

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                                                   |
|------------|----------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------|
| JANUARY    | <b>Foundations of Health and Wellness Coaching</b><br>(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 17 <sup>th</sup> January 2026<br>OR<br>Saturday 14 <sup>th</sup> February 2026<br>9am – 12:30pm ADST<br>(Melb/Syd time)                                                                                                                                                                                                                                                                                                                                            | Guide: February 23, 2026                                     |
| FEB        | <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: February 28, 2026                                     |
| FEB – JUNE | <b>Advanced Skills and Practice in Health and Wellness Coaching</b><br>(Level 3) | 16 weeks<br>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.<br><br>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.<br><br><a href="#"><u>Click here to view the detailed week by week Coaching Level 3 February 2026 timetable.</u></a> <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> | Guide: July 12, 2026<br><br>At the latest November 30, 2026. |

# PROFESSIONAL CERTIFICATE IN HEALTH AND WELLNESS COACHING

## WELLNESS COACHING AUSTRALIA

### JANUARY 2026 COURSE – STANDARD STUDY TIMETABLE



WELLNESS  
COACHING  
AUSTRALIA

|                                                                                                                                                                                                                                                                      |                                                             |                             |                                       |                                                                                    |                                                                                                                                                                                                                                                                                                                      |                        |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------|-----------------------------|---------------------------------------|------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------|
| JULY                                                                                                                                                                                                                                                                 | <b>Nutrition Essentials and Gut Health to Fuel Wellness</b> | approx. 30 hours            | Health Studies for Holistic Wellbeing | Self-study, Online program.                                                        | n/a (self-paced learning)                                                                                                                                                                                                                                                                                            | Guide: July 31, 2026   |
| AUG                                                                                                                                                                                                                                                                  | <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: August 30, 2026 |
| <p align="center"><b>BELOW IS THE BUSINESS ELECTIVE, WHICH IS AN OPTIONAL ADD ON FOR AN ADDITIONAL \$860.</b></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> |                                                             |                             |                                       |                                                                                    |                                                                                                                                                                                                                                                                                                                      |                        |
| SEPTEMBER - DECEMBER                                                                                                                                                                                                                                                 | <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 22<sup>nd</sup> September 2026.</p> <p>Fortnightly live webinars held Tuesday evenings – 7pm Sydney.</p> <p>Tuesday, 22 September 2026<br/> Tuesday, 6 October 2026<br/> Tuesday, 20 October 2026<br/> Tuesday, 3 November 2026<br/> Tuesday, 17 November 2026<br/> Tuesday, 1 December 2026</p> |                        |
|                                                                                                                                                                                                                                                                      |                                                             |                             |                                       |                                                                                    |                                                                                                                                                                                                                                                                                                                      |                        |