

**PROFESSIONAL CERTIFICATE IN HEALTH AND WELLNESS COACHING**  
**WELLNESS COACHING AUSTRALIA**  
**OCTOBER 2025 COURSE – STANDARD STUDY TIMETABLE | GROUP 2**



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
OCTOBER	<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 Practice	Blended learning: <ul style="list-style-type: none"> <li>Self Study, Online Videos</li> <li>Trainer led 'live' webinar (zoom)</li> </ul>	Saturday, 15 November 2025,  9am – 12:30pm AEST (Melb/Syd time)	Guide: November 30, 2025
NOVEMBER	<b>The Art and Science of Mental Wellbeing</b>	approx. 30 hours	Health Studies for Holistic Wellbeing	Self-study, Online program	n/a (self-paced learning)	Guide: November 30, 2025
DECEMBER	<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
JANUARY	<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
FEB – JUNE	<b>Advanced Skills and Practice in Health and Wellness Coaching</b> (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 <sup>rd</sup> February 2026 and ends 12 <sup>th</sup> June 2026.  <b><i>Click here to view the detailed week by week Coaching Level 3 February 2026 timetable.</i></b>	Guide: July 12, 2026  At the latest September 30, 2026.

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					<ul style="list-style-type: none"> <li>• 9 x 90 minute webinar sessions held at 6.30pm ADST (Syd local) on specific Wednesday's during the course</li> <li>• 4 x 3 ½ hr webinar sessions held at 9.00am ADST (Syd local) on specific Saturday's during the course</li> </ul>	
<p align="center"><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>JUNE – AUGUST</b>	<b>Passion to Profit - Group Business Coaching Program</b>	12 weeks (approx. 48 hours)	Business Elective	Blended Learning: Self study online, 'live' group webinars, LinkedIn support group	<p>Course commences 9<sup>th</sup> 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>	