

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
NOVEMBER	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 	Health Coaching Skills and Practice	Blended learning: <ul style="list-style-type: none"> Self Study, Online Videos Trainer led 'live' webinar (zoom) 	Saturday, 15 November 2025, Or Saturday 6 December 2025 9am – 12:30pm AEST (Melb/Syd time)	Guide: December 15, 2025
DECEMBER	The Art and Science of Mental Wellbeing	approx. 30 hours	Health Studies for Holistic Wellbeing	Self-study, Online program	n/a (self-paced learning)	Guide: December 31, 2025
JANUARY	Nutrition Essentials and Gut Health to Fuel Wellness	approx. 24 hours	Health Studies for Holistic Wellbeing	Self-study, Online program.	n/a (self-paced learning)	Guide: January 31, 2026
FEBRUARY	Movement and Exercise for Living Well	approx. 20 hours	Health Studies for Holistic Wellbeing	Self-study, Online program.	n/a (self-paced learning)	Guide: February 28, 2026
FEB – JUNE	Advanced Skills and Practice in Health and Wellness Coaching (Level 3)	16 weeks approx. 10 hours/wk	Health Coaching Skills and Practice	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 23 rd February 2026 and ends 12 th June 2026. <i>Click here to view the detailed week by week Coaching Level 3 February 2026 timetable.</i>	Guide: July 12, 2026 At the latest September 30, 2026.



					<ul style="list-style-type: none"> • 9 x 90 minute webinar sessions held at 6.30pm ADST (Syd local) on specific Wednesday's during the course • 4 x 3 ½ hr webinar sessions held at 9.00am ADST (Syd local) on specific Saturday's during the course 	
<p align="center">BELOW IS THE BUSINESS ELECTIVE, WHICH IS AN OPTIONAL ADD ON FOR AN ADDITIONAL \$860.</p> <p align="center">Ideal if you are looking to setup a coaching business and need this guided mentoring to create and build your business plan.</p>						
JUNE – AUGUST	Passion to Profit - Group Business Coaching Program	12 weeks (approx. 48 hours)	Business Elective	Blended Learning: Self study online, 'live' group webinars, LinkedIn support group	<p>Course commences 9th June 2026.</p> <p>Fortnightly live webinars held Tuesday evenings – 7pm Sydney.</p> <p>Tuesday, 9 June 2026 Tuesday, 23 June 2026 Tuesday, 7 July 2026 Tuesday, 21 July 2026 Tuesday, 4 August 2026</p>	