

This is the standard study timetable for those wishing to undertake the core units over a 8 month timeframe (1 unit at a time). Although delivered over 8 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	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
JANUARY	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
FEBRUARY - MAY	Advanced Skills and Practice in Health and Wellness Coaching (Level 3)	16 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.	Commences 17 th February and ends 6 th June 2025. <ul style="list-style-type: none"> • 7 x 90 minute webinar sessions held at 7.00pm ADST on specific Wednesday's during the course 	At the latest July 31, 2025.

PROFESSIONAL CERTIFICATE IN HEALTH AND WELLNESS COACHING

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NOVEMBER 2024 COURSE – STANDARD STUDY TIMETABLE #1



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					<ul style="list-style-type: none"> 4 x 3 ½ hr webinar sessions held at 9.00am ADST on specific Saturday’s during the course <p>Click here to view the detailed week by week Coaching Level 3 February 2025 timetable.</p>	
JUNE	Healthy Nutrition for Life	approx. 32 hours	Healthy Lifestyle Practice Study Path	Self-study, Online program.	n/a (self-paced learning)	Guide: July 31, 2025 At the latest September 30, 2025
<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	Course commences Tuesday 27th May 2025. Fortnightly live webinars held Tuesday evenings – 7pm Sydney <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

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