

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
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, 14 November 2026 9am – 12:30pm ADST (Melb/Syd time)	Guide: November 30, 2026
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
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)	Guide: December 31, 2026
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
FEB - JUNE	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	Commences 22 nd February and ends 11 th June 2027. Click here to view the detailed week by week timetable for all live training dates.	Guide: July 31, 2027 At the latest September 20, 2027.



				activities including a case study coach client. Private feedback and mentoring sessions.	• 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	
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.						
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 Tuesday 22nd June 2027. Fortnightly live webinars held Tuesday evenings – 7pm Sydney. Tuesday, 22 June 2027 Tuesday, 6 July 2027 Tuesday, 20 July 2027 Tuesday, 3 August 2027 Tuesday, 17 August 2027 Tuesday, 31 August 2027	