

	SUBJECT	DURATION	STUDY PATH	DELIVERY FORMAT	LIVE TRAINING DATES / TIMES	COMPLETION
FEBRUARY	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, 8 February Time 9am – 12:30pm ADST (Melb/Syd time) daily	Prior to the start of Coaching Level 3 unit commencing February 17, 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><u>Click here to view the detailed week by week Coaching Level 3 February 2025 timetable.</u></p>	Guide: June 30, 2025 At the latest October 31, 2025.
MARCH	Understanding Stress - for you and your clients	approx. 24 hours	Healthy Lifestyle Practice	Self Study, Online program	n/a (self-paced learning)	Guide: April 30, 2025

PROFESSIONAL CERTIFICATE IN HEALTH AND WELLNESS COACHING

WELLNESS COACHING AUSTRALIA

FEBRUARY 2025 COURSE – FAST TRACK STUDY TIMETABLE



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APRIL	Concepts of Physical Activity for Optimal Health	approx. 20 hours	Healthy Lifestyle Practice	Self-study, Online program.	n/a (self-paced learning)	Guide: May 31, 2025
MAY	Healthy Nutrition for Life	approx. 32 hours	Healthy Lifestyle Practice	Self-study, Online program.	n/a (self-paced learning)	Guide: June 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