

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
OCTOBER	<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>	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 11 <sup>th</sup> October 2025  9am – 12:30pm AEST (Melb/Syd time)	Prior to the start of Coaching Level 3 unit commencing October 13, 2025.
	<b>The Art and Science of Mental Wellbeing</b>	approx. 30 hours	Health & Wellness Lifestyle Practices	Self Study, Online program	n/a (self-paced learning)	Guide: October 31, 2025
OCTOBER – FEBRUARY 2026	<b>Advanced Skills and Practice in Health and Wellness Coaching (Level 3)</b>	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 13 <sup>th</sup> October and ends 27 <sup>th</sup> February 2026.  <a href="#"><u>Click here to view the detailed week by week Coaching Level 3 October 2026 timetable.</u></a>  <ul style="list-style-type: none"> <li>• 9 x 90 minute webinar sessions held at 6.30pm ADST on specific Wednesday's during the course</li> <li>• 4 x 3 ½ hr webinar sessions held at 9.00am ADST on specific Saturday's during the course</li> </ul>	Guide: March 31, 2026  At the latest September 30, 2026.

# PROFESSIONAL CERTIFICATE IN HEALTH AND WELLNESS COACHING

## WELLNESS COACHING AUSTRALIA

### OCTOBER 2025 COURSE – FAST TRACK STUDY TIMETABLE



WELLNESS  
COACHING  
AUSTRALIA

<b>NOVEMBER</b>	<b>Nutrition Essentials and Gut Health to Fuel Wellness</b>	approx. 24 hours	Health Studies for Holistic Wellbeing	Self-study, Online program.	n/a (self-paced learning)	Guide: December 31, 2025
<b>DECEMBER</b>	<b>Movement and Exercise for Living Well</b>	approx. 20 hours	Health Studies for Holistic Wellbeing	Self-study, Online program.	n/a (self-paced learning)	Guide: January 31, 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>FEBRUARY - MAY</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 24 <sup>th</sup> February 2026.  Fortnightly live webinars held Tuesday evenings – 7pm Sydney.  Tuesday, 24 February 2026 Tuesday, 10 March 2026 Tuesday, 24 March 2026 Tuesday, 7 April 2026 Tuesday, 21 April 2026 Tuesday, 5 May 2026	At the latest August 31, 2026.