



Mental, Emotional & Spiritual Wellness

Summary

The purpose of this subject is to introduce the value of several focused meditative & wellness practices. Each topic and practice within this subject warrant their own specific study, however the aim of this course is for you to be aware of the benefits of several practices that you will practice and then pass on the firsthand benefits to your clients.

Learning Outcomes

1. Understand the importance & value of the following focused meditative & wellness practices through research, teachings and exercises and videos:
 - a. Mindfulness Meditation
 - b. Loving/Kindness Meditation
 - c. Gratitude and Wellness Practices
 - d. The Power of positive affirmations
 2. This subject is a compelling, fruitful & fulfilling study in the above practices guaranteed to make lasting beneficial changes when incorporated into ones life on a regular basis.
 3. Explain the science behind these beneficial practices
 4. Learn to apply which practices would suit your client and why.
- Learn to successful perform these practices and motivate your client to incorporate practices
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Content

- Introduction
 - Gratitude
 - Meditation
 - Positive Affirmations
 - Creative Visualisation
 - EFT Tapping
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Assessment

Our assessments are designed to make your learning experience both engaging and inspiring. They also help consolidate what you've learned. Assessment quizzes are open book and held online.

This subject is assessed via the following:

- 1x end-of-term quiz
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Pre-requisites

Nil

Duration

20 hours

Lecturer Led Delivery

(10 contact hours & 10 hours self-directed learning)

Hours are inclusive of all supervised and prescribed activities throughout the duration of this course. These may include lectures, on-line tasks, forums, assessments, prescribed reading, research, assignments and activities.

Compulsory Textbooks

Nil

Resources

You will need a computer to access your course materials and submit assessments. Your computer needs reliable internet access.

Certificate of Completion

If you are completing the subject as a standalone short course, you will automatically receive a Certificate of Completion.

If you are completing the subject as part of a Course Program you will receive your Credentials upon completion of the entire Course Program.

*If you are learning for personal growth, you may elect not to participate in the assessment please notify us by emailing info@naturecare.com.au
