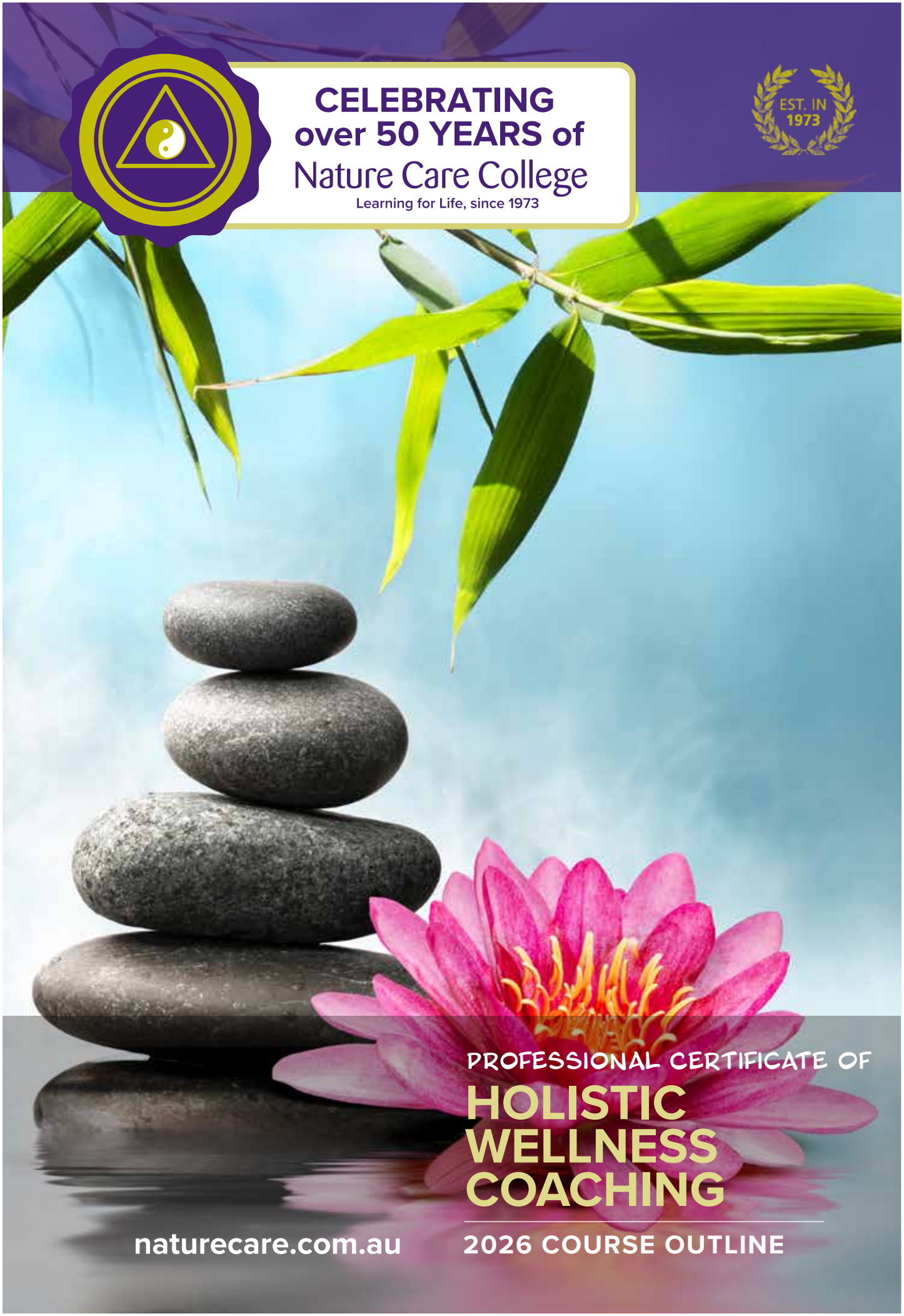
CELEBRATING
over 50 YEARS of
Nature Care College
Learning for Life, since 1973

EST. IN 1973



PROFESSIONAL CERTIFICATE OF

HOLISTIC WELLNESS COACHING

naturecare.com.au

2026 COURSE OUTLINE

LOVE YOUR WORK | LOVE YOUR LIFE

Start a rewarding career as a Holistic Wellness Coach!

Professional Certificate 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 Professional Certificate 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"

Health Coaches support clients to make long-term lasting behavioral change. Health Coaches work collaboratively with clients to form positive habits and remove negative practices.
This collaborative approach of working together empowers people to thrive.

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 clients' 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 clients' progress and make changes to wellness plans as required.

A COACHING COURSE THAT DELIVERS STUDY/LIFE BALANCE

Course Duration: You can follow the recommended study plans or do one or two subjects at a time.

