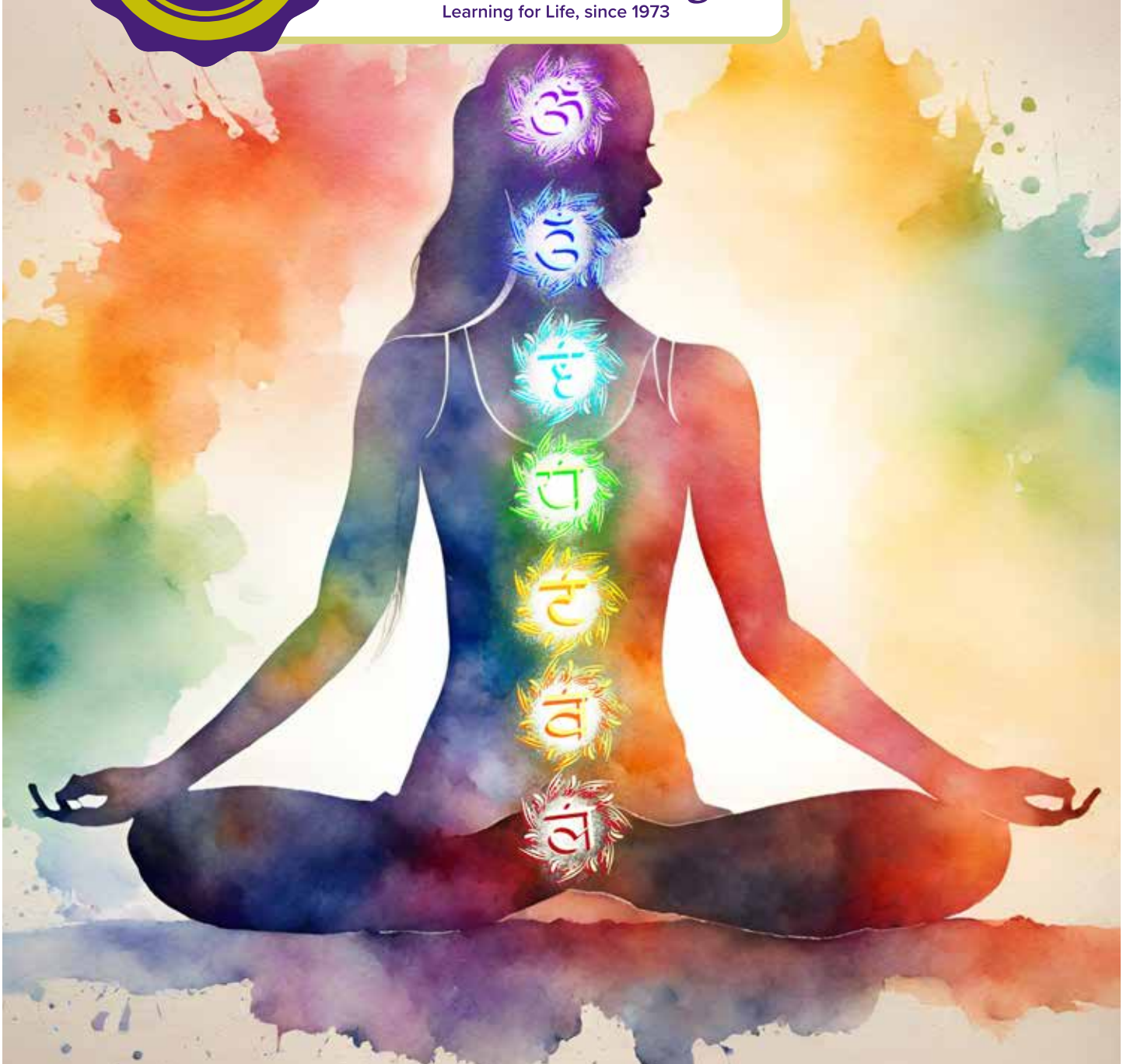




**CELEBRATING**  
**over 50 YEARS of**  
**Nature Care College**

Learning for Life, since 1973



CERTIFICATE IN  
**ENERGETIC  
WELLBEING**

[naturecare.com.au](http://naturecare.com.au)

2026 COURSE OUTLINE



# 'LEARN TO PRACTICE ENERGY MANAGEMENT FOR TRUE WELLBEING'

## A CERTIFICATE IN ENERGETIC WELLBEING THAT DELIVERS STUDY/LIFE BALANCE

**Course Duration:** Can be completed in 2 study periods/terms

**Intake:** March and September

**Study Options:** The Course Program is delivered live on line. Each subject allows for an 80% attendance requirement.

### What you will learn

**The Certificate in Energetic Wellbeing** course teaches fundamental energetic & vibrational health principles to achieve long-term wellbeing. Participants will explore the mind, body & spirit connection, and gain valuable skills and tools to support their personal growth.

