



Nature Care College

Learning for Life



DIPLOMA OF  
**HOLISTIC  
WELLNESS  
COACHING**

[naturecare.com.au](http://naturecare.com.au)

COURSE OUTLINE

# LOVE YOUR WORK | LOVE YOUR LIFE

Start a rewarding career as a Holistic Wellness Coach!

## Diploma of Holistic Wellness Coaching

How we think, feel, see and engage with the world affects our cellular biology, or put simply, our overall health.

*The Diploma of Holistic Wellness Coaching will equip graduates to work collaboratively with clients to engage and maintain an effective, lasting personal wellness program that is focused on a holistic approach to staying well and avoiding illness "Prevention is better than Cure"*

### As a Holistic Wellness Coach you will;

- Help clients live a more positive, less stressful, healthier, happier and fulfilling life
- Motivate and inspire clients to lead a life focused on staying well and avoiding illness
- Equip clients with the tools to create a growth mindset & engage in positive emotional practices to make long term beneficial changes in their life
- Work in collaboration with clients to integrate physical wellbeing with mental, emotional and spiritual practices
- Identify client's unique strengths through detailed analysis in order to strive towards tailored accessible goals and wellness plans
- Create personalised preventative health care plans for clients
- Monitor your client's progress and make changes to wellness plans as required.

### A COACHING COURSE THAT DELIVERS STUDY/LIFE BALANCE

**Course Duration:** 1 year part-time with a well-balanced study load

**Intake:** February, June and September

**Study Options:** Enjoy the ease of watching the class live in our virtual classroom or watch the recording at your leisure

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

### What you will learn - A Wellness Course that facilitates valuable self-development & expansion

In today's world, we not only need more empathy, kindness, collaboration and other positive qualities but also the view that those qualities can be developed within each person.

The Diploma of Holistic Wellness Coaching will provide graduates with the tools to create a more positive, less stressful, healthier, happier and fulfilling life and will equip, and motivate you on how to inspire others to lead a life focused on staying well and avoiding illness.

Wellness is more than being healthy through eating well and exercise. It is creating a growth mindset, engaging in positive emotional practices and simple but effective 'focussed' practices, ultimately making long-term beneficial changes on several spheres of one's life.

Not only will you learn how to coach clients, you will learn a lot about yourself, which is essential to being a well-informed empathetic and successful wellness coach. Along your learning journey you will be stimulated by your newfound knowledge, meet like-minded people, and be equipped to start a new fulfilling career that will provide powerful and lasting benefits to others.

## Who is this course for?

This course is geared towards those who have a holistic approach to wellness and wish to practice as a Wellness Coach.

Working in collaboration with clients, a holistic Wellness Coach will integrate physical wellbeing with mental, emotional and spiritual practices to guide and support their clients to become healthier, happier individuals and live a more productive and fulfilling life.

It is also an inspiring course program for people who have a passion for learning about the disciplines & philosophies to achieve a life that fosters and nurtures a healthy mind, body and spirit.

## Recognition of Course

Nature Care College is an approved, recognised provider for the Diploma of Holistic Wellness Coaching with the International Institute for Complementary Therapists (IICT). Once you graduate with your qualification, you are eligible to join IICT to gain personal indemnity insurance to practice.

### IICT - The International Institute for Complementary Therapists

IICT is a professional membership body that provides membership to thousands of natural therapy practitioners worldwide. IICT represents the world's largest list of recognised natural therapy modalities.



Professional membership & insurance for Every Therapist - Once you have graduated with your Diploma from Nature Care College, you are eligible to join the IICT  
Visit: [www.iiict.com.au](http://www.iiict.com.au)

### IPHM - The International Practitioners of Holistic Medicine

IPHM has been developed to provide the general public and health care professionals with a body of world-wide regulated professionals, all qualified to recognised levels via their accreditation board.

Membership offers combined professional indemnity and product liability insurance. Members may also list their business name and their modalities on the IPHM website under 'Find a Practitioner'.

Visit: [www.iphm.co.uk](http://www.iphm.co.uk)



## The Nature Care Benefit

- Training Practitioners since 1973 - learn from experienced, passionate educators
- Flexible study options
- Quality education at an affordable price.

