsport



Hintsa performance coaching

Coaching is **partnering** with clients in a **thought-provoking and creative process** that inspires them to optimize their personal and professional potential.

- **Aim of coaching:** A Hintsa Coach aims to guide the client to engage with self-determined active decisions that will bring about better life and better performance
- **Facilitating transformation:** The coach and his intentions and attitudes are central mediators in the change process



Hintsa coaching

HOW?

Connecting

- Engaging: "Heart to heart" connection
- Coach intentions & attitudes
- Client intentions & attitudes

Empowering

- Co-creating vision
- Strengths & autonomy
- Focusing and evoking

WHAT?

Planning

- Wellbeing assessment results
- Element specific tests & tools
- Logical performance plan (goals, actions, obstacles)

Leadership

- Managing the journey
- Monitoring & adjusting
- Challenging & progression

Client behaviours

Better life.
Better performance.

Course structure & content

Join a Performance Coaching cohort and learn together with others

- We run three cohorts per year, where you can learn alongside other performance professionals from diverse backgrounds from around the world (physios, S&C coaches, nutritionists, psychologists, medical doctors, executive coaches, ex-athletes, etc.)
- The course includes joint online sessions and an online course community, which enable you to connect with other participants, learning from each other, and expand your network.
- The content of the course itself is on an online learning platform, where you can study through the modules flexibly on your own time.



Course structure – studying with a cohort

Theory and Practice Phase

23 weeks

Coaching skills

1. Foundations of coaching and behaviour change
2. Coaching skills: Connecting
3. Practice week
4. Coaching skills: Empowering
5. Coaching skills: Planning
6. Practice week

Circle of Better Life

7. Core: Identity
8. Core: Purpose
9. Practice week
10. General health 1
11. General health 2
12. Mental energy
13. Practice week
14. Sleep & recovery
15. Practice week
16. Biomechanics
17. Practice week
18. Physical activity
19. Practice week
20. Nutrition
21. Practice week
22. Coaching skills: Leadership
23. Summary & exam

Small group and facilitator sessions

- 3 x small group meetings
- 2 x facilitator meetings

(Weekly time commitment is on average 4-6 hours)

Coaching Phase

15 weeks

Real client coaching

- Using the HintsA method with your practice client
- 5-meeting coaching programme with **two** different clients

Small group and facilitator sessions

- 3 x small group meetings
- 2 x facilitator meetings

PROGRAMME KICK OFF WORKSHOP

COACHING PHASE KICK OFF WORKSHOP

PROGRAMME CLOSING WORKSHOP

Learn at your own pace on the **self-study path**.

- If committing to a fixed cohort isn't feasible for you, we provide a self-paced path for completing the course
- In this option you can:
 - 1) **Start anytime** after acceptance
 - 2) Go through the course content **at your own pace** – faster or slower, but the maximum time is one year
- Instead of group meetings, you will have **more 1on1 sessions with HintsA facilitators**
- You will still join an **online course community** where you can connect with other participants on the self-study path
- This option is especially suitable for individuals who want greater flexibility in completing the course



Course structure – self-study path

Theory and Practice Phase

23 weeks (can be done faster or slower)

Coaching skills

1. Foundations of coaching and behaviour change
2. Coaching skills: Connecting
3. Practice week
4. Coaching skills: Empowering
5. Coaching skills: Planning
6. Practice week

Circle of Better Life

7. Core: Identity
8. Core: Purpose
9. Practice week
10. General health 1
11. General health 2
12. Mental energy
13. Practice week
14. Sleep & recovery
15. Practice week
16. Biomechanics
17. Practice week
18. Physical activity
19. Practice week
20. Nutrition
21. Practice week
22. Coaching skills: Leadership
23. Summary & exam

Facilitator sessions

- 6 x facilitator sessions spread out flexibly throughout the course

Coaching Phase

15 weeks (can be done faster or slower)

Real client coaching

- Using the HintsA method with your practice client
- **5-meeting** coaching programme with **two** different clients

(Weekly time commitment is on average 4-6 hours)

Criteria for passing the course

To pass the course, you need to:

