

| | SUBJECT | DURATION | STUDY PATH | DELIVERY FORMAT | LIVE TRAINING DATES / TIMES | COMPLETION |
|-----------------|---|--|----------------------------|---|--|---|
| JANUARY | Foundations of Health and Wellness Coaching (Level 1 and 2) | 12-14 hours <ul style="list-style-type: none"> • 8 hours self study • 3.5 hour webinar • 1.5 hour post webinar assessment | Coaching Study Path | Blended learning: <ul style="list-style-type: none"> • Self Study, Online Videos • Trainer led 'live' webinar (zoom) | <ul style="list-style-type: none"> • Saturday, 18 January Time 9am – 12:30pm ADST (Melb/Syd time) daily | Prior to the start of Coaching Level 3 unit commencing February 17, 2025. |
| FEBRUARY | Understanding Stress - for you and your clients | approx. 24 hours | Healthy Lifestyle Practice | Self Study, Online program | n/a (self-paced learning) | Guide: July 31, 2025 |
| FEBRUARY - JUNE | 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 • 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> | Guide: June 30, 2025 At the latest October 31, 2025. |

PROFESSIONAL CERTIFICATE IN HEALTH AND WELLNESS COACHING

WELLNESS COACHING AUSTRALIA

JANUARY 2025 COURSE – FAST TRACK STUDY TIMETABLE



WELLNESS
COACHING
AUSTRALIA

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|---|---|-----------------------------|----------------------------|--|---|-----------------------|
| MARCH | Concepts of Physical Activity for Optimal Health | approx. 20 hours | Healthy Lifestyle Practice | Self-study, Online program. | n/a (self-paced learning) | Guide August 31, 2025 |
| APRIL | Healthy Nutrition for Life | approx. 32 hours | Healthy Lifestyle Practice | Self-study, Online program. | n/a (self-paced learning) | September 30, 2025 |
| <p align="center">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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