Intake: Start anytime - Learn on line

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 Professional Certificate of Holistic Wellness Coaching will provide graduates with the tools to create a more positive, less stressful, healthier, happier and fulfilling life; aiming to 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 Professional Certificate 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 Professional Certificate from Nature Care College, you are eligible to join the IICT
Visit: **www.iict.com.au**

PREMIER TRAINING PROVIDER
INTERNATIONAL INSTITUTE FOR COMPLEMENTARY THERAPISTS

SEAL of EXCELLENCE
2025

About Nature Care

EST. IN 1973

We **LOVE** what we do and are proud to be at the forefront of educating people in taking a holistic approach to health and healing with a focus on preventative natural healthcare.

- For over 50 years we have been proud to provide a platform for experienced holistic practitioners to pass on their wealth of knowledge as educators.
- Since 1973 Nature Care is Australian owned and continues to lay the foundations for future holistic practitioners who have been taught by educators with a wealth of expertise.
- The college's name comes from "Nature Cure" which was used throughout Europe in the 18th century to describe naturopathy the nourishing concept of "Care" replaced "Cure".

Course Enrolment

You are welcome to enrol if you are 18 years and over. Nature Care's wide demographic of learners makes learning with likeminded people an enriching and fulfilling experience.

** If you reside in the regions of North America and Canada you are not eligible to enrol in the course program.

Getting Started - Flexible Supportive Learning

At Nature Care, we understand that everyone learns differently and that life doesn't always follow a set schedule. That's why our courses are designed with flexibility in mind - so your study journey fits seamlessly around your lifestyle.

We offer two learning styles, so you can choose the one that best fits your schedule and learning preferences - or combine both approaches on a subject- by subject basis.

Due to the nature of coaching course not all subjects are offered by via both course delivery modes. Refer to the timetable for enrolment guidance.

Self- Paced Online Learning - Learn at your own pace

Self-Paced Online Learning allows for you to complete subjects in a quicker or longer pace than the Term/Study Periods in the Lecturer-led delivery sessions.

Our self-paced online learning option is designed to fit your lifestyle whether you're juggling a busy life or just love the freedom to learn independently at your own pace. With access to online content and interactive resources, self-paced learning provides you with flexible timelines so you're in control.

*** How it works:**

- You can start any time.
- You'll have up to six months to complete each subject.
- The online assessments can be submitted whenever you're ready, within the six-month timeframe.

Lecturer-Led Sessions - Optional Live Online and/or Watch the Class Recordings

Our optional live online lecturer-led sessions connect you with expert trainers in a virtual classroom, offering structured lessons and interactive discussions to keep you engaged and progressing.

*** How it works:**

- There are three terms a year commencing in March, June and September
- For Lecturer-led delivery the subjects are delivered & scheduled in the Term/Study Period they appear within the Study Plan
- For the duration of the subjects you will have fortnightly optional live online sessions with the Lecturer.
- Attend live or watch the class recording in your own time – or do both, to consolidate your learning.
- The two coaching subjects -Wellness Coaching Skills and The Successful Wellness Coach require live online class attendance; however, the subjects allow for an 80% attendance requirement.
- Assessments are due within the subject's duration.

** The College reserves the right to change the delivery mode from Lecturer-Led Sessions to Self-Paced Delivery as deemed necessary at the College's discretion.

STUDY PLANS

The three-term study plan is our recommended sequence to complete the course however if you would like to accelerate the course, we have created a two-period study plan for you to follow.

You can follow one of the recommend study plans or pace the course program to suit your own personal needs doing one or two subjects at a time.

> Wellness Coaching Skills is a pre-requisite to The Successful Wellness Coach
> Introduction to Nutrition is a pre-requisite to Weight Management Strategies
> The two coaching - Wellness Coaching Skills and The Successful Wellness Coach - require live online attendance at the scheduled class time; however, the subjects allow for an 80% attendance requirement.

The subjects in **purple** must be attended live online at the scheduled class time.

The subjects in **orange** are available either by self-paced delivery or lecturer-led course delivery.

The subjects in **black** are only scheduled as lecturer-led course delivery sessions however they do not require live online attendance.

THREE TERM RECOMMENDED STUDY PLAN

Study Period 1

- Wellness Coaching Skills
- Introduction to Nutrition
- Foundations of Physical Health & Wellness

Study Period 2

- Mental, Emotional & Spiritual Wellness
- Food As Medicine
- The Successful Wellness Coach
- The Resilient Mindset

Study Period 3

- Weight Management Strategies
- Creating Self-Care Plans
- Cellular Health - Living for Longevity
- Introduction to Psychoneuroimmunology

TWO TERM ACCELERATED STUDY PLAN

Study Period 1

- Wellness Coaching Skills
- Introduction to Nutrition
- The Resilient Mindset
- Mental, Emotional & Spiritual Wellness
- Foundations of Physical Health & Wellness

Study Period 2

- The Successful Wellness Coach
- Food As Medicine
- Weight Management Strategies
- Creating Self-Care Plans
- Introduction to Psychoneuroimmunology
- Cellular Health - Living for Longevity

For subject dates and times, please view the Timetable.

