

## 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
<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>

#### Suggested Study Plan - Continuing Students who have started in Term 1/2023

<b>Year 1</b>	<ul style="list-style-type: none"> <li>• Introduction to Nutrition</li> <li>• The Holistic Health Toolkit</li> <li>• Cellular Health – Living for Longevity</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>• Wellness Coaching Skills*</li> </ul>	<ul style="list-style-type: none"> <li>• Weight Management Strategies</li> <li>• Creating Self-Care Plans</li> <li>• The Successful Wellness Coach*</li> <li>• Introduction to Psychoneuroimmunology Based Relaxation Therapy</li> </ul>
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## COURSE TIMETABLE - TERM 3 – Commences 12<sup>th</sup> 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.

Introduction to Nutrition	\$595 (Incl. GST)
<b>Tue. Online</b> 6.30pm – 8.30pm 10 weeks NUT001TUE	12 Sep - 14 Nov

The Successful Wellness Coach	\$595 (Incl. GST)
<b>Tue. Online</b> 6.30pm – 8.30pm 6 weeks WEL001TUE	12 Sep – 17 Oct

Wellness Coaching Skills	\$795 (Incl. GST)
<b>Mon. Online</b> 6.30pm – 8.30pm 12 weeks WEL002MON	11 Sep – 11 Dec (excl. 2 Oct & 13 Nov)

*Class Schedule continues on the next page*

Weight Management Strategies \$455  
(Incl. GST)

**Thu. Online** 9.30am – 11.30am 7 weeks  
NUT023THU 14 Sep – 26 Oct

Food as Medicine \$585  
(Incl. GST)

**Thu. Online** 6.30pm – 8.30pm 10 weeks  
NUT002THU 28 Sep – 30 Nov

Cellular Health – Living for Longevity \$270  
(Incl. GST)

**Fri. Online** 9.30am – 12.00pm 3 weeks  
CHLFRI 15 Sep – 29 Sep  
(Final Class 9.30am – 11.30am)

Introduction to Psychoneuroimmunology Based Relaxation Therapy \$220  
(Incl. GST)

**Fri. Online** 9.30am – 11.30am 3 weeks  
PNIFRI 6 Oct – 20 Oct

The Resilient Mindset \$395  
(Incl. GST)

**Fri. Online** 1.00pm-3.00pm 6 weeks  
PSY001FRI 15 Sep – 20 Oct

Mental Emotional & Spiritual Wellness \$395  
(Incl. GST)

**Fri. Online** 9.30am – 11.30am 6 weeks  
PSY002FRI 27 Oct – 1 Dec

Creating Self-Care Plans \$445  
(Incl. GST)

**Fri. Online** 1.00pm – 4.00pm 4 weeks  
COA014FRI 27 Oct – 17 Nov

The Holistic Health Toolkit \$595  
(Incl. GST)

**Sat. Online** 9.30am - 12.30pm 6 weeks  
HHTSAT 21 Oct – 25 Nov