

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 scheduled 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 3 – Commences 14th September

- *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 NUT001TUE	27 Sep – 29 Nov

The Holistic Health Toolkit	\$570 (Incl. GST)
Sat. Online 9.30am - 12.30pm 6 weeks HHTSAT	22 Oct – 26 Nov

Cellular Health – Living for Longevity	\$240 (Incl. GST)
Fri. Online 10.00am – 12.30pm 3 weeks CHLFRI	14 Oct – 28 Oct (Final Class 10am-12pm)

Course Timetable continues on the next page

COURSE TIMETABLE CONTINUED

Study period 2:

Food as Medicine (Incl. GST) \$555	Mental Emotional & Spiritual Wellness (Incl. GST) \$365	The Resilient Mindset (Incl. GST) \$365
Thu. Online 6.30pm-8.30pm 10 weeks NUT002THU 15 Sep – 17 Nov	Thu. Online 9.30am-12.30pm 4 weeks PSY002THU 6 Oct – 27 Oct	Fri. Online 1pm-4pm 4 weeks PSY001FRI 16 Sep – 7 Oct

Wellness Coaching Skills (Incl. GST) \$720
Sat. Online 12.30 pm - 3.30pm 8 weeks WEL002SAT 17 Sep – 5 Nov
OR
Wed. Online 6.30 – 8.30pm 12 weeks WEL002WED 14 Sep – 30 Nov

Study period 3:

Weight Management Strategies (Incl. GST) \$420	Creating Self-Care Plans (Incl. GST) \$395	The Successful Wellness Coach (Incl. GST) \$540
Fri. Online 2.30am – 4.30am 7 weeks NUT023FRI 16 Sep – 28 Oct	Fri. Online 1pm – 4pm 4 weeks COA014FRI 4 Nov – 25 Nov	Tue. Online 10.30am – 12.30pm 6 weeks WEL001TUE 13 Sep – 18 Oct

Introduction to Psychoneuroimmunology Based Relaxation Therapy (Incl. GST) \$195
Fri. Online 10am – 12pm 3 weeks PNIFRI 11 Nov- 25 Nov