Your subjects

Cellular Health - Living For Longevity

"Your cells are listening to your thoughts" partly synopsises 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.

Foundations of Physical Health & Wellness

This subject looks at the difference between health and wellness; that it is an active individual process for each person. It will investigate how to maintain a person's physical wellbeing and delves into the science and importance of healthy sleep and discusses the foundation of physical exercise and corresponding nutritional guidance.

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.

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 selfcare plan is always customised taking into account a person's unique circumstances, health and other factors. This subject 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 midlife and beyond.

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 subject 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 coaching subject. 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.

Intro to Psychoneuroimmunology Based Relaxation Therapy

This course offers students the latest evidencebased 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.

Your Coaching Training

As part of your training, you will learn how to adapt your new coaching skills so you graduate ready to be a 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.

Mentoring for Students and Graduates - Small Group Coaching Mentoring Sessions

The college offers small group coaching mentoring sessions to support graduates and final term students. These tailored small group coaching mentoring sessions are aimed to develop, grow and boost your confidence as a coach.

In the sessions, one of our experienced coaches share their knowledge, skills and expertise and provide you with guidance to expand on your coaching skill set.

These sessions will provide coaches with powerful tools to further develop and hone their skills. Every session will focus on a specific topic and where applicable, will include practice sessions as well as time for a Q&A.

For optimum group dynamics each Small Group Coaching Mentoring Session has a maximum size of 8 participants. Each Group Coaching Mentoring Session goes for a duration of 2 or 2.5 hours depending on the session.

To provide flexibility you can elect to join on a per session basis. To support students and graduates the cost of each mentoring session is between $65 to $75 a session.

*** Small Group Coaching Mentoring Sessions are scheduled monthly and run based upon demand, refer to the website schedule*

Frequently Asked Questions

- To help you from the start

Is sitting the assessment compulsory?

If you are learning for personal interest, you may elect not to participate in the assessment.

How are subjects Assessed?

Assessment is an essential part of the learning process, helping to enhance motivation and support the achievement of goals. Across the course, subjects are evaluated in various ways - some include online open-book quizzes, others require assignments, and some use online open-book exams. This variety of assessment methods is designed to help you learn effectively, stay motivated, and achieve success.

Can I defer my studies or request and extension?

Nature Care has over 50-years' experience in supporting learners to achieve their goals.
Our experienced and dedicated team are here to provide you with guidance, recommendations, and options. We offer extensions to help you complete your subjects if life has thrown you a curve ball and deferment for if you need to pause your studies.

If you elect the Self-Paced delivery mode of learning, you have six months to complete a single subject.

Your Trainers

Fiona Banovic

Fiona Banovic is a clinical nutritionist based in Sydney who has been in practice since 2002 and is a Professional Member of the ATMS. She is passionate about enjoying great food and a sunny lifestyle, all in the name of good health. She is also realistic about the pressures of an increasingly fast city life, so flexibility is a big factor in her advice.

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.

Nai Ann Lee

Nai Ann is a qualified and experienced functional medicine certified health coach, integrative mind-body therapist and Neuro Linguistic Programming (NLP) master practitioner, trainer and consultant. She helps clients who struggle with high levels of stress, anxiety, fatigue, burnout, those who are experiencing symptoms of declining health or have been diagnosed with chronic illness by empowering and enabling them with transformational tools to make sustained changes towards improved physical, mental and emotional health.

Nai Ann was also a change management consultant, coach, speaker and trainer in the corporate world for over 20 years. At Nature Care College, she is a passionate educator - here to empower and inspire her students in becoming successful wellness coaches.

Penny Baron

Penny has been a practicing Homeopath for more than 18 years at Harbord Homeopathic Clinic. Penny's practice focuses on childhood behavioural issues including Tourette's syndrome, as well as trauma resolution and helping to support tired mums, incorporating both nutritional as well as naturopathic care for a truly holistic treatment.

Professional Certificate of Holistic Wellness Coaching - Course Program Payment Options

We have outlined the course program tuition fees below allowing you to see exactly what the breakdown for each course delivery option is to help you plan.

You can combine both Course Delivery Options on a subject- by subject basis.

Nature Care has a long history of making natural therapies education accessible to everyone and offers a range of payment options for you to choose from which are outlined below.

OPTION 1: RECEIVE A 5% DISCOUNT

Pay the subject course tuition fee in full upon enrolment to receive a 5% discount.

