

**RESIDENTIAL INTENSIVE – JUNE 7-11, 2026**

**PROFESSIONAL CERTIFICATE IN HEALTH AND WELLNESS COACHING**

**COMMENCE STUDY MAY 2026 COURSE – STUDY TIMETABLE**



	SUBJECT	DURATION	STUDY PATH	DELIVERY FORMAT	LIVE TRAINING DATES / TIMES	COMPLETION
MAY	<b>Foundations of Health and Wellness Coaching</b> (Level 1 and 2)	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 May 2026  9am – 12:30pm ADST (Melb/Syd time)	Guide: June 7, 2026
JUNE	<b>Intensive Residential – Gold Coast</b>  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	<b>Post Residential activities and assessments</b>  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: 31/10/2026.
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 30, 2026

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<b>SEPTEMBER</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: September 30, 2026
<b>OCTOBER</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: October 31, 2026