

	SUBJECT	DURATION	STUDY PATH	DELIVERY FORMAT	LIVE TRAINING DATES / TIMES	COMPLETION
SEPTEMBER	<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>	<ul style="list-style-type: none"> <li>• Saturday, 19 September 2026</li> </ul> 9am – 12:30pm AEST (Melb/Syd time)	Guide: October 30, 2026
	<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: September 30, 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 activities including a case study coach client. Private feedback and mentoring sessions.	Commences 12 <sup>th</sup> October and ends 15 <sup>th</sup> February 2027.  <a href="#"><u>Click here to view the detailed week by week Coaching Level 3 October 2026 timetable.</u></a> <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>	Guide: March 15, 2027  At the latest June 30, 2027.

**PROFESSIONAL CERTIFICATE IN HEALTH AND WELLNESS COACHING**

**WELLNESS COACHING AUSTRALIA**

**SEPTEMBER 2026 INTAKE – FAST TRACK STUDY TIMETABLE**



WELLNESS  
COACHING  
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NOV	<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: Dec 31, 2026
DEC	<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: Jan 31, 2027
<p style="text-align: center;"><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>						
FEBRUARY – MAY	<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>	