The college's quality education is complemented with great value courses to support people in transitioning into work they love!

Our Diploma of Holistic Wellness Coaching course gets you started in the industry at an accessible course cost.

## About Nature Care College

Since **1973** our roots and purpose has been in educating people to take a holistic approach to health and healing, with a focus on preventive natural healthcare.

Nature Care delivers a diverse range of natural healthcare courses from Workshops, Short Courses, Professional Training Programs and Continuing Professional Education courses. Whether you are after a rewarding career or studying for personal growth, Nature Care provides you with the opportunity to pursue your passions and find your purpose with like-minded people.



## Course Enrolment

You are welcome to enrol if you are 18 years and over.

## Course Study Plan

ONE YEAR STUDY PLAN		
Study Period 1	Study Period 2	Study Period 3
<ul style="list-style-type: none"><li>• The Holistic Health Toolkit</li><li>• Introduction to Nutrition</li><li>• Cellular Health - Living For Longevity</li></ul>	<ul style="list-style-type: none"><li>• Mental, Emotional &amp; Spiritual Wellness</li><li>• Food As Medicine</li><li>• Wellness Coaching Skills</li><li>• The Resilient Mindset</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</li></ul>

**For subject dates and times, please view the Timetable.**  
**Course Intake: February, June and September**

## Your Subjects

### Cellular Health - Living For Longevity

This groundbreaking and fascinating subject can be completed autonomously or within the college's Diploma of Holistic Wellness Coaching. "Your cells are listening to your thoughts" partly synopsis this subject, including the latest award winning research on prematurely aging cells and healthy cells. You will learn that certain biochemical environments appear to be conducive to several cell aging mechanisms and how you can support your cells to increase longevity in life. Multiple self-assessment questionnaires & exercises in personality identification and life's purpose exercises to assist the student (and ultimately the client) through the process of identification and improvement techniques and the setting of personal goals.

### The Holistic Health Toolkit

This course aims to consolidate your knowledge on various natural remedies and holistic practices to apply to a practical setting where you are able to successfully advise your clients and help them along their health and wellness journey. You will be able to integrate your knowledge of the following modalities and holistic health practices in an advisory capacity (i.e. as a natural health advisor, wellness coach, etc.): Bach Flower Remedies; Basic Aromatherapy and using essential oils for self-care; Herbal preparations/ teas.

### Introduction to Nutrition

Develop an understanding of the basic concepts of established nutritional principles and practice. You will review current nutritional trends in order to identify basic individual dietary requirements and negotiate basic dietary change as appropriate to the individual.



## Your Subjects

### Food As Medicine

Food As Medicine explores the healing potential of foods, beverages and dietary patterns using the best knowledge from both traditional and scientific sources. In this unit of study you will learn how to recommend wholesome foods and beverages based on seasonally available ingredients that delight the senses whilst providing specific phytochemicals and nutrients. You will also learn how to communicate knowledge of nutritional medicine philosophy, principles and practices.

### Mental, Emotional & Spiritual Wellness

The value of focused 'meditative' and wellness practices are explored through readings, exercises, research & practical videos including: Mindfulness Meditation; Acceptance & Commitment skills; Loving/ Kindness Meditation; Gratitude & Wellness; Consciousness and the power of positive affirmations.



### The Resilient Mindset

A resilient growth mindset opens up a whole new world in observation, behaviour, persona and health. The view you adopt for yourself profoundly affects the way you lead your life. In this subject you will identify what constitutes a 'fixed' and resilient (growth) mindset through a guided 4 step process. Techniques and activities will be identified and taught on how to change your mindset.

### Wellness Coaching Skills

Students will learn the importance of and techniques in advanced listening skills where they will develop an acute awareness of client goals. Practical role plays for client and coach sessions is all part of this final coaching unit. A coach's 'Tool-kit' is included with forms, checklists, questionnaires and client agreements.

### The Successful Wellness Coach

Create a clear vision for moving forward into becoming a wellness coach through the identification and reinforcement of the student's own goals, the practice of initial coaching and client interviews, sourcing clients, confidence building, and the tools required for coaching.

