

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

Flexible Learning Options:

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.

Course Study Plan Overview

The below study plans are the recommended study sequence for this course; however, you can pace the course program duration to suit your own personal needs. All subjects within the Professional Certificate of Holistic Wellness Coaching are offered every term.

Suggested Study Plan - New Students & continuing students who have started in Term 2/2023

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

COURSE TIMETABLE - TERM 1 – Commences 19 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.

Wellness Coaching Skills	\$795 (Incl. GST)	Introduction to Nutrition	\$575 (Incl. GST)	Cellular Health – Living for Longevity	\$270 (Incl. GST)
Tue. Online 5.30pm – 7.30pm	12 weeks	Wed. Online 6.30pm – 8.30pm	10 weeks	Fri. Online 9.30am – 12.00pm	3 weeks
WEL002TUE	20 Feb – 7 May	NUT001WED	21 Feb – 24 Apr	CHLFRI	23 Feb – 8 Mar (Final Class 9.30am – 11.30am)
80% live online attendance requirement					

The Successful Wellness Coach	\$595 (Incl. GST)
Mon. Online 5.30pm – 7.30pm	6 weeks
WEL001MON	19 Feb – 25 Mar
80% live online attendance requirement	

Food as Medicine	\$595 (Incl. GST)
Tue. Online 6.30pm – 8.30pm	10 weeks
NUT002TUE	5 Mar – 7 May

The Resilient Mindset	\$395 (Incl. GST)
Fri. Online 1.00pm-3.00pm	6 weeks
PSY001FRI	23 Feb – 5 Apr (excl. 29 Mar)

Mental Emotional & Spiritual Wellness	\$395 (Incl. GST)
Fri. Online 1.00pm – 3.00pm	6 weeks
PSY002FRI	12 Apr – 17 May

Weight Management Strategies	\$455 (Incl. GST)
Thu. Online 2.30pm – 4.30pm	7 weeks
NUT023THU	7 Mar – 18 Apr

Introduction to Psychoneuroimmunology Based Relaxation Therapy	\$220 (Incl. GST)
Fri. Online 9.30am – 11.30am	3 weeks
PNIFRI	5 Apr – 19 Apr

Creating Self-Care Plans	\$445 (Incl. GST)
Fri. Online 1.00pm – 4.00pm	4 weeks
COA014FRI	12 Apr – 3 May

The Holistic Health Toolkit	\$595 (Incl. GST)
Sat. Online 9.30am - 12.30pm	6 weeks
HHTSAT	6 Apr – 11 May