

	SUBJECT	DURATION	STUDY PATH	DELIVERY FORMAT	LIVE TRAINING DATES / TIMES	COMPLETION
MAY/JUNE	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 23 rd May 2026 Or Saturday 13 th June 2026 9am – 12:30pm ADST (Melb/Syd time)	Guide: June 22, 2026
	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: June 30, 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 activities including a case study coach client. Private feedback and mentoring sessions.	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> <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 	Guide: October 31, 2026 At the latest December 31,2026.

PROFESSIONAL CERTIFICATE IN HEALTH AND WELLNESS COACHING

WELLNESS COACHING AUSTRALIA

MAY 2026 INTAKE – FAST TRACK STUDY TIMETABLE



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JULY	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: August 30, 2026
AUGUST	Movement and Exercise for Living Well	approx. 20 hours	Health Studies for Holistic Wellbeing	Self-study, Online program.	n/a (self-paced learning)	Guide: September 30, 2026
<p align="center">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.</p>						
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	Course commences 22 nd September 2026. Fortnightly live webinars held Tuesday evenings – 7pm Sydney. Tuesday, 22 September 2026 Tuesday, 6 October 2026 Tuesday, 20 October 2026 Tuesday, 3 November 2026 Tuesday, 17 November 2026 Tuesday, 1 December 2026	