

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
JANUARY	Foundations of Health and Wellness Coaching (Level 1 and 2)	12-14 hours 8 hours self study 3.5 hour webinar 1.5 hour post webinar assessment	Health Coaching Skills and Practice	Blended learning: - Self Study, Online Videos - Trainer led 'live' webinar (zoom)	Saturday 17 th January 2026 OR Saturday 14 th February 2026 9am – 12:30pm ADST (Melb/Syd time)	Guide: February 23, 2026
FEB	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: 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	Structured 16 week timetable with drip fed modules every 2-3 weeks based on the timetable. 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. <u>Click here to view the detailed week by week Coaching Level 3 February 2026 timetable.</u> 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	Guide: July 12, 2026 At the latest November 30, 2026.

PROFESSIONAL CERTIFICATE IN HEALTH AND WELLNESS COACHING

WELLNESS COACHING AUSTRALIA

JANUARY 2026 COURSE – FAST TRACK STUDY TIMETABLE



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MAR	Nutrition Essentials and Gut Health to Fuel Wellness	approx. 30 hours	Health Studies for Holistic Wellbeing	Self-study, Online program.	n/a (self-paced learning)	Guide: March 31, 2026
APRIL	Movement and Exercise for Living Well	approx. 20 hours	Health Studies for Holistic Wellbeing	Self-study, Online program.	n/a (self-paced learning)	Guide: April 30, 2026
BELOW IS THE BUSINESS ELECTIVE, WHICH IS AN OPTIONAL ADD ON FOR AN ADDITIONAL \$860. Ideal if you are looking to setup a coaching business and need this guided mentoring to create and build your business plan.						
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	Course commences 9th June 2026. Fortnightly live webinars held Tuesday evenings – 7pm Sydney. Tuesday, 9 June 2026 Tuesday, 23 June 2026 Tuesday, 7 July 2026 Tuesday, 21 July 2026 Tuesday, 4 August 2026	