PROFESSIONAL CERTIFICATE IN HEALTH AND WELLNESS COACHING
WELLNESS COACHING AUSTRALIA
JANUARY 2027 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
JANUARY	**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 30th January 2027 9am – 12:30pm ADST (Melb/Syd time)	Guide: February 22, 2027
FEBRUARY	**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: February 28, 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 activities including a case study coach client. Private feedback and mentoring sessions.	Commences 22nd February and ends 11th June 2027. ***Click here to view the detailed week by week timetable for all live training dates*.** • 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: July 31, 2027 At the latest September 20, 2027.

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JULY	**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: July 31, 2027
AUGUST	**Movement and Exercise for Living Well**	approx. 20 hours	Health Studies for Holistic Wellbeing	Self-study, Online program.	n/a (self-paced learning)	Guide: August 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.						
SEPT - NOV	**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 mid-late Sept 2027. Fortnightly live webinars held Tuesday evenings – 7pm Sydney. Date TBA	