- ✓ Complete course content in the learning platform
- ✓ Submit reflections for 5/8 of the practice coaching sessions in the Theory & Practice phase
- ✓ Pass the exam at the end of the Theory & Practice phase (multiple choice exam)
- ✓ Participate in at least 4/6 small group meetings (not applicable for the self-study path)
- ✓ Participate in at least 3/4 facilitator meetings (5/6 for self-study path)
- ✓ Complete at least 3/5 coaching sessions with both practice clients in the Coaching phase
- ✓ Summarise your own coaching philosophy at course end
- ✓ Pay the course fee in full



Timelines & application process

KEY DATES

Hintsa Performance Coaching Course 2026 cohorts

January 2026 cohort

Application deadline

14th December 2025

Course starts

21st January 2026

Course ends

November 2026

The cohort is fully booked!

May 2026 cohort

Application deadline

5th April 2026

Course starts

13th May 2026

Course ends

March 2027

September 2026 cohort

Application deadline

2nd August 2026

Course starts

9th September 2026

Course ends

June 2027

How to apply



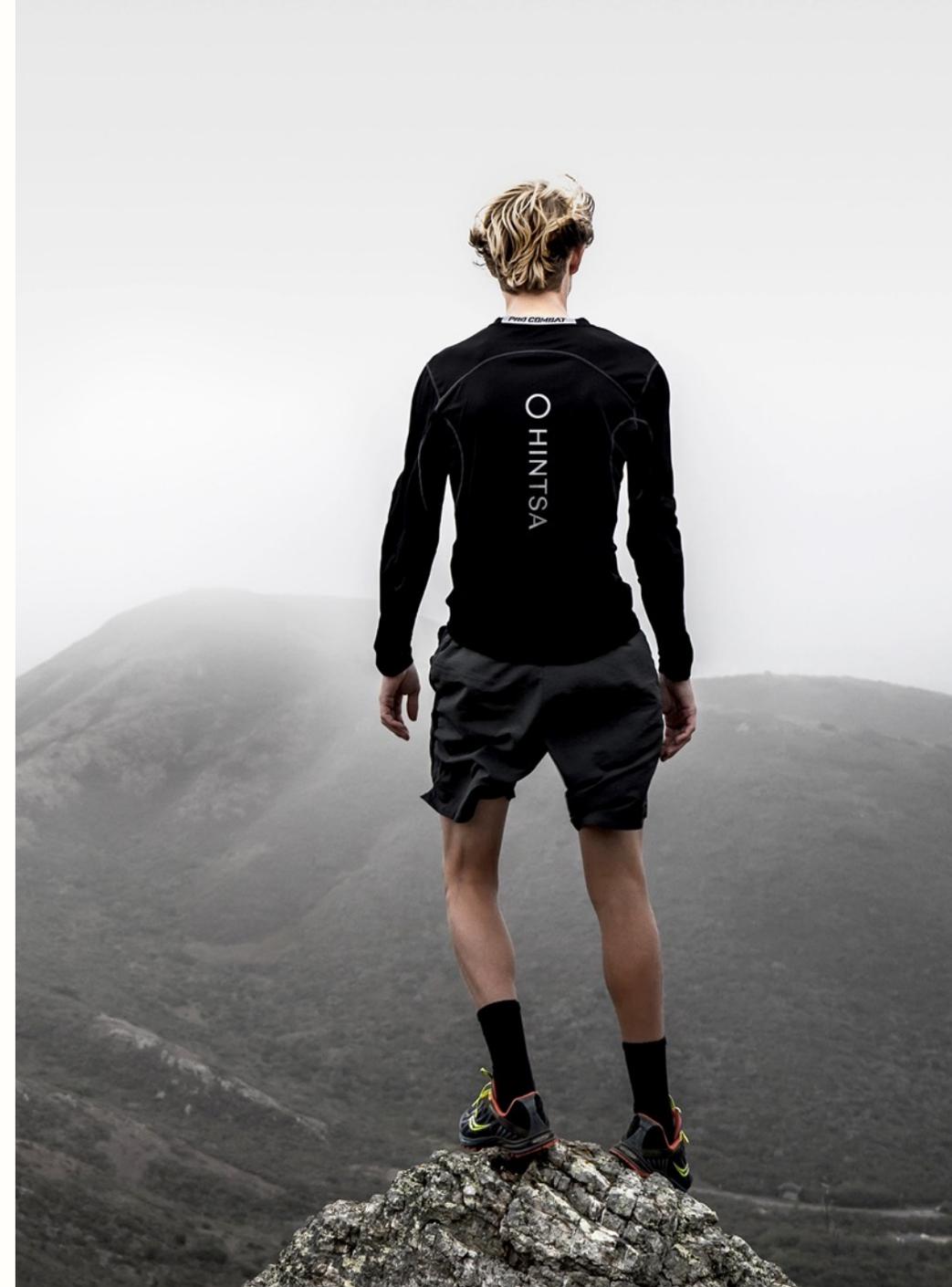
Application journey

- **Complete the application form:** <https://forms.office.com/e/sjpLcPSR4K>
 - You can indicate whether you would like to join a cohort, or do the self-study path, in the application form.
 - The application form includes questions regarding your academic background, work experience and context, coaching experience, motivation for joining the course, etc.
 - You will also be asked to upload your CV in the application form.

We'll invite candidates who meet the criteria for a short, max 30-minute online interview. Candidates are interviewed soon after submitting their application. This interview is also a good opportunity for you to ask any questions you might have about the course.

Course price and payment options

- The price of the course is 3900 EUR (+VAT) and this is the same for the cohort and self-study paths
- Payment options:
 - One-time
 - 3 instalments
 - Monthly
(available only for individual payers, not if paying through a company)
