

# PROFESSIONAL CERTIFICATE IN HEALTH AND WELLNESS COACHING

## WELLNESS COACHING AUSTRALIA

### APRIL 2025 COURSE – STANDARD STUDY TIMETABLE



This is the standard study timetable for those wishing to undertake the core units over an 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
APRIL/MAY	<b>Foundations of Health and Wellness Coaching (Level 1 and 2)</b>	12-14 hours <ul style="list-style-type: none"> <li>• 8 hours self study</li> <li>• 3.5 hour webinar</li> <li>• 1.5 hour post webinar assessment</li> </ul>	Coaching Study Path	Blended learning: <ul style="list-style-type: none"> <li>• Self Study, Online Videos</li> <li>• Trainer led 'live' webinar (zoom)</li> </ul>	<ul style="list-style-type: none"> <li>• Saturday 10 May</li> </ul> Time 9am – 12:30pm ADST (Melb/Syd time) daily	March 30, 2025 OR prior to the start of Coaching Level 3 unit commencing June, 2025.
MAY	<b>Understanding Stress - for you and your clients</b>	approx. 24 hours	Healthy Lifestyle Practice	Self Study, Online program	n/a (self-paced learning)	May 31, 2025
JUNE	<b>Concepts of Physical Activity for Optimal Health</b>	approx. 20 hours	Healthy Lifestyle Practice	Self-study, Online program.	n/a (self-paced learning)	June 30, 2025
JUNE - OCTOBER	<b>Advanced Skills and Practice in Health and Wellness Coaching (Level 3)</b>	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 16 <sup>th</sup> June and ends 3 <sup>rd</sup> October 2025.  <a href="#">Click here to view the detailed week by week Coaching Level 3 June 2025 timetable.</a>  <ul style="list-style-type: none"> <li>• 7 x 90 minute webinar sessions held at 7.00pm ADST on specific Wednesday's during the course</li> </ul>	Guide: June 30, 2025  At the latest October 31, 2025.

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					<ul style="list-style-type: none"> <li>4 x 3 ½ hr webinar sessions held at 9.00am ADST on specific Saturday's during the course</li> </ul>	
<b>OCTOBER</b>	<b>Healthy Nutrition for Life</b>	approx. 32 hours	Healthy Lifestyle Practice	Self-study, Online program.	n/a (self-paced learning)	October 31, 2025
<p><b>BELOW IS THE BUSINESS ELECTIVE, WHICH IS AN OPTIONAL ADD ON FOR AN ADDITIONAL \$860.</b>                  Ideal if you are looking to setup a coaching business and need this guided mentoring to create and build your business plan.</p>						
<b>SEPTEMBER - NOVEMBER</b>	<b>Passion to Profit - Group Business Coaching Program</b>	12 weeks (approx. 48 hours)	Business Study Path	Blended Learning: Self study online, 'live' group webinars, LinkedIn support group	Course commences Tuesday 16 <sup>th</sup> September 2025.  Fortnightly live webinars held Tuesday evenings – 7pm Sydney. <ul style="list-style-type: none"> <li>Tuesday, 16 September</li> <li>Tuesday, 30 September</li> <li>Tuesday, 14 October</li> <li>Tuesday, 28 October</li> <li>Tuesday, 11 November</li> <li>Tuesday, 25 November</li> </ul>	December 30, 2025