OPTION 2: PAYMENT PLAN

The benefit of a payment plan is that it allows you to pay for your studies in fortnightly instalments. This enables you to spread the cost of your course tuition fees over either 3 or 6 months.

To enrol an initial deposit of $200 and the Course Program Enrolment Fee of $95 is required to secure your place in the course program. The balance is paid off in fortnightly instalments.
The instalment amounts are outlined below.

*A 10% payment plan surcharge is applied to the balance owing after the deposit is paid when accessing the payment plan option.

OPTION 3: PAY TERM BY TERM AS YOU GO

You can enrol with a course deposit of $200 & the Course Program Enrolment Fee of $95.
The balance of the terms course tuition fees is payable by the end of the first week of the study period.

Course Tuition Fees
Combination of Lecturer-Led & Self-Paced Delivery

**Six subjects are delivered with the lecturer-led course delivery*

3 Term/Study Period Study Plan

Course Program Enrolment Fee $95

Study Period 1 $1,890 **Study Period 2** $1,990 **Study Period 3** $1,405

Paying Per Term with 5% Upfront Discount

Study Period 1 $1,795.50 **Study Period 2** $1,890.50 **Study Period 3** $1,334.75

Paying Per Study Period with a Payment Plan

To enrol an initial deposit of $200 is required per study period and the balance can be paid off in 12 weekly instalments as outlined below. A 10% surcharge applies to the balance when accessing the payment plan option.

Study Period 1 $154.91 weekly **Study Period 2** $164.08 weekly **Study Period 3** $110.45 weekly

Course Tuition Fees Lecturer-Led Delivery

3 Term/Study Period Study Plan

Course Program Enrolment Fee $95

Study Period 1 $2,045 **Study Period 2** $2,070 **Study Period 3** $1,465

Paying Per Term with 5% Upfront Discount

Study Period 1 $1,942.75 **Study Period 2** $1,966.50 **Study Period 3** $1,391.75

Paying Per Study Period with a Payment Plan

To enrol an initial deposit of $200 is required per study period and the balance can be paid off in 12 weekly instalments as outlined below.

Study Period 1 $169.12 weekly **Study Period 2** $171.41 weekly **Study Period 3** $115.95 weekly

Course Tuition Fees
Combination of Lecturer-Led and Self-Paced Delivery

**Six subjects are delivered with the lecturer-led course delivery*

2 Term/Study Period Study Plan

Course Program Enrolment Fee $95

Study Period 1 $2,700 **Study Period 2** $2,585

Paying Per Term with 5% Upfront Discount

Study Period 1 $2,565 **Study Period 2** $2,455.75

Paying Per Study Period with a Payment Plan

To enrol an initial deposit of $200 is required per study period and the balance can be paid off in 12 weekly instalments as outlined below. A 10% surcharge applies to the balance when accessing the payment plan option.

Study Period 1 $229.16 weekly **Study Period 2** $218.62 weekly

Course Tuition Fees Lecturer-Led Delivery

2 Term/Study Period Study Plan

Course Program Enrolment Fee $95

Study Period 1 $2,855 **Study Period 2** $2,725

Paying Per Term with 5% Upfront Discount

Study Period 1 $2,712.25 **Study Period 2** $2,588.75

Paying Per Study Period with a Payment Plan

To enrol an initial deposit of $200 is required per study period and the balance can be paid off in 12 weekly instalments as outlined below. A 10% surcharge applies to the balance when accessing the payment plan option.

Study Period 1 $243.37 weekly **Study Period 2** $231.45 weekly

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 (RPL)

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**

Coaching study options and career paths

COURSE		OUTCOME
PROFESSIONAL CERTIFICATE OF HOLISTIC WELLNESS COACHING		*PRACTICE AS A:* HOLISTIC WELLNESS COACH IN PRIVATE PRACTICE, CORPORATE WELLNESS & HEALTH RETREATS
PROFESSIONAL CERTIFICATE IN FOOD & NUTRITION COACHING		*PRACTICE AS A:* FOOD & NUTRITION COACH; HEALTH & WELLNESS RETAIL & SALES
WELLNESS COACHING SKILLS		SHORT COURSE FOR PERSONAL GROWTH OR TO TASTE TEST FOR A CAREER CHANGE

Hear from our Learners

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*

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*

I thoroughly enjoyed the course program. The variety of its content moulded in a fantastic overall approach to one's physical, mental, emotional & spiritual wellbeing. The course coordinators have done a brilliant job.

I've benefited beyond my expectations in my own personal growth and healing journey. I now feel confident in using my learnings to coach others trapped in their own health and wellness setbacks to achieve their health goals.

Thank you Nature Care and all your passionate tutors. You will see me again, this learning is addictive! - *Christine*

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*

Nature Care College

naturecare.com.au I p. 8423 8333 I info@naturecare.com.au