As we live longer, we need to enjoy a higher quality of life. Energy medicine is the crucial link in empowering people to look after their wellbeing.

### Who is this course for?

The Certificate in Energetic Wellbeing is an essential course program for anyone with an interest in the mind, body and spirit connection.

This is an inspiring course for those seeking an introduction to energetic medicine and who desire transformational growth on an energetic and spiritual level to restore vitality and balance.

It is also an extremely valuable course for practitioners in other modalities wanting to expand their knowledge and skill set.



## About Nature Care



We **LOVE** what we do and are proud to be at the forefront of educating people in taking a holistic approach to health and healing with a focus on preventative natural healthcare.

- > For over 50 years we have been proud to provide a platform for experienced holistic practitioners to pass on their wealth of knowledge as educators.
- > Since 1973 Nature Care is Australian owned and continues to lay the foundations for future holistic practitioners who have been taught by educators with a wealth of expertise.
- > The college's name comes from "Nature Cure" which was used throughout Europe in the 18th century to describe naturopathy the nourishing concept of "Care" replaced "Cure".



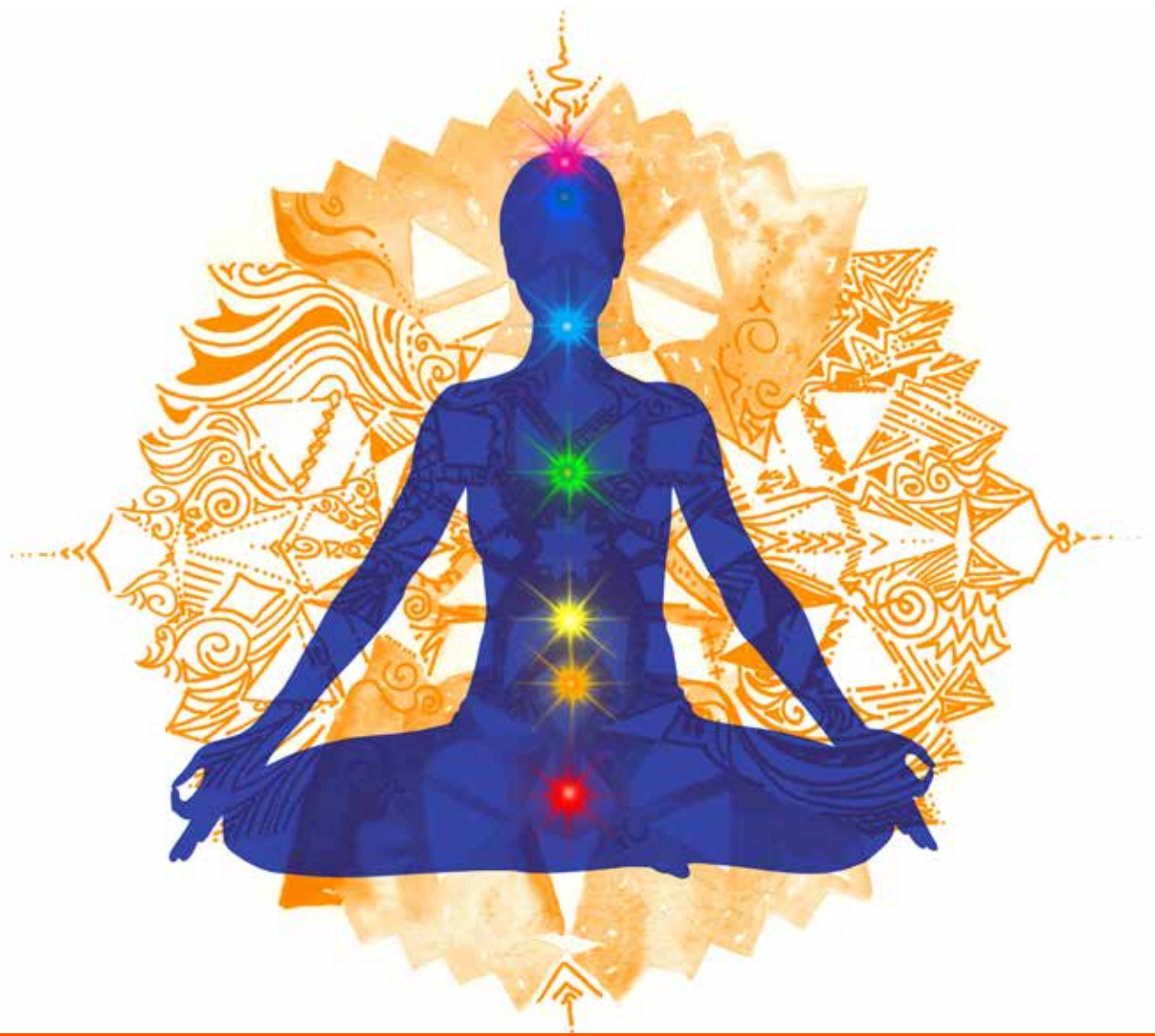
## Course Enrolment

You are welcome to enrol if you are 18 years and over.

