

PROFESSIONAL CERTIFICATE OF HOLISTIC WELLNESS COACHING

Duration: 1 Year (3 Terms)

Intake: Commencing February, June & September

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

Study options:

All subjects have a schedule duration & and online scheduled class time.

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

You can choose to:

- Attend the scheduled class lesson live in real-time online via the Nature Care Student Portal OR
- Review the live 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 as revision.

Course Study Plan Overview

The below study plan is the recommended study sequence for this course; however, students have the flexibility to select their study sequence for most of the subjects in this course. Students must complete the Course Program 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"> • Introduction to Nutrition • The Holistic Health Toolkit • Cellular Health – Living for Longevity 	<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

COURSE TIMETABLE - TERM 1 – Commences 25th of February

- Please note for the two coaching subjects (Wellness Coaching Skills & The Successful Wellness Coach) you must attend the class live online in real time. The subjects allow for an 80% attendance requirement.

Cellular Health – Living for Longevity	\$240 (Incl. GST)
Thu. Online 10.00am – 12.30pm 3 weeks CHLFRI 3 – 17 Mar (Final Class 10am-12pm)	

Creating Self-Care Plans	\$395 (Incl. GST)
Fri. Online 9.30am – 12.30pm 4 weeks COA014FRI 22 Apr – 13 May	

Food as Medicine	\$555 (Incl. GST)
Thu. Online 6.30pm-8.30pm 10 weeks NUT002THU 10 Mar - 12 May	

Introduction to Nutrition	\$595 (Incl. GST)
Fri. Online 11.30am – 1.30pm 10 weeks NUT001FRI 25 Feb – 6 May (Excluding 15 April)	

Introduction to Psychoneuroimmunology Based Relaxation Therapy	\$195 (Incl. GST)
Fri. Online 9.30am – 11.30am 3 weeks PNIFRI 25 Mar – 8 Apr	

Mental Emotional & Spiritual Wellbeing	\$365 (Incl. GST)
Thu. Online 1.30pm-4.30pm 4 Classes PSY002THU 7 – 28 Apr	

Course Timetable continues on the next page

COURSE TIMETABLE CONTINUED

The Holistic Health Toolkit	\$570 (Incl. GST)
Sat. Online 9.30am - 12.30pm 6 weeks HHTSAT	26 Mar – 7 May (*Excluding 16 April)

Weight Management Strategies	\$420 (Incl. GST)
Thu. Online 9.30am – 11.30am 7 weeks NUT023FRI	24 Feb - 7 April

The Resilient Mindset	\$365 (Incl. GST)
Fri. Online 9.30am - 12.30pm 4 weeks PSY001FRI	25 Feb - 18 Mar

Wellness Coaching Skills	\$720 (Incl. GST)
Sat. Online 12.30 pm - 3.30pm 8 Classes WEL002SAT	26 Feb - 23 April (Excluding 16 April)
OR	
Tue. Online 10.30am - 12.30pm 12 Classes WEL002TUE	22 Feb - 10 May

The Successful Wellness Coach	\$540 (Incl. GST)
Sat. Online 12.30pm - 3.30pm 4 Classes WEL001SAT	30 April - 21 May
OR	
Wed. Online 10.30am - 12.30pm 6 weeks WEL001WED	23 Feb - 30 March