

DIPLOMA OF HOLISTIC WELLNESS COACHING | NEW!

Duration: 1 Year (3 Terms)

Commences: February - Annual Intake

Delivery Mode: On-Campus and Distance Learning

In order to complete the Diploma, students must follow the published study plan and re-enrol in the sequence outlined in order to meet the required pre-requisites and co-requisites. Students must complete the Diploma in the duration outlined, otherwise you may put yourself at risk of not completing.

Study Plan

	Study Period 1	Study Period 2	Study Period 3
Year 1	<ul style="list-style-type: none"> Cellular Ageing - Living for Longevity The Holistic Health Toolkit Introduction to Nutrition 	<ul style="list-style-type: none"> Food as Medicine Mental, Emotional & Spiritual Wellness The Resilience Mindset Wellness Coaching Skills 	<ul style="list-style-type: none"> Weight Management Strategies Creating Self-Care Plans The Successful Wellness Coach Introduction to Psychoneuroimmunology-Based Relaxation Therapy

Cellular Ageing for Longevity \$175		
Saturday CALSAT	9.30am - 4.30pm	Workshop 28 Apr
Distance CALDL		4 weeks 26 Feb - 25 Mar

Introduction to Nutrition \$495		
Friday NUT001FRI	10.00am - 2.00pm	Intensive 23 Feb - 23 Mar
Monday NUT001MON	6.00pm-9.30pm	6 weeks 12 Feb - 19 Mar
Distance NUT001DL		10 weeks 12 Feb - 29 Apr

Food as Medicine \$495		
Friday NUT002FRI	10.00am - 2.00pm	Intensive 6 Apr - 4 May
Monday NUT002MON	6.00pm-9.30pm	6 weeks 26 Mar - 7 May
Distance NUT002DL		10 weeks 12 Feb - 29 Apr

Intro to Psychoneuroimmunology Based Relaxation Therapy \$165		
Friday PNIMAY	9.30am - 3.30pm	Workshop 4-May

The Holistic Health Toolkit \$475		
Friday HHTFRI	9.30am - 3.30pm	Intensive 13, 27 Apr & 11 May
Distance HHTDL		9 weeks 12 Feb - 22 Apr

The Successful Wellness Coach \$325		
Friday WEL001FRI	11.00am - 3.00pm	Intensive 23 Mar, 20 Apr & 11 May
Distance WEL001DL		12 weeks 12 Feb - 13 May

Weight Management Strategies \$525		
Distance NUT023DL		12 weeks 12 Feb - 13 May

Wellness Coaching Skills \$495		
Friday WEL002FRI	12.00pm - 3.00pm	Intensive 16, 23 Feb, 9, 16 Mar 27 Apr & 4 May
Distance WEL002DL		12 weeks 12 Feb - 13 May