### Weight Management Strategies

Students will be equipped with the skills and knowledge required to identify weight loss and maintenance strategies for clients. It includes knowledge of physical and psychological qualities of foods, dietary types and trends, diets and lifestyle choices to meet varying client needs with diverse relationships to foods and eating patterns.

### Creating Self Care Plans

As a wellness coach and advisor, one of the most important ways to help your clients keep on track with their self-care routine is to work with them to create self-care plans that are goal-oriented. A self-care plan is always customised taking into account a person's unique circumstances, health and other factors. This unit will not only look at care plans for one self, but also the different stages of life from the teenage years and adolescence through to mid-life and beyond.

### Intro to Psychoneuroimmunology Based Relaxation Therapy

This one day course offers students the latest evidence-based research of interactions between neural, endocrine and immune processes. It highlights the effect of stress and relaxation on psychological and physical well being and includes practical relaxation skills to reduce the effects of stress-related medical conditions.



## Frequently Asked Questions

### Who are my Trainers?

Nature Care has been a leading provider of natural therapies since 1973! The college is renowned for its natural medicine curriculum, passionate and experienced Trainers and professional, caring environment. Students in the Diploma of Holistic Wellness Coaching receive great benefits in learning from Trainers who are successful health practitioners and who love sharing their first-hand experience with their students.

This Diploma qualification in Holistic Wellness Coaching has been developed in-house by successful coaches and health practitioners; the result being the most relevant & comprehensive qualification in the field for those wishing to become Holistic Wellness Coach.

### Your Study Options Explained

Providing work-life balance with flexibility & making learning accessible for everyone is the key to our

Study programs. All subjects have a scheduled class time. You can choose to attend the class live in our virtual classroom OR watch the recording and review the course content at your leisure in line with your own weekly study schedule. You have the flexibility of choosing your preferred study option each week, and you can even do both!

Each class recording is available for the whole duration of term to optimise your learning experience.

Nature Care's virtual classroom is accessed through the colleges secure online Student Portal which you can access day and night 7 days a week.

*\*Please note for the two Coaching subjects you must attend the class live in real time or alternatively select the distance learning study option. The distance learning study option is completed with readings, revisions and practices which are supported by your Trainer online in the course forum.*

### Your Coaching Training

As part of your training, you will learn how to adapt your new coaching skills so you graduate ready to be successful, empathetic and motivating coach. Your training will provide you with specialised skills and is facilitated by one of the most successful transformational coaches in the country.

## YOUR TRAINERS

### Andrea Gilbert

Andrea Gilbert is a qualified Nutritionist and Naturopath who specialises in holistic family health and who develops personally tailored treatment plans for her clients. Andrea is a lecturer specialising in Nutrition at Nature Care in addition to running her busy clinical practice.

### Dr Judy Lovas

Dr Judy Lovas is a highly experienced, qualified and passionate public speaker, teacher, academic and author. Her classes highlight the science and practice of evidence based Relaxation Therapies to enhance health and decrease chronic conditions. Judy translates Psychoneuroimmunology research into the implementation of relaxation therapies. Judy specialises in offering unique and dynamic classes that combine a scientific and holistic approach.

### Lorna Stewart

Lorna is an experienced and highly regarded coach and coach trainer, who is dedicated to the deeper development and evolution of the coaching profession. Since 2000, she has coached, trained and mentored close to 1,000 coaches and business leaders in Australia, NZ, UK, Europe, USA, South Africa and Singapore, both face to face and online.

Her particular passion and expertise is supporting and empowering coaches and complementary health practitioners to create a successful soul-aligned business which fully satisfies their deepest yearning to make a real difference in the world and which also attracts a very healthy income!

For Nature Care College, she has been successfully training and mentoring students in coaching since 2007.

### Emma Gray

As a Clinical Psychologist, Meditation teacher and Coach, Emma has worked with 1000's of clients, including healthcare practitioners, corporate executives, and individuals wanting to improve their mental and emotional wellbeing. With 10+ years meditation experience, her teachings have been accessed across the globe, including the US, UK, Canada, and Australia.

