

DIPLOMA OF HOLISTIC WELLNESS COACHING | NEW!

Duration: 1 Year (3 Terms)
Commences: February - Annual Intake
Delivery Mode: On-Campus and Distance Learning

Study Plan

	Study Period 1	Study Period 2	Study Period 3
Year 1	<ul style="list-style-type: none"> Cellular Ageing - Living for Longevity The Holistic Health Toolkit Introduction to Nutrition 	<ul style="list-style-type: none"> Food as Medicine Mental, Emotional & Spiritual Wellness The Resilience Mindset Wellness Coaching Skills 	<ul style="list-style-type: none"> Weight Management Strategies Creating Care Plans The Successful Wellness Coach Introduction to Psychoneuroimmunology-Based Relaxation Therapy

Cellular Aging for Longevity \$175
Saturday 9.30am - 4.30pm Workshop
 CALSAT 28 Apr
Distance 4 weeks
 CALDL 26 Feb - 25 Mar

Introduction to Nutrition \$495
Thursday 10.00am - 2.00pm Intensive
 NUT001THU 22 Feb - 22 Mar
Distance 10 weeks
 NUT001DL 12 Feb - 29 Apr

Food as Medicine \$495
Thursday 10.00am - 2.00pm Intensive
 NUT002THU 5 Apr - 3 May
Distance 10 weeks
 NUT002DL 12 Feb - 29 Apr

Intro to Psychoneuroimmunology Based Relaxation Therapy \$165
Friday 9.30am - 3.30pm Workshop
 PNIMAY 4-May

The Holistic Health Toolkit \$475
Friday 9.30am - 3.30pm Intensive
 HHTFRI 2, 23 Mar & 13 Apr
Distance 9 weeks
 HHTDL 12 Feb - 22 Apr

The Successful Wellness Coach \$325
Friday 11.00am - 3.00pm Intensive
 WEL001FRI 23 Mar, 20 Apr & 11 May
Distance 12 weeks
 WEL001DL 12 Feb - 13 May

Weight Management Strategies \$525
Distance 12 weeks
 NUT023DL 12 Feb - 13 May

Wellness Coaching Skills \$495
Friday 12.00pm - 3.00pm Intensive
 WEL002FRI 16, 23 Feb, 9, 16 Mar 27 Apr & 4 May
Distance 12 weeks
 WEL002DL 12 Feb - 13 May