

# PROFESSIONAL CERTIFICATE IN HEALTH AND WELLNESS COACHING

## WELLNESS COACHING AUSTRALIA

### JULY 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
JULY	<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 25 <sup>th</sup> July 2026  9am – 12:30pm ADST (Melb/Syd time)	Guide: July 31, 2026
AUGUST	<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: August 31, 2026
SEPTEMBER	<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: September 30, 2026
OCTOBER	<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: October 31, 2026
OCT- FEB	<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	Commences 12 <sup>th</sup> October and ends 15 <sup>th</sup> February 2027.  <a href="#">Click here to view the detailed week by week Coaching Level 3 October 2026 timetable.</a>	Guide: March 31, 2027  At the latest June 30, 2027.

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				activities including a case study coach client. Private feedback and mentoring sessions.	<ul style="list-style-type: none"> <li>• 10 x 90 minute webinar sessions held at 6.30pm AEDT (Syd local) on specific Wednesday's during the course</li> <li>• 4 x 3 ½ hr webinar sessions held at 9.00am AEDT (Syd local) on specific Saturday's during the course</li> </ul>	
<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 – MAY</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	<p>Course commences 23rd February 2027.</p> <p>Fortnightly live webinars held Tuesday evenings – 7pm Sydney.</p> <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>	