



CELEBRATING
over 50 YEARS of
Nature Care College

Learning for Life, since 1973



PROFESSIONAL CERTIFICATE OF
**HOLISTIC
WELLNESS
COACHING**

naturecare.com.au

2024 COURSE OUTLINE

LOVE YOUR WORK | LOVE YOUR LIFE

Start a rewarding career as a Holistic Wellness Coach!

Professional Certificate of Holistic Wellness Coaching

How we think, feel, see and engage with the world affects our cellular biology, or put simply, our overall health.

The Professional Certificate of Holistic Wellness Coaching will equip graduates to work collaboratively with clients to engage and maintain an effective, lasting personal wellness program that is focused on a holistic approach to staying well and avoiding illness “Prevention is better than Cure”

Health Coaches support clients to make long-term lasting behavioral change. Health Coaches work collaboratively with clients to form positive habits and remove negative practices.

This collaborative approach of working together empowers people to thrive.

As a Holistic Wellness Coach you will;

- Help clients live a more positive, less stressful, healthier, happier and fulfilling life
- Motivate and inspire clients to lead a life focused on staying well and avoiding illness
- Equip clients with the tools to create a growth mindset & engage in positive emotional practices to make long term beneficial changes in their life
- Work in collaboration with clients to integrate physical wellbeing with mental, emotional and spiritual practices
- Identify clients' unique strengths through detailed analysis in order to strive towards tailored accessible goals and wellness plans
- Create personalised preventative health care plans for clients
- Monitor your clients' progress and make changes to wellness plans as required.

A COACHING
COURSE THAT
DELIVERS STUDY/LIFE
BALANCE

Course Duration: 1 year part-time with a well-balanced study load

Intake: February, June and September

Study Options: Enjoy the ease of watching the class live in our virtual classroom or watch the recording at your leisure

Academic Year: The academic year consists of 3 x 12 week terms

What you will learn - A Wellness Course that facilitates valuable self-development & expansion

In today's world, we not only need more empathy, kindness, collaboration and other positive qualities but also the view that those qualities can be developed within each person.

The Professional Certificate of Holistic Wellness Coaching will provide graduates with the tools to create a more positive, less stressful, healthier, happier and fulfilling life; aiming to equip and motivate you on how to inspire others to lead a life focused on staying well and avoiding illness.

Wellness is more than being healthy through eating well and exercise. It is creating a growth mindset, engaging in positive emotional practices and simple but effective 'focussed' practices, ultimately making long-term beneficial changes on several spheres of one's life.

Not only will you learn how to coach clients, you will learn a lot about yourself, which is essential to being a well-informed empathetic and successful wellness coach. Along your learning journey you will be stimulated by your newfound knowledge, meet like-minded people, and be equipped to start a new fulfilling career that will provide powerful and lasting benefits to others.



Embrace the Advantages of Learning with Nature Care

1 Flexible Learning Options with Lecturers

Enjoy the ease of attending the class live in our virtual classroom with your Trainer **OR** watch the recording in line with your own weekly study schedule. You can choose to:

- > Attend the class lesson live in real-time online at the scheduled time **OR**
- > Review the class recording and course content at your leisure in-line with your own weekly study schedule.
- > You can attend the live class and watch the recording for revision to consolidate your learning.

2 Learn from Experienced Passionate Educators

- > Nature Care is renowned for its natural therapies curriculum, passionate and experienced Trainers and caring environment.

3 Lifestyle Friendly Study Plans

- > Our recommended study plan is created to provide the learner with a study/life balance of doing the course program over two terms. However as every subject is offered every term you can create a study plan to suit your own personal needs.

4 Quality Education at an Affordable Cost with Payment Options

- > Nature Care has a long history of making natural therapy education accessible to everyone & offers a range of payment options available to make this possible.



Who is this course for?

This course is geared towards those who have a holistic approach to wellness and wish to practice as a Wellness Coach.

Working in collaboration with clients, a holistic Wellness Coach will integrate physical wellbeing with mental, emotional and spiritual practices to guide and support their clients to become healthier, happier individuals and live a more productive and fulfilling life.

It is also an inspiring course program for people who have a passion for learning about the disciplines & philosophies to achieve a life that fosters and nurtures a healthy mind, body and spirit.

Recognition of Course

Nature Care College is an approved, recognised provider for the Professional Certificate of Holistic Wellness Coaching with the International Institute for Complementary Therapists (IICT). Once you graduate with your qualification, you are eligible to join IICT to gain personal indemnity insurance to practice.



