

FOUNDATIONAL STUDY UNITS (PART A) -PROFESSIONAL CERTIFICATE IN HEALTH AND WELLNESS COACHING

WELLNESS COACHING AUSTRALIA

STUDY TIMETABLE



Below is the order in which to work through your 4 units in PART A of your enrolment. Each unit in your learning plan will be unlocked every 30 days from the day of your enrolment.

	UNIT	DURATION	UNIT DOMAIN	DELIVERY FORMAT	LIVE TRAINING DATE / TIMES
MTH 1	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) 	You will be scheduled in for the next scheduled webinar based on your date of enrolment. Upcoming webinars for 2026: <ul style="list-style-type: none"> • Saturday 23rd May • Saturday 13th June • Saturday 25th July • Saturday 22nd August • Saturday 19th September • Saturday 10th October • Saturday 14th November • Saturday 12th December 9am – 12:30pm (Melb/Syd time)
MTH 2	The Art and Science of Mental Wellbeing	approx. 30 hours	Health and Wellbeing	Self-study, Online program	n/a (self-paced learning)
MTH 3	Nutrition Essentials and Gut Health to Fuel Wellness	approx. 38 hours	Health and Wellbeing	Self-study, Online program.	n/a (self-paced learning)
MTH 4	Movement and Exercise for Living Well	approx. 32 hours	Health and Wellbeing	Self-study, Online program.	n/a (self-paced learning)



Continuation of studies with beyond your Foundational Study units

Once you have completed the Foundational Study Units (PART A) you can choose to enrol in the Advanced Skills and Practice in Health and Wellness Coaching (PART B) to then be awarded the full HCANZA and NBHWC approved Professional Certificate in Health and Wellness Coaching. The Advanced Skills and Practice in Health and Wellness Coaching unit is delivered as a 16 week group training program with 3 course programs available each calendar year commencing in February, June and October. Below are the upcoming program dates available for 2026. We will stay in contact with you to keep you updated on enrolment closure dates so you do not miss out.

	UNIT	DURATION	UNIT DOMAIN	DELIVERY FORMAT	LIVE TRAINING DATE / TIMES	
JUNE - OCTOBER	Advanced Skills and Practice in Health and Wellness Coaching (Level 3)	16 weeks approx. 10 hours/wk	Health Coaching Skills and Practice	<p>Structured 16 week timetable with drip fed modules every 2-3 weeks based on the timetable.</p> <p>Blended Learning: Self study online, 'live' group webinars, peer to peer practical activities including a case study coach client. Private feedback and mentoring sessions.</p>	<p>Commences 22nd June 2026 and ends 9th October 2026.</p> <p><u>Click here to view the detailed week by week Coaching Level 3 June 2026 timetable.</u></p> <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 	<p>Guide: October 31, 2026</p> <p>At the latest December 31,2026.</p>

FOUNDATIONAL STUDY UNITS (PART A) -PROFESSIONAL CERTIFICATE IN HEALTH AND WELLNESS COACHING

WELLNESS COACHING AUSTRALIA

STUDY TIMETABLE



OCT- FEB	<p>Advanced Skills and Practice in Health and Wellness Coaching (Level 3)</p>	<p>16 weeks approx. 10 hours/wk</p>	<p>Health Coaching Skills and Practice</p>	<p>Structured 16 week timetable with drip fed modules every 2-3 weeks based on the timetable.</p> <p>Blended Learning: Self study online, 'live' group webinars, peer to peer practical activities including a case study coach client. Private feedback and mentoring sessions.</p>	<p>Commences 12th October and ends 15th February 2027.</p> <p><u>Click here to view the detailed week by week Coaching Level 3 October 2026 timetable.</u></p> <ul style="list-style-type: none"> • 10 x 90 minute webinar sessions held at 6.30pm AEDT (Syd local) on specific Wednesday's during the course • 4 x 3 ½ hr webinar sessions held at 9.00am AEDT (Syd local) on specific Saturday's during the course 	<p>Guide: March 31, 2027</p> <p>At the latest June 30, 2027.</p>