

PROFESSIONAL CERTIFICATE IN HEALTH AND WELLNESS COACHING

WELLNESS COACHING AUSTRALIA

AUGUST 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
AUGUST	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) 	<ul style="list-style-type: none"> • Saturday, 22 August 2026; or • Saturday, 19 September 2026 9am – 12:30pm AEST (Melb/Syd time)	Guide: September 19, 2026
SEPTEMBER	The Art and Science of Mental Wellbeing	approx. 30 hours	Health Studies for Holistic Wellbeing	Self-study, Online program	n/a (self-paced learning)	Guide: September 30, 2026
OCT - FEB	Advanced Skills and Practice in Health and Wellness Coaching (Level 3)	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 12 th October and ends 15 th February 2027. Click here to view the detailed week by week Coaching Level 3 October 2026 timetable. <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 	Guide: March 15, 2027 At the latest June 30, 2027.

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MARCH	Nutrition Essentials and Gut Health to Fuel Wellness	approx. 30 hours	Health Studies for Holistic Wellbeing	Self-study, Online program.	n/a (self-paced learning)	Guide: March 31, 2027
APRIL	Movement and Exercise for Living Well	approx. 20 hours	Health Studies for Holistic Wellbeing	Self-study, Online program.	n/a (self-paced learning)	Guide: April 30, 2027
<p>BELOW IS THE BUSINESS ELECTIVE, WHICH IS AN OPTIONAL ADD ON FOR AN ADDITIONAL \$860. Ideal if you are looking to setup a coaching business and need this guided mentoring to create and build your business plan.</p>						
JUNE - AUGUST	Passion to Profit - Group Business Coaching Program	12 weeks (approx. 48 hours)	Business Elective	Blended Learning: Self study online, 'live' group webinars, LinkedIn support group	Course commences early June. Dates to be advised soon. Fortnightly live webinars held Tuesday evenings – 7pm Sydney.	