

## 2022 PROFESSIONAL CERTIFICATE OF POSITIVE MENTAL HEALTH COACHING

**Duration:** 1 Year (3 Terms)

**Intake:** Annual intake commencing in February

**Academic Year:** The academic year consists of 3 x 12 week Terms

### Study options:

All subjects have a schedule duration & and 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

In order to complete the Course Program, students must follow the published study plan and re-enrol in the sequence outlined in order to meet the required pre-requisites and co-requisites. Students must complete the Course Program in the duration outlined, otherwise you may put yourself at risk of not completing.

### Study Plan

	Term 1	Term 2	Term 3
<b>Year 1</b>	<ul style="list-style-type: none"> <li>• The Resilient Mindset</li> <li>• Positive Mental Health &amp; Flourishing</li> <li>• Emotional Health</li> <li>• Certificate in Gratitude Training</li> </ul>	<ul style="list-style-type: none"> <li>• Positive Interventions and Client Goals</li> <li>• Wellness Coaching Skills</li> <li>• Introduction to Mindfulness Meditation Practices</li> </ul>	<ul style="list-style-type: none"> <li>• The Successful Wellness Coach</li> <li>• Positive Mental health Coaching Practicum</li> </ul>


## ANNUAL COURSE TIMETABLE


- 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.

Term 1				
Subject Name	Study Day	Time	Dates	Duration
<b>Positive Mental Health &amp; Flourishing</b> \$795 (Incl. GST)	Thursday Online Virtual Classroom	9.30am - 11.45am	24 Feb - 12 May	12 Weeks
<b>The Resilient Mindset</b> \$365 (Incl. GST)	Friday Online Virtual Classroom	9.30am – 12.30pm	25 Feb - 18 Mar	4 Weeks
<b>Certificate in Gratitude Practices</b> \$245 (Incl. GST)	Thursday Online Virtual Classroom	1.30pm - 3.30pm	3 – 17 Mar (Zoom Classes) & 21 Mar – 10 April (Distance)	6 Weeks
<b>Emotional Health</b> \$290 (Incl. GST)	Friday Online Virtual Classroom	9.30am – 11.30am	22 April - 20 May	5 Weeks

*Course Timetable continues on the next page*

## COURSE TIMETABLE CONTINUED

Term 2					
Subject Name		Study Options	Time	Dates	Duration
<b>Positive Interventions &amp; Client Goals</b> \$540 (Incl. GST)		Thursday Online Virtual Classroom	9.30am - 11.30am	9 Jun - 4 Aug	9 Weeks
<b>Introduction to Mindfulness Meditation Practices</b> \$275 (Incl. GST)		Thursday Online Virtual Classroom	12.30pm - 2.00pm *first class 12.30pm- 2.30pm	16 Jun - 4 Aug	8 Weeks
<b>Wellness Coaching Skills</b> \$720 (Incl. GST)		Saturday Online Virtual Classroom	12.30pm - 3.30pm	11 Jun - 30 July	8 Weeks
		Tuesday Online Virtual Classroom	10.30am - 12.30pm	7 Jun - 23 Aug	12 Weeks

Term 3					
Subject Name		Study Options	Time	Dates	Duration
<b>Positive Mental Health Coaching Practicum</b> \$995 (Incl. GST)		Thursday Online Virtual Classroom	10.00am - 12.30pm	15 Sep - 1 Dec	12 weeks
<b>The Successful Wellness Coach</b> \$540 (Incl. GST)		Saturday Online Virtual Classroom	12.30pm - 3.30pm	12 Nov - 3 Dec	4 Classes
		Wednesday Online Virtual Classroom	10.30am - 12.30pm	14 Sep - 19 Oct	6 Weeks