## STUDY PLAN - TWO TERMS

- Introduction to Energetic Health Concepts
- The Chakra Energy System
- Energetic Tools for Transformation (EFT) – Level 1
- Dowsing as an Energetic Assessment Tool

**For subject dates and times, please view the Timetable.**



## Your subjects

### **Introduction to Energetic Health Concepts**

The course introduces concepts of energy; the body-mind relationship; and energetic perspectives of health, healing and wholeness. Vibrational tools such as Crystals, Sound and Essences, used by energetic healers to facilitate health and harmony in clients, are also introduced.

### **The Chakra Energy System**

An in-depth study of each chakra and its relationship to the mind, body and spirit. You will learn to develop an awareness of the energy fields and chakras, working to harmonize and rebalance chakras.



### **Energetic Tools For Transformation Level 1 (including EFT)**

This highly experiential subject will introduce you to the foundational aspects of proven energetic tools that create real and lasting transformation (including EFT, also known as Tapping).

You will learn and practice simple yet powerful techniques that allow you to shift limiting beliefs and disempowering emotional/energetic states, and work with a number of common personal challenges, including stress, pain relief, self-esteem and body image.

### **Dowsing as an Energetic Assessment Tool**

Dowsing is a means of accessing information using a pendulum, via your body's own natural electro magnetic sensitivity in answer to a clearly defined question. At this relaxed, hands-on, interactive, practical seminar, dowsers will learn the basics of 'what, why, how and when'.

*“We are surrounded by energy,  
affected by energy... we are energy.  
Universal law teaches us that  
energy seeks balance.  
As energetic beings, we strive to find  
this balance in mind, body and soul.”*

– International Energetic Healing Association (IEHA)

## Frequently Asked Questions

### Who are my Trainers?

Nature Care has been a leading provider of natural therapies since 1973!

The college has been at the forefront of emphasising the importance of energetic awareness and education since the 1980's.

Educator, Practitioner and Author Martine Negro has over 35 years' experience understanding the energy dynamics of the human system. Martine has worked with the college to develop the Energetic Health curriculum to empower people and practitioners to practice energy management for true wellbeing.

Nature Care Energetic Health Trainers are integral members of The International Energetic Healing Association.



## YOUR TRAINERS

### Martine Negro

Martine Negro has spent 30 years practicing Oriental Mind Body Health and has helped thousands of students understand the energetic dynamics of the human system. Martine is a co-founder and trainer in the Professional Certificate in Energetic Health at Nature Care College, author, coinicator and life member of The International Energetic Healing Association and president of the Dowsers Society of NSW. Martine is the author of the book: *“Hacking the Wellbeing Code through Energetic Intelligence”*.

### Irina Gladushchenko

Irina's background in Information Technology led her to Nature Care College in 2010 to look for the new ways to destress and learn stress management skills to support her with her highly demanding Senior IT Architect role. Completing her Holistic Counselling Diploma and achieving Meditation Facilitator level in 2012, Irina joined a Holistic Therapies clinic in Maroubra. After completing Energetic Healing in 2014 and completing her Cert IV in Workplace Training and Assessment, she successfully expanded her work to groups by co-creating and co-facilitating BrainSpa retreats around the world. Irina started lecturing at Nature Care in 2015 and has since become the President of the International Energetic Healing Association (IEHA). Her personal motto is to *“FIND PEACE WITHIN TO RADIATE IT INTO THE WORLD”*



## **YOUR TRAINERS...continued**

### **Luca Orlandi**

During many years in the luxury retail industry, Luca has taken his personal journey to an inward level. Having experienced firsthand the search for happiness in acquiring more goods, becoming prettier, wealthier, and trendier he noticed that certain human needs were not acquirable on the shop floor regardless of your level of income. Out of curiosity, he started to explore a holistic approach to life just before moving to Australia from Italy. During his exploration, he obtained a Diploma in Energetic Healing from Nature Care College, where he also integrated studies with a Professional Certificate Emotional Freedom Technique, a Professional Certificate in Meditation Facilitator and Aura-Soma.

