

## DIPLOMA OF HOLISTIC WELLNESS COACHING | NEW!

**Duration:** 1 Year (3 Terms)

**Commences:** Intake in March, June & September

**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
<b>Year 1</b>	<ul style="list-style-type: none"> <li>Cellular Health - Living for Longevity</li> <li>The Holistic Health Toolkit</li> <li>Introduction to Nutrition</li> </ul>	<ul style="list-style-type: none"> <li>Food as Medicine</li> <li>Mental, Emotional &amp; Spiritual Wellness</li> <li>The Resilient Mindset</li> <li>Wellness Coaching Skills</li> </ul>	<ul style="list-style-type: none"> <li>Weight Management Strategies</li> <li>Creating Self-Care Plans</li> <li>The Successful Wellness Coach</li> <li>Introduction to Psychoneuroimmunology-Based Relaxation Therapy</li> </ul>

- New students select subjects from Study Period 1
- Choose one class option for each separate unit of study as guided by the study plan above, i.e, you only need to pick one Introduction to Nutrition class option

Cellular Health - Living for Longevity		\$185 (Incl. GST)
<b>Friday</b>	9.30am - 4.30pm	Workshop
CHLFRI		10 - May
OR		
<b>Distance</b>		4 weeks
CHLDL		6 May - 2 Jun

Creating Self-Care Plans		\$345 (Incl. GST)
<b>Friday</b>	10.00am - 2.00pm	Intensive
COA014FRI		26 Apr, 3 & 10 May
OR		
<b>Distance</b>		6 weeks
COA014DL		8 Apr - 26 May

Food as Medicine		\$525 (Incl. GST)
<b>Wednesday</b>	6.00pm - 9.30pm	6 weeks
NUT002WED		17 Apr - 29 May
OR		
<b>Friday</b>	10.00am - 2.00pm	5 weeks
NUT002FRI		3 May - 31 May
OR		
<b>Distance</b>		10 weeks
NUT002DL		4 Mar - 19 May

Introduction to Nutrition		\$495 (Incl. GST)
<b>Wednesday</b>	6.00pm - 9.30pm	6 weeks
NUT001WED		6 Mar - 10 Apr
OR		
<b>Friday</b>	10.00am - 2.00pm	5 weeks
NUT001FRI		8 Mar - 5 Apr
OR		
<b>Distance</b>		10 weeks
NUT001DL		4 Mar - 19 May

Introduction to Psychoneuro - immunology Based Relaxation Therapy		\$175 (Incl. GST)
<b>Friday</b>	9.30am - 3.30pm	Workshop
PNIFRI		31 - May
OR		
<b>Distance</b>		4 weeks
PNIDL		6 May - 2 Jun

Mental, Emotional and Spiritual Wellness		\$340 (Incl. GST)
<b>Friday</b>	9.30am - 3.30pm	Workshop
PSY002FRI		12 & 26 Apr
OR		
<b>Distance</b>		4 weeks
PSY002DL		18 Mar - 14 Apr

The Holistic Health Toolkit		\$495 (Incl. GST)
<b>Saturday</b>	10.00am - 4.00pm	Intensive
HHTSAT		6 Apr, 4 & 25 May
OR		
<b>Distance</b>		9 weeks
HHTDL		25 Mar - 2 Jun

The Resilient Mindset		\$215 (Incl. GST)
<b>Friday</b>	12.00pm - 4.00pm	Workshop
PSY001FRI		8 & 15 Mar
OR		
<b>Distance</b>		4 weeks
PSY001DL		11 Mar - 7 Apr

The Successful Wellness Coach		\$540 (Incl. GST)
<b>Saturday</b>	9.30am - 12.30pm	Intensive
WEL001SAT		23 Mar, 6 Apr, 4 & 18 May
OR		
<b>Distance</b>		12 weeks
WEL001DL		4 Mar - 2 Jun

Weight Management Strategies		\$365 (Incl. GST)
<b>Friday</b>	2.30pm - 4.30pm	7 weeks
NUT023FRI		8 Mar - 26 Apr
OR		
<b>Distance</b>		7 weeks
NUT023DL		4 Mar - 28 Apr

Wellness Coaching Skills		\$695 (Incl. GST)
<b>Saturday</b>	1.00pm - 5.00pm	Intensive
WEL002SAT		9, 23 Mar, 6 Apr, 4, 18 May & 1 Jun
OR		
<b>Distance</b>		12 weeks
WEL002DL		4 Mar - 2 Jun