

DIPLOMA OF HOLISTIC WELLNESS COACHING | NEW!

Duration: 1 Year (3 Terms)

Commences: Intake in February, May & September

Delivery Mode: On-Campus and Distance Learning

In order to complete the Diploma, students must follow the published study plan and re-enrol in the sequence outlined in order to meet the required pre-requisites and co-requisites. Students must complete the Diploma in the duration outlined, otherwise you may put yourself at risk of not completing.

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 Resilient Mindset Wellness Coaching Skills 	<ul style="list-style-type: none"> Weight Management Strategies Creating Self-Care Plans The Successful Wellness Coach Introduction to Psychoneuroimmunology-Based Relaxation Therapy

You are only required to choose one class option for each separate unit of study as guided by the study plan above, i.e. you only need to pick one Introduction to Nutrition class option.

Cellular Ageing for Longevity \$175 Friday 9.30am - 4.30pm Workshop CALFRI 23 - Nov Distance 4 weeks CALDL 12 Nov - 9 Dec	Introduction to Psychoneuro-immunology Based Relaxation Therapy \$165 Saturday 10.00am - 4.00pm Workshop PNINOV 17 - Nov Distance 4 weeks PNIDL 12 Nov - 9 Dec	The Successful Wellness Coach \$325 Wednesday 12.00pm - 3.00pm Intensive WEL001WED 12, 26 Sept, 10 & 31 Oct Distance 12 weeks WEL001DL 10 Sep - 9 Dec
Creating Self-Care Plans \$325 Friday 9.30am - 3.30pm Workshop COA014FRI 16 & 30 Nov Distance 6 weeks COA014DL 29 Oct - 9 Dec	Mental, Emotional and Spiritual Wellness \$325 Friday 9.30am - 3.30pm Workshop PSY002FRI 19 Oct & 2 Nov Distance 4 weeks PSY002DL 29 Oct - 25 Nov	Weight Management Strategies \$345 Wednesday 9.30am - 11.30am 7 weeks NUT023WED 17 Oct - 5 Dec Distance 7 weeks NUT023DL 15 Oct - 9 Dec
Food as Medicine \$495 Tuesday 6.00pm - 9.30pm Intensive NUT002TUE 30 Oct - 4 Dec Friday 10.00am - 2.00pm Intensive NUT002FRI 9 Nov - 7 Dec Distance 10 weeks NUT002DL 10 Sep - 25 Nov	The Holistic Health Toolkit \$475 Saturday 10.00am - 4.00pm Workshop HHTSAT 22 Sep, 5 & 20 Oct Distance 9 weeks HHTDL 24 Sep - 2 Dec	Wellness Coaching Skills \$495 Wednesday 12.00pm - 3.00pm Fortnightly WEL002WED 19 Sept, 3, 17 Oct, 7, 21 Nov & 5 Dec Distance 12 weeks WEL002DL 10 Sep - 9 Dec
Introduction to Nutrition \$495 Tuesday 6.00pm - 9.30pm Intensive NUT001TUE 11 Sep - 16 Oct Friday 10.00am - 2.00pm Intensive NUT001FRI 21 Sep - 19 Oct Distance 10 weeks NUT001DL 10 Sep - 25 Nov	The Resilient Mindset \$175 Friday 10.30am - 2.00pm Workshop PSY001FRI 21 Sept & 5 Oct Distance 4 weeks PSY001DL 24 Sep - 21 Oct	