

## 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.

### Study Plan

New Students starting in Term 2 – Please enroll in Study Period 1 subjects

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

## COURSE TIMETABLE - TERM 2 – Commences 3<sup>rd</sup> 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.

Wellness Coaching Skills \$795 (Incl. GST)	Introduction to Nutrition \$575 (Incl. GST)	Cellular Health – Living for Longevity \$270 (Incl. GST)
<b>Mon. Online</b> 5.30pm – 7.30pm 12 weeks WEL002MON 3 Jun – 2 Sep (excl. 10 Jun & 8 Jul)	<b>Tue. Online</b> 6.30pm – 8.30pm 10 weeks NUT001TUE 4 Jun – 13 Aug (excl. 9 Jul)	<b>Fri. Online</b> 9.30am – 12.00pm 3 weeks CHLFRI 7 Jun – 21 Jun (Final Class 9.30am – 11.30am)
80% live online attendance requirement		

The Successful Wellness Coach		\$595
(Incl. GST)		
<b>Tue. Online</b>	5.30pm – 7.30pm	6 weeks
WEL001TUE		4 Jun – 16 Jul (excl. 9 Aug)
80% live online attendance requirement		

Food as Medicine		\$595
(Incl. GST)		
<b>Wed. Online</b>	6.30pm – 8.30pm	10 weeks
NUT002WED		19 Jun – 28 Aug (excl. 10 Jul)

The Resilient Mindset		\$395
(Incl. GST)		
<b>Fri. Online</b>	1.00pm-3.00pm	6 weeks
PSY001FRI		7 Jun – 19 Jul (excl. 12 Jul)

Mental Emotional & Spiritual Wellness		\$395
(Incl. GST)		
<b>Fri. Online</b>	1.00pm – 3.00pm	6 weeks
PSY002FRI		26 Jul – 30 Aug

Weight Management Strategies		\$455
(Incl. GST)		
<b>Thu. Online</b>	9.30am – 11.30am	7 weeks
NUT023THU		6 Jun – 25 Jul (excl. 11 Jul)

Introduction to Psychoneuroimmunology Based Relaxation Therapy		\$220
(Incl. GST)		
<b>Fri. Online</b>	9.30am – 11.30am	3 weeks
PNIFRI		5 Jul – 26 Jul (excl. 12 Jul)

Creating Self-Care Plans		\$445
(Incl. GST)		
<b>Fri. Online</b>	1.00pm – 4.00pm	4 weeks
COA014FRI		2 Aug – 23 Aug

The Holistic Health Toolkit		\$595
(Incl. GST)		
<b>Sat. Online</b>	9.30am - 12.30pm	6 weeks
HHTSAT		20 Jul – 24 Aug