

RESIDENTIAL INTENSIVE – JUNE 7-11, 2026

PROFESSIONAL CERTIFICATE IN HEALTH AND WELLNESS COACHING (HEALTH/ALLIED HEALTH PROS)

COMMENCE STUDY MAY 2026 COURSE – STUDY TIMETABLE



| | SUBJECT | DURATION | STUDY PATH | DELIVERY FORMAT | LIVE TRAINING DATES / TIMES | COMPLETION |
|-----------|--|--|---------------------------------------|---|---|--|
| MAY | 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 9am – 12:30pm AEST (Melb/Syd time) | Guide: June 7, 2026 |
| | Holistic Health and Lifestyle Principles in Practice | approx. 30 hours | Health Studies for Holistic Wellbeing | Self-study, Online program. | n/a (self-paced learning) | Guide: May 31, 2026 |
| JUNE | Intensive Residential – Gold Coast Advanced Skills and Practice in Health and Wellness Coaching (Level 3) | 4 ½ days of 'live' training at our residential. | Coaching Study Path | In person training | attendance of sessions at the intensive residential. | June 7-11, 2026 See the full residential program for specific dates and times for arrival and departure. |
| JUNE/JULY | Post Residential activities and assessments Advanced Skills and Practice in Health and Wellness Coaching (Level 3) | Approx. 40 hours self-study in the learning portal. | Coaching Study Path | Online, Self Study | Online self-study activities for each learning module, 'Coach a Client' coaching session (x3) and final practical assessment. | Allow 4-6 weeks to have completed all the required post residential activities and assessment. Latest to have completed the post residential activities and assessment: 31/12/2026. |
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