Professional membership & insurance for Every Therapist - Once you have graduated with your Professional Certificate from Nature Care College, you are eligible to join the IICT Visit: www.iict.com.au

IICT - The International Institute for Complementary Therapists

IICT is a professional membership body that provides membership to thousands of natural therapy practitioners worldwide. IICT represents the world's largest list of recognised natural therapy modalities.

About Nature Care

We **LOVE** what we do and are proud to be at the forefront of educating people in taking a holistic approach to health and healing with a focus on preventative natural healthcare.

- > For over 50 years we have been proud to provide a platform for experienced holistic practitioners to pass on their wealth of knowledge as educators.
- > Since 1973 Nature Care is Australian owned and continues to lay the foundations for future holistic practitioners who have been taught by educators with a wealth of expertise.
- > The college's name comes from "Nature Cure" which was used throughout Europe in the 18th century to describe naturopathy the nourishing concept of "Care" replaced "Cure".



Course Enrolment

You are welcome to enrol if you are 18 years and over.

ONE YEAR STUDY PLAN

Study Period 1

- Wellness Coaching Skills
- Introduction to Nutrition
- Cellular Health - Living For Longevity

Study Period 2

- Mental, Emotional & Spiritual Wellness
- Food As Medicine
- The Successful Wellness Coach
- The Resilient Mindset

Study Period 3

- Weight Management Strategies
- Creating Self Care Plans
- The Holistic Health Toolkit
- Introduction to Psychoneuroimmunology

For subject dates and times, please view the Timetable.

Course Intake: February, June and September

All subjects within the Professional Certificate of Holistic Wellness Coaching are offered every term. You can follow the recommended study plan, or you can pace the course program to suit your own personal needs.

Your subjects

Cellular Health - Living For Longevity

“Your cells are listening to your thoughts” partly synopsis this subject, including the latest award winning research on prematurely aging cells and healthy cells. You will learn that certain biochemical environments appear to be conducive to several cell aging mechanisms and how you can support your cells to increase longevity in life. Multiple self-assessment questionnaires & exercises in personality identification and life’s purpose exercises to assist the student (and ultimately the client) through the process of identification and improvement techniques and the setting of personal goals.

The Holistic Health Toolkit

This course aims to consolidate your knowledge on various natural remedies and holistic practices to apply to a practical setting where you are able to successfully advise your clients and help them along their health and wellness journey. You will be able to integrate your knowledge of the following modalities and holistic health practices in an advisory capacity (i.e. as a natural health advisor, wellness coach, etc.): Bach Flower Remedies; Basic Aromatherapy and using essential oils for self-care; Herbal preparations/ teas.

Introduction to Nutrition

Develop an understanding of the basic concepts of established nutritional principles and practice. You will review current nutritional trends in order to identify basic individual dietary requirements and negotiate basic dietary change as appropriate to the individual.



Your subjects

Food As Medicine

Food As Medicine explores the healing potential of foods, beverages and dietary patterns using the best knowledge from both traditional and scientific sources. In this subject you will learn how to recommend wholesome foods and beverages based on seasonally available ingredients that delight the senses whilst providing specific phytochemicals and nutrients. You will also learn how to communicate knowledge of nutritional medicine philosophy, principles and practices.

Mental, Emotional & Spiritual Wellness

The value of focused 'meditative' and wellness practices are explored through readings, exercises, research & practical videos including: Mindfulness Meditation; Acceptance & Commitment skills; Loving/ Kindness Meditation; Gratitude & Wellness; Consciousness and the power of positive affirmations.

The Resilient Mindset

A resilient growth mindset opens up a whole new world in observation, behaviour, persona and health. The view you adopt for yourself profoundly affects the way you lead your life. In this subject you will identify what constitutes a 'fixed' and resilient (growth) mindset through a guided 4 step process. Techniques and activities will be identified and taught on how to change your mindset.

Wellness Coaching Skills

Students will learn the importance of and techniques in advanced listening skills where they will develop an acute awareness of client goals. Practical role plays for client and coach sessions is all part of this coaching subject. A coach's 'Tool-kit' is included with forms, checklists, questionnaires and client agreements.

The Successful Wellness Coach

Create a clear vision for moving forward into becoming a wellness coach through the identification and reinforcement of the student's own goals, the practice of initial coaching and client interviews, sourcing clients, confidence building, and the tools required for coaching.

