

# WOMEN'S HEALTH & WELLNESS COACH CERTIFICATION



## YOUR SUBJECTS

1. Psychology & Wellbeing Foundations	\$399
2. Wellbeing Management & Coaching Practice	\$525
3. Women's Health & Hormones*	\$350
4. The Gut & Microbiome*	\$350
5