

PROFESSIONAL CERTIFICATE IN HEALTH AND WELLNESS COACHING

WELLNESS COACHING AUSTRALIA

NOVEMBER 2024 COURSE – FAST TRACK STUDY TIMETABLE



This is the standard study timetable for those wishing to undertake the core units over a 9 month timeframe (1 unit at a time). Although delivered over 9 months, you have 12 months from the date of your enrolment to have completed all units in full. Customisations are available if you wish to fast track or add study breaks. Contact us for more details.

	SUBJECT	DURATION	STUDY PATH	DELIVERY FORMAT	LIVE TRAINING DATES / TIMES	COMPLETION
NOVEMBER	Foundations of Health and Wellness Coaching (Level 1)	6-8 hours	Coaching Study Path	Self Study, Online Video program	n/a (self-paced learning)	Prior to the start of Coaching Level 2 unit.
	Foundations of Health and Wellness Coaching (Level 2)	2 x 3.5 hour webinars + post webinar activities and assessment (2 hours)	Coaching Study Path	Trainer led 'live' webinars (zoom)	<ul style="list-style-type: none"> • Saturday, 16 November • Sunday, 17 November Time 9am – 12:30pm ADST (Melb/Syd time) daily	Prior to the start of Coaching Level 3 unit commencing February 2025.
DECEMBER/JANUARY	Independent Study Project	approx. 24 hours	Coaching Study Path	Self Study, Online program	n/a (self-paced learning)	Guide: December 31, 2024
	Understanding Stress - for you and your clients	approx. 24 hours	Healthy Lifestyle Practice Study Path	Self Study, Online program	n/a (self-paced learning)	Guide: January 31, 2025

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JANUARY/FEBRUARY	Concepts of Physical Activity for Optimal Health	approx. 20 hours	Healthy Lifestyle Practice Study Path	Self-study, Online program.	n/a (self-paced learning)	Guide: July 31, 2025
	Healthy Nutrition for Life	approx. 32 hours	Healthy Lifestyle Practice Study Path	Self-study, Online program.	n/a (self-paced learning)	Guide: August 31, 2025 At the latest September 30, 2025
FEBRUARY - MAY	Advanced Skills and Practice in Health and Wellness Coaching (Level 3)	14 weeks (approx. 8-10 hours a week)	Coaching Study Path	Blended Learning: Self study online, 'live' group webinars, peer to peer practical activities including a case study coach client. Private feedback and mentoring sessions. <i>Refer to the detailed week by week Coaching Level 3 February 2025 timetable for more details.</i>	Commences 17 th February and ends 23 rd May 2025. 11 x 90 minute webinar sessions held at 7.00pm ADST. <ul style="list-style-type: none"> • Monday, 17 February • Wednesday, 19 February • Wednesday, 26 February • Wednesday, 12 March • Wednesday, 19 March • Wednesday, 26 March • Wednesday, 9 April • Wednesday, 23 April • Wednesday, 30 April • Wednesday, 14 May • Wednesday, 21 May 2 x 3 ½ hr webinar sessions held at 9.00am AEST. Workshop webinar #1 9.30am to 1.00pm AEST Saturday, 5 April	Guide: May 30, 2025 At the latest October 31, 2025.

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					Workshop webinar #2 9.30am to 1.00pm AEST Saturday, 10 May	
<p>BELOW IS THE BUSINESS ELECTIVE, WHICH IS AN OPTIONAL ADD ON FOR AN ADDITIONAL \$860. Ideal if you are looking to setup a coaching business and need this guided mentoring to create and build your business plan.</p>						
MAY - AUGUST	Passion to Profit - Group Business Coaching Program	12 weeks (approx. 48 hours)	Business Study Path	Blended Learning: Self study online, 'live' group webinars, LinkedIn support group	<p>Course commences Tuesday 27th May 2025.</p> <p>Fortnightly live webinars held Tuesday evenings – 7pm Sydney</p> <ul style="list-style-type: none"> • Tuesday, 27 May 2025 • Tuesday, 10 June 2025 • Tuesday, 24 June 2025 • Tuesday, 8 July 2025 • Tuesday, 22 July 2025 • Tuesday, 5 August 2025 	August 31, 2025