Weight Management Strategies

Students will be equipped with the skills and knowledge required to identify weight loss and maintenance strategies for clients. It includes knowledge of physical and psychological qualities of foods, dietary types and trends, diets and lifestyle choices to meet varying client needs with diverse relationships to foods and eating patterns.

Creating Self Care Plans

As a wellness coach and advisor, one of the most important ways to help your clients keep on track with their self-care routine is to work with them to create self-care plans that are goal-oriented. A self-care plan is always customised taking into account a person's unique circumstances, health and other factors. This subject will not only look at care plans for one self, but also the different stages of life from the teenage years and adolescence through to mid-life and beyond.



Intro to Psychoneuroimmunology Based Relaxation Therapy

This course offers students the latest evidence-based research of interactions between neural, endocrine and immune processes. It highlights the effect of stress and relaxation on psychological and physical well being and includes practical relaxation skills to reduce the effects of stress-related medical conditions.





Frequently Asked Questions

Who are my Trainers?

Nature Care has been a leading provider of natural therapies since 1973! The college is renowned for its natural medicine curriculum, passionate and experienced Trainers and professional, caring environment. Students in the Professional Certificate of Holistic Wellness Coaching receive great benefits in learning from Trainers who are successful health practitioners and who love sharing their first-hand experience with their students.

This Professional Certificate of Holistic Wellness Coaching has been developed in-house by successful coaches and health practitioners; the result being the most relevant & comprehensive qualification in the field for those wishing to become a Holistic Wellness Coach.



Your Study Options Explained

Providing work-life balance with flexibility & making learning accessible for everyone is the key to our Study programs. All subjects have a scheduled class time. You can choose to attend the class live in our virtual classroom OR watch the recording and review the course content at your leisure in line with your own weekly study schedule. You have the flexibility of choosing your preferred study option each week, and you can even do both! Each class recording is available for the whole duration of term to optimise your learning experience. Nature Care's virtual classroom is accessed through the colleges secure online Student Portal which you can access day and night 7 days a week.

**Please note for the two Coaching subjects you must attend the class live online in real time. The class allows for an 80% attendance requirement.*

Your Coaching Training

As part of your training, you will learn how to adapt your new coaching skills so you graduate ready to be a successful, empathetic and motivating coach. Your training will provide you with specialised skills and is facilitated by one of the most successful transformational coaches in the country.

Your Trainers

Fiona Banovic

Fiona Banovic is a clinical nutritionist based in Sydney who has been in practice since 2002 and is a Professional Member of the ATMS. She is passionate about enjoying great food and a sunny lifestyle, all in the name of good health. She is also realistic about the pressures of an increasingly fast city life, so flexibility is a big factor in her advice.

Andrea Gilbert

Andrea Gilbert is a qualified Nutritionist and Naturopath who specialises in holistic family health and who develops personally tailored treatment plans for her clients. Andrea is a lecturer specialising in Nutrition at Nature Care in addition to running her busy clinical practice.

Dr Judy Lovas

Dr Judy Lovas is a highly experienced, qualified and passionate public speaker, teacher, academic and author. Her classes highlight the science and practice of evidence based Relaxation Therapies to enhance health and decrease chronic conditions. Judy translates Psychoneuroimmunology research into the implementation of relaxation therapies. Judy specialises in offering unique and dynamic classes that combine a scientific and holistic approach.

Lorna Stewart

Lorna is an experienced and highly regarded coach and coach trainer, who is dedicated to the deeper development and evolution of the coaching profession. Since 2000, she has coached, trained and mentored close to 1,000 coaches and business leaders in Australia, NZ, UK, Europe, USA, South Africa and Singapore, both face to face and online.

Her particular passion and expertise is supporting and empowering coaches and complementary health practitioners to create a successful soul-aligned business which fully satisfies their deepest yearning to make a real difference in the world and which also attracts a very healthy income!

For Nature Care College, she has been successfully training and mentoring students in coaching since 2007.

Nai Ann Lee

Nai Ann is a qualified and experienced functional medicine certified health coach, integrative mind-body therapist and Neuro Linguistic Programming (NLP) master practitioner, trainer and consultant. She helps clients who struggle with high levels of stress, anxiety, fatigue, burnout, those who are experiencing symptoms of declining health or have been diagnosed with chronic illness by empowering and enabling them with transformational tools to make sustained changes towards improved physical, mental and emotional health.

Nai Ann was also a change management consultant, coach, speaker and trainer in the corporate world for over 20 years. At Nature Care College, she is a passionate educator - here to empower and inspire her students in becoming successful wellness coaches.

