

# PROFESSIONAL CERTIFICATE IN HEALTH AND WELLNESS COACHING

## WELLNESS COACHING AUSTRALIA

### MAY 2026 INTAKE – 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
MAY	<b>Foundations of Health and Wellness Coaching (Level 1 and 2)</b>	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 23 <sup>rd</sup> May 2026 Or Saturday 13 <sup>th</sup> June 2026  9am – 12:30pm ADST (Melb/Syd time)	Guide: May 31, 2026
JUNE	<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: June 30, 2026
JUNE - OCTOBER	<b>Advanced Skills and Practice in Health and Wellness Coaching (Level 3)</b>	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 <sup>nd</sup> June 2026 and ends 9 <sup>th</sup> October 2026.  <a href="#"><u>Click here to view the detailed week by week Coaching Level 3 June 2026 timetable.</u></a> <ul style="list-style-type: none"> <li>• 10 x 90 minute webinar sessions held at 6.30pm AEST (Syd local) on specific Wednesday's during the course</li> <li>• 4 x 3 ½ hr webinar sessions held at 9.00am AEST (Syd local) on specific Saturday's during the course</li> </ul>	Guide: October 31, 2026  At the latest December 31,2026.

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<b>OCTOBER</b>	<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: October 31, 2026
<b>NOVEMBER</b>	<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: November 30, 2026
<p><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>FEBRUARY - APRIL</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	Course commences 23 <sup>rd</sup> February 2027.  Fortnightly live webinars held Tuesday evenings – 7pm Sydney.	<ul style="list-style-type: none"> <li>• Tuesday, 23 February 2027</li> <li>• Tuesday, 9 March 2027</li> <li>• Tuesday, 23 March 2027</li> <li>• Tuesday, 6 April 2027</li> <li>• Tuesday, 20 April 2027</li> <li>• Tuesday, 4 May 2027</li> </ul>