

	SUBJECT	DURATION	STUDY PATH	DELIVERY FORMAT	LIVE TRAINING DATES / TIMES	COMPLETION
OCTOBER	Foundations of Health and Wellness Coaching (Level 1 and 2)	12-14 hours 8 hours self study 3.5 hour webinar 1.5 hour post webinar assessment	Health Coaching Skills and Practice	Blended learning: - Self Study, Online Videos - Trainer led 'live' webinar (zoom)	Saturday, 10 October 2026 9am – 12:30pm ADST (Melb/Syd time)	Guide: October 12, 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 12th October and ends 15th February 2027. Click here to view the detailed week by week Coaching Level 3 October 2026 timetable. 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.
NOVEMBER	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: November 30, 2026

PROFESSIONAL CERTIFICATE IN HEALTH AND WELLNESS COACHING

WELLNESS COACHING AUSTRALIA

OCTOBER 2026 INTAKE – FAST TRACK STUDY TIMETABLE



WELLNESS
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Guide: December 31,
2026

DECEMBER	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)	
JANUARY	Movement and Exercise for Living Well	approx. 20 hours	Health Studies for Holistic Wellbeing	Self-study, Online program.	n/a (self-paced learning)	Guide: January 31, 2027
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.						
FEBRUARY – MAY 2027	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 23rd February 2027. Fortnightly live webinars held Tuesday evenings – 7pm Sydney. • Tuesday, 23 February 2027 • Tuesday, 9 March 2027 • Tuesday, 23 March 2027 • Tuesday, 6 April 2027 • Tuesday, 20 April 2027 • Tuesday, 4 May 2027	