“Everything is made of energy. This is the basic understanding that allows us to embrace reality as a whole. Being able to resonate with the natural flow of energy in our life allows us to live a life that fulfils our soul, guiding us toward our purpose”

“Life is an opportunity given to us in order to learn and grow from our own personal experiences. I believe there is not a right or wrong way to live our days as long as we keep our own personal balance, in full respect of others and the environment. Undertaking studying in Energetic Healing has been one of the most rewarding experiences of my life.”

Having founded “Ynot You” in 2015, Luca now shares his findings with clients in order to help them restore their personal balance and live a fulfilled life.

### **Patricia Rose**

Patricia Rose has a PhD in Education and has taught for over 30 years in primary schools and universities. She has been on a journey of self-development and healing for over 25 years and has completed training NLP Accreditation, Certificate IV in Telephone Counselling and a Certificate IV in Flying Stars Feng Shui and the Angel Intuitive Course. Her passion for dowsing began after completing the Geomancy subject as part of her training. Soon after being introduced to dowsing, she joined the Dowsters Society of NSW. Since then, she has held the position of Vice President and is currently the Secretary of the Dowsters Society of NSW.

## Certificate in Energetic Wellbeing Course Tuition Fees

Course Program Enrolment Fee \$95

**Term 1** \$735.00

**Term 2** \$700.00

### **Paying Per Term with 5% Upfront Discount**

**Term 1** \$698.25

**Term 2** \$665.00

### **Paying Per Term with a Payment Plan**

To enrol an initial deposit of \$200 is required per term and the balance can be paid in 12 weekly instalments each term as outlined below. A 10% surcharge applies to the balance when accessing the payment plan option

**Term 1** \$49.04 a week for 12 weeks

**Term 2** \$45.83 a week for 12 weeks

## Course Program Payment Options

Nature Care has a long history of making natural therapy education accessible & open to everyone.

The college offers a range of payment options to assist people with their budgets.

There are 3 payment options available.

### **You enrol and pay course tuition fees on a term-by term basis.**

#### **OPTION 1: RECEIVE A 5% DISCOUNT**

Pay the course tuition fees in full upon enrolment to receive a 5% discount.

**To receive the 5% discount, you must enrol three weeks prior to the start of the course.**

#### **OPTION 2: PAY PER STUDY PERIOD AS YOU PROGRESS WITH YOUR STUDIES**

You can enrol with a course deposit of \$200 & the Course Program Enrolment Fee of \$95. The balance of the terms course tuition fees is payable by the end of the first week of term.

#### **OPTION 3: PAYMENT PLAN**

The benefit of a payment plan is that it helps you to budget & pay for your studies in weekly instalments. This enables you to spread the cost of your course tuition fees over the 12 weeks of term.

To enrol an initial deposit of \$200 & the Course Program Enrolment Fee of \$95 is required to secure your place in the course program. The balance is paid off in 12 weekly instalments throughout term.

\* A 10% payment plan access surcharge is applied to the balance owing after the deposit is paid.



# Energetic Health Study Options and Career Paths

## COURSE

## OUTCOME

INTRODUCTION TO  
ENERGETIC HEALTH CONCEPTS



A SHORT COURSE  
FOR PERSONAL GROWTH  
OR TASTE TEST FOR  
A CAREER CHANGE

ENERGETIC TOOLS  
FOR TRANSFORMATION  
(EFT 1)



A SHORT COURSE  
FOR PERSONAL GROWTH  
OR TASTE TEST FOR  
A CAREER CHANGE

DOWSING AS AN ENERGETIC  
ASSESSMENT TOOLS



A SHORT COURSE  
FOR PERSONAL GROWTH  
OR TASTE TEST FOR  
A CAREER CHANGE

CERTIFICATE IN  
ENERGETIC WELLBEING



A COURSE PROGRAM FOR DEEP  
PERSONAL TRANSFORMATIONAL  
GROWTH. PROVIDES CREDIT PATHWAY  
TO PROFESSIONAL CERTIFICATE.

PROFESSIONAL CERTIFICATE  
IN ENERGETIC HEALTH



WORK AS AN  
ENERGETIC PRACTITIONER

*'A symptom is the body's alarm system.  
It works the same way as the red light  
on the dashboard of your car.'*

– Martine Negro



## The Experience

Introduction to Energetic Health Concepts is a beautiful exploration of the philosophy of the healer as a guide to self-healing.

Martine is an expert and passionate instructor, who creates a safe environment for everyone to learn and grow with a sense of fun. -*Louise*

It's a life-changing experience. I am so grateful for the teachers, but also for the other students who have created a lovely community. I am overwhelmed by the support and friendships that have been created.

The teachers are wonderful and create such a lovely, warm and inviting atmosphere to learn and grow.

I am grateful to Nature Care for making the course accessible to those around the world through their virtual platform. - *Amanda*



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