

## DIPLOMA OF HOLISTIC WELLNESS COACHING | NEW!

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

**Commences:** Intake in March, June & September

**Delivery Mode:** On-Campus and Distance Learning

In order to complete the Diploma, 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 Diploma in the duration outlined, otherwise you may put yourself at risk of not completing.

### Study Plan

	Study Period 1	Study Period 2	Study Period 3
<b>Year 1</b>	<ul style="list-style-type: none"> <li>Cellular Health - Living for Longevity</li> <li>The Holistic Health Toolkit</li> <li>Introduction to Nutrition</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>

- New students select subjects from Study Period 1
- Choose one class option for each separate unit of study as guided by the study plan above, i.e, you only need to pick one Introduction to Nutrition class option

Cellular Health - Living for Longevity		\$185 (Incl. GST)
<b>Friday</b> CHLFRI	9.30am - 4.30pm Workshop 10 - May	
OR		
<b>Distance</b> CHLDL	4 weeks 6 May - 2 Jun	

Creating Self-Care Plans		\$345 (Incl. GST)
<b>Friday</b> COA014FRI	10.00am - 2.00pm Intensive 26 Apr, 3 & 10 May	
OR		
<b>Distance</b> COA014DL	6 weeks 8 Apr - 26 May	

Food as Medicine		\$525 (Incl. GST)
<b>Wednesday</b> NUT002WED	6.00pm - 9.30pm 6 weeks 17 Apr - 29 May	
OR		
<b>Friday</b> NUT002FRI	10.00am - 2.00pm 5 weeks 3 May - 31 May	
OR		
<b>Distance</b> NUT002DL	10 weeks 4 Mar - 19 May	

Introduction to Nutrition		\$495 (Incl. GST)
<b>Wednesday</b> NUT001WED	6.00pm - 9.30pm 6 weeks 6 Mar - 10 Apr	
OR		
<b>Friday</b> NUT001FRI	10.00am - 2.00pm 5 weeks 8 Mar - 5 Apr	
OR		
<b>Distance</b> NUT001DL	10 weeks 4 Mar - 19 May	

Introduction to Psychoneuro - immunology Based Relaxation Therapy		\$175 (Incl. GST)
<b>Friday</b> PNIFRI	9.30am - 3.30pm Workshop 31 - May	
OR		
<b>Distance</b> PNIDL	4 weeks 6 May - 2 Jun	

Mental, Emotional and Spiritual Wellness		\$340 (Incl. GST)
<b>Friday</b> PSY002FRI	9.30am - 3.30pm Workshop 12 & 26 Apr	
OR		
<b>Distance</b> PSY002DL	6 weeks 4 Mar - 14 Apr	

The Holistic Health Toolkit		\$495 (Incl. GST)
<b>Saturday</b> HHTSAT	10.00am - 4.00pm Intensive 6 Apr, 4 & 25 May	
OR		
<b>Distance</b> HHTDL	9 weeks 25 Mar - 2 Jun	

The Resilient Mindset		\$215 (Incl. GST)
<b>Friday</b> PSY001FRI	12.00pm - 4.00pm Workshop 8 & 15 Mar	
OR		
<b>Distance</b> PSY001DL	4 weeks 11 Mar - 7 Apr	

The Successful Wellness Coach		\$540 (Incl. GST)
<b>Saturday</b> WEL001SAT	9.30am - 12.30pm Intensive 23 Mar, 6 Apr, 4 & 18 May	
OR		
<b>Distance</b> WEL001DL	12 weeks 4 Mar - 2 Jun	

Weight Management Strategies		\$365 (Incl. GST)
<b>Friday</b> NUT023FRI	2.30pm - 4.30pm 7 weeks 8 Mar - 26 Apr	
OR		
<b>Distance</b> NUT023DL	7 weeks 4 Mar - 28 Apr	

Wellness Coaching Skills		\$695 (Incl. GST)
<b>Saturday</b> WEL002SAT	1.00pm - 5.00pm Intensive 9, 23 Mar, 6 Apr, 4, 18 May & 1 Jun	
OR		
<b>Distance</b> WEL002DL	12 weeks 4 Mar - 2 Jun	