Course Program Payment Options

Nature Care has a long history of making natural therapy education accessible & open to everyone.

The college offers a range of payment options to assist people with their budgets.

There are 3 payment options available.

You enrol and pay course tuition fees on a term-by term basis.

OPTION 1: RECEIVE A 5% DISCOUNT

Pay the terms course tuition fees in full upon enrolment to receive a 5% discount.

To receive the 5% discount, you must enrol three weeks prior to the start of the course.

OPTION 2: PAY TERM BY TERM AS YOU STUDY

You can enrol with a course deposit of \$200 & the Course Program Enrolment Fee of \$95. The balance of the terms course tuition fees is payable by the end of the first week of term.

OPTION 3: PAYMENT PLAN

The benefit of a payment plan is that it helps you to budget & pay for your studies throughout the term in weekly instalments. This enables you to spread the cost of your course tuition fees over the 12 weeks of term.

To enrol an initial deposit of \$200 & the Course Program Enrolment Fee of \$95 is required to secure your place in the course program. The balance is paid off in 12 weekly instalments throughout term.

*A 10% payment plan access surcharge is applied to the balance owing after the deposit is paid.

Professional Certificate of Holistic Wellness Coaching Course Tuition Fees

Course Program Enrolment Fee \$95

Term 1 \$1,640 **Term 2** \$1,980 **Term 3** \$1,715

Paying Per Term with 5% Upfront Discount

Term 1 \$1,558 **Term 2** \$1,881 **Term 3** \$1,629.25

Paying Per Term with a Payment Plan

To enrol an initial deposit of \$200 is required per term and the balance can be paid in 12 weekly instalments each term as outlined below.

Term 1 \$132 weekly **Term 2** \$163.16 weekly **Term 3** \$138.87 weekly



Career opportunities

Career opportunities for Nature Care graduates are bright and prosperous. The popularity of the natural therapies and wellness industries globally has increased the demand for qualified Holistic Wellness Coaches. Nature Care College has a long-standing reputation as one of the country's most reputable Natural Therapy colleges.

Practice as a Holistic Wellness Coach in private practice, or, in Health and Spa Industries, in Yoga, Pilates & Fitness gyms, as a Corporate Wellness Educator, or pursue career in media and education.

Recognition of Prior Learning (RPL)

We recognise prior learning and encourage you to apply. If you have fully or partially completed formal study within the last 10 years, and/or have completed informal learning through work experience, you can apply for recognition by submitting the Recognition of Prior Learning Form available from our website

www.naturecare.com.au

Coaching study options and career paths

COURSE

OUTCOME

PROFESSIONAL CERTIFICATE OF
HOLISTIC WELLNESS COACHING



PRACTICE AS A:
HOLISTIC WELLNESS COACH IN
PRIVATE PRACTICE, CORPORATE
WELLNESS & HEALTH RETREATS

PROFESSIONAL CERTIFICATE
IN FOOD & NUTRITION
COACHING



PRACTICE AS A:
FOOD & NUTRITION COACH;
HEALTH & WELLNESS
RETAIL & SALES

WELLNESS
COACHING SKILLS



SHORT COURSE FOR PERSONAL
GROWTH OR TO TASTE TEST
FOR A CAREER CHANGE



The Experience

My study at Nature Care has given me a solid base of knowledge to practice as a Holistic Wellness Coach and run Wellness Workshops. I was able to coach with results immediately on completing my course. - *Jill*

I love Lorna's passion and it was apparent that she is an expert in her field. I would attend again in a heartbeat! - *Eva*

I thoroughly enjoyed the course program. The variety of its content moulded in a fantastic overall approach to one's physical, mental, emotional & spiritual wellbeing. The course coordinators have done a brilliant job.

I've benefited beyond my expectations in my own personal growth and healing journey. I now feel confident in using my learnings to coach others trapped in their own health and wellness setbacks to achieve their health goals.

Thank you Nature Care and all your passionate tutors.
You will see me again, this learning is addictive! - *Christine*

The Resilient Mindset is a seriously good and interesting course which allows the participant to explore the "why" and "how" we think as individuals; and what about those characteristics afford us our outlook on life and experiences. It provides solutions for adapting or changing our mindset to be more inviting of "growth" and to be more resilient. It allows us to be more accepting of some of our more fixed mindsets - *Jennie*

'I would like to express my gratitude to the college for introducing the possibility to attend class "live" from our home. It has been an amazing positive change and the fact that we can watch the recording at any time during term is of great assistance to my studies and a very helpful tool'



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