

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 & an 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 2 – Commences 6th June

- *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.*

Study period 1:

Introduction to Nutrition	\$595 (Incl. GST)
Tue. Online 6.30pm – 8.30pm 10 weeks NUT001FRI	7 Jun – 9 Aug

The Holistic Health Toolkit	\$570 (Incl. GST)
Sat. Online 9.30am - 12.30pm 6 weeks HHTSAT	11 Jun – 16 Jul

Cellular Health – Living for Longevity	\$240 (Incl. GST)
Fri. Online 10.00am – 12.30pm 3 weeks CHLFRI	10 – 24 Jun (Final Class 10am-12pm)

Course Timetable continues on the next page

COURSE TIMETABLE CONTINUED

Study period 2:

Food as Medicine	\$555 (Incl. GST)
Thu. Online 6.30pm-8.30pm	10 weeks
NUT002THU	23 Jun – 25 Aug

Mental Emotional & Spiritual Wellness	\$365 (Incl. GST)
Thu. Online 9.30am-12.30pm	4 Classes
PSY002THU	9 – 30 Jun

The Resilient Mindset	\$365 (Incl. GST)
Fri. Online 1pm-4pm	4 weeks
PSY001FRI	10 Jun – 1 Jul

Wellness Coaching Skills	\$720 (Incl. GST)
Sat. Online 12.30 pm - 3.30pm	8 Classes
WEL002SAT	11 Jun – 30 Jul
OR	
Tue. Online 10.30am - 12.30pm	12 Classes
WEL002TUE	7 Jun – 23 Aug

Study period 3:

Weight Management Strategies	\$420 (Incl. GST)
Thu. Online 9.30am – 11.30am	7 weeks
NUT023THU	9 Jun – 21 Jul

Creating Self-Care Plans	\$395 (Incl. GST)
Fri. Online 1pm – 4pm	4 weeks
COA014FRI	8 – 29 Jul

The Successful Wellness Coach	\$540 (Incl. GST)
Sat. Online 12.30pm - 3.30pm	4 Classes
WEL001SAT	6-27 Aug

Introduction to Psychoneuroimmunology Based Relaxation Therapy	\$195 (Incl. GST)
Fri. Online 10am – 12pm	3 weeks
PNIFRI	5-19 Aug