

This is the fast track study timetable for those wishing to undertake the core units over a 5 to 6 month timeframe. Although delivered over this period, you have 12 months from the date of your enrolment to have completed all units in full. So if life gets in the way you have these extra months up your sleeve to go back and finish off what you may have missed.

	SUBJECT	DURATION	STUDY PATH	DELIVERY FORMAT	LIVE TRAINING DATES / TIMES	COMPLETION
MAY	<b>Foundations of Health and Wellness Coaching</b> (Level 1 and 2)	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>	Health Coaching Skills and Processes	Blended learning: <ul style="list-style-type: none"> <li>• Self Study, Online Videos</li> <li>• Trainer led 'live' webinar (zoom)</li> </ul>	Saturday 10 May Time 9am – 12:30pm AEST (Melb/Syd time) daily  OR  Saturday 14 June Time 9am – 12:30pm AEST (Melb/Syd time) daily  **Only need to attend 1 of these sessions.	Prior to the start of Coaching Level 3 unit commencing June 16, 2025.
MAY	<b>Understanding Stress for you and your Clients</b>	approx. 30 hours	Health & Wellness Lifestyle Practices	Self Study, Online program	n/a (self-paced learning)	Guide: June 30, 2025
JUNE - OCTOBER	<b>Advanced Skills and Practice in Health and Wellness Coaching</b> (Level 3)	16 weeks approx. 10 hours/wk	Health Coaching Skills and Processes	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="#"><u>Click here to view the detailed week by week Coaching Level 3 June 2025 timetable.</u></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: October 31, 2025  At the latest April 30, 2026.

**PROFESSIONAL CERTIFICATE IN HEALTH AND WELLNESS COACHING**

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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>JULY</b>	<b>Concepts of Physical Activity for Optimal Health</b>	approx. 20 hours	Healthy Lifestyle Practice	Self-study, Online program.	n/a (self-paced learning)	Guide: July 31, 2025
<b>AUGUST</b>	<b>Healthy Nutrition for Life</b>	approx. 32 hours	Healthy Lifestyle Practice	Self-study, Online program.	n/a (self-paced learning)	Guide: August 31, 2025  At the latest April 30, 2026.
<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	<p>Course commences Tuesday 16<sup>th</sup> September 2025.</p> <p>Fortnightly live webinars held Tuesday evenings – 7pm Sydney.</p> <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

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