- With any questions, please don't hesitate to reach out to the course team. You can reach us at coachcertification@hintsa.com

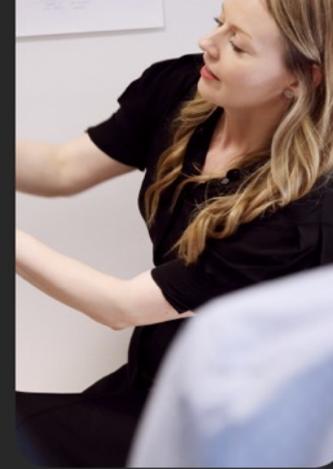


Opportunities beyond the course

Beyond the course...

Hintsa Coach Membership

- Available for those who have successfully completed the Hintsa Performance Coaching Course.
- Annual price: 199€ + VAT
- Includes:
 - Continued access to the course materials
 - Continuous professional development sessions
 - Science shots
 - Paddock perspectives sessions
 - Book club
 - Downloadable tools
 - Community discussion
 - Networking with other professionals
 - Discounts on other courses and trainings



Beyond the course...

Hintsa Certified Coach status

- To apply for Hintsa Certified Coach status, you need to:
 - Successfully complete the course
 - Be recommended by the course faculty
 - Have an academic background in a health and wellbeing field or have extensive professional experience and qualifications in e.g. elite sports
 - Have 2+ years of professional coaching experience (or a professional role similar to coaching)
- Annual price: 399€ + VAT (renewed annually)
- Includes:
 - Eligibility to use the title Hintsa Certified Coach
 - Everything included in the Hintsa Coach Membership
 - Free access to all Masterclasses
 - Annual discussion with Hintsa staff



Beyond the course...

Working with Hintsa Performance

- We can't promise work to anyone joining the Hintsa Performance Coaching Course
- When looking for new coaches or specialists (doctors, physios, psychologists, nutritionists, etc.) for clients, we always **first** look to individuals who have completed the course
- We have very limited full-time coaching opportunities and most of our coaches are part-time contractors
- We work in both sport and business, and the requirements vary greatly depending on context, client, geography, and scope
- In addition to completing the course, we generally require:
 - Relevant academic qualifications
 - Relevant coaching experience and skills
 - A good fit of values and personality to the client context



**Secure your spot - join
our global community
of performance
professionals.**

