

## DIPLOMA OF HOLISTIC WELLNESS COACHING | NEW!

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

**Commences:** Intake in February, May & 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 Ageing - 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 Resilience 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> |

| Cellular Ageing for Longevity \$175 |                 |                            |
|-------------------------------------|-----------------|----------------------------|
| <b>Saturday</b><br>CALSAT           | 9.30am - 4.30pm | Workshop<br>28 Jul         |
| <b>Distance</b><br>CALDL            |                 | 4 weeks<br>16 Jul - 12 Aug |

| Food as Medicine \$495      |                  |                              |
|-----------------------------|------------------|------------------------------|
| <b>Friday</b><br>NUT002FRI  | 10.00am - 2.00pm | Intensive<br>27 Jul - 24 Aug |
| <b>Monday</b><br>NUT002MON  | 6.00pm - 9.30pm  | Intensive<br>23 Jul - 27 Aug |
| <b>Distance</b><br>NUT002DL |                  | 10 weeks<br>28 May - 12 Aug  |

| Introduction to Nutrition \$495 |                  |                             |
|---------------------------------|------------------|-----------------------------|
| <b>Friday</b><br>NUT001FRI      | 10.00am - 2.00pm | Intensive<br>8 Jun - 6 Jul  |
| <b>Monday</b><br>NUT001MON      | 6.00pm - 9.30pm  | 6 weeks<br>28 May - 16 Jul  |
| <b>Distance</b><br>NUT001DL     |                  | 10 weeks<br>28 May - 12 Aug |

| Mental, Emotional and Spiritual Wellness \$325 |                 |                             |
|--|-----------------|-----------------------------|
| <b>Friday</b><br>PSY002FRI                     | 9.30am - 3.30pm | Intensive<br>29 Jun & 6 Jul |
| <b>Distance</b><br>PSY002DL                    |                 | 6 weeks<br>18 Jun - 5 Aug   |

| The Resilient Mindset \$175 |                  |                            |
|-----------------------------|------------------|----------------------------|
| <b>Friday</b><br>PSY001FRI  | 10.30am - 2.00pm | Workshop<br>15 & 22 Jun    |
| <b>Sunday</b><br>PSY001SUN  | 10.30am - 2.00pm | Workshop<br>22 & 29 Jul    |
| <b>Distance</b><br>PSY001DL |                  | 4 weeks<br>28 May - 24 Jun |

| The Holistic Health Toolkit \$475 |                  |                                 |
|-----------------------------------|------------------|---------------------------------|
| <b>Saturday</b><br>HHTSAT         | 10.00am - 4.00pm | Intensive<br>21 Jul, 4 & 18 Aug |
| <b>Distance</b><br>HHTDL          |                  | 9 weeks<br>28 May - 5 Aug       |

| The Successful Wellness Coach \$325 |                  |  |
|-------------------------------------|------------------|--|
| <b>Wednesday</b><br>WEL001WED       | 12.00pm - 3.00pm | Intensive<br>30 May, 13, 27 Jun & 18 Jul |
| <b>Distance</b><br>WEL001DL         |                  | 12 weeks<br>28 May - 26 Aug              |

| Weight Management Strategies \$525 |  |                             |
|------------------------------------|--|-----------------------------|
| <b>Distance</b><br>NUT023DL        |  | 12 weeks<br>28 May - 26 Aug |

| Wellness Coaching Skills \$495 |                  |   |
|--------------------------------|------------------|---|
| <b>Wednesday</b><br>WEL002WED  | 12.00pm - 3.00pm | Intensive<br>6, 20 Jun, 4, 25 Jul, 8 & 22 Aug |
| <b>Distance</b><br>WEL002DL    |                  | 12 weeks<br>28 May - 26 Aug                   |