

PROFESSIONAL CERTIFICATE IN HEALTH AND WELLNESS COACHING

WELLNESS COACHING AUSTRALIA

FEBRUARY 2026 INTAKE (GROUP 2) – STANDARD STUDY TIMETABLE



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
FEBRUARY	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 7 th March 2026 9am – 12:30pm ADST (Melb/Syd time)	Guide: March 31, 2026
MARCH	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: March 31, 2026
APRIL	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: April 30, 2026
MAY	Movement and Exercise for Living Well	approx. 20 hours	Health Studies for Holistic Wellbeing	Self-study, Online program.	n/a (self-paced learning)	Guide: May 31, 2026
JUNE - OCTOBER	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	Commences 22 nd June 2026 and ends 9 th October 2026. <u>Click here to view the detailed week by week Coaching Level 3 June 2026 timetable.</u>	Guide: October 31, 2026 At the latest December 31, 2026.

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				<p>activities including a case study coach client. Private feedback and mentoring sessions.</p>	<ul style="list-style-type: none"> 10 x 90 minute webinar sessions held at 6.30pm AEST (Syd local) on specific Wednesday's during the course 4 x 3 ½ hr webinar sessions held at 9.00am AEST (Syd local) on specific Saturday's during the course 	
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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.

SEPTEMBER - DECEMBER	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 22nd September 2026.</p> <p>Fortnightly live webinars held Tuesday evenings – 7pm Sydney.</p> <p>Tuesday, 22 September 2026</p> <p>Tuesday, 6 October 2026</p> <p>Tuesday, 20 October 2026</p> <p>Tuesday, 3 November 2026</p> <p>Tuesday, 17 November 2026</p> <p>Tuesday, 1 December 2026</p>	