She is a consultant, involved in the development of Well-being Programs, including Mindfulness and Meditation programs in mental health clinics and other settings. Emma is a published author, with articles specialising in mental health.

## Course Fees and Payment Options

Nature Care has a long history of making natural therapy education accessible & open to everyone. With this in mind, the college offers a range of payment options to help make this possible and to assist people with their budgets.

You enrol and pay course tuition fees on a term-by-term basis. There are 3 payment options available.

**Option 1:** Pay term by term as you study

**Option 2:** Pay each terms course tuition fees upfront one week prior to the start of term to receive a 5% discount on the terms fees

**Option 3:** Payment Plan. Spread the cost of your course fees throughout the 12-week term with a Payment Plan. You can choose either weekly or monthly payment plan instalment options

The benefit of a payment plan is that it helps you to budget & pay for your studies as you go instead of incurring a large HELP debt.

### Diploma of Holistic Wellness Coaching Course Fees

#### Year 1 Fees

Term 1 \$1,405

Term 2 \$2,005

Term 3 \$1,550

**Total Course Fees = \$4,960**

**Get a 5% Discount:** If you pay each terms fees upfront prior to the start of term you are eligible to receive a 5% discount. So take another 5% off each terms fees published above!

## Career Opportunities

Career opportunities for Nature Care graduates are bright and prosperous. The popularity of the natural therapies and wellness industries globally has increased the demand for qualified Holistic Wellness Coaches. Nature Care College has a long-standing reputation as one of the country's most reputable Natural Therapy colleges.


Practice as a Holistic Wellness Coach in private practice, or, in Health and Spa Industries, in Yoga, Pilates & Fitness gyms, as a Corporate Wellness Educator, or pursue career in media and education.

## Recognition of Prior Learning

We recognise prior learning and encourage you to apply. If you have fully or partially completed formal study within the last 10 years, and/or have completed informal learning through work experience, you can apply for recognition by submitting the Recognition of Prior Learning Form available from our website

[www.naturecare.com.au](http://www.naturecare.com.au)

## Coaching Study Options and Career Paths

COURSE	OUTCOME
<p>PROFESSIONAL CERTIFICATE IN FOOD &amp; NUTRITION COACHING</p>	 <p><b>PRACTICE AS A:</b> FOOD &amp; NUTRITION HEALTH COACH</p>
<p>DIPLOMA OF HOLISTIC WELLNESS COACHING</p>	 <p><b>PRACTICE AS A:</b> HOLISTIC WELLNESS COACH IN PRIVATE PRACTICE, CORPORATE WELLNESS &amp; HEALTH RETREATS</p>
<p>DIPLOMA OF POSITIVE MENTAL HEALTH COACHING</p>	 <p><b>PRACTICE AS A:</b> COACH SPECIALISING IN POSITIVE MENTAL HEALTH</p>

## Testimonials

My study at Nature Care has given me a solid base of knowledge to practice as a Holistic Wellness Coach and run Wellness Workshops. I was able to coach with results immediately on completing my course. - *Jill*

**A positively life transformational 12 months - *Brahmashakti***

I love Lorna's passion and it was apparent that she is an expert in her field. I would attend again in a heartbeat! - *Eva*

**Mental, Emotional and Spiritual Wellness was one of the best courses in the Diploma of Holistic Wellness Coaching. The course came to me when I was going through one of the most difficult times in my life and this course helped me get positive, look at life with gratitude with what I have and helped me deal with the current difficult situation better - *Sudha***

The Resilient Mindset is a seriously good and interesting course which allows the participant to explore the "why" and "how" we think as individuals; and what about those characteristics afford us our outlook on life and experiences. It provides solutions for adapting or changing our mindset to be more inviting of "growth" and to be more resilient. It allows us to be more accepting of some of our more fixed mindsets - *Jennie*

'I would like to express my gratitude to the college for introducing the possibility to attend class "live" from our home. It has been an amazing positive change and the fact that we can watch the recording at any time during term is of great assistance to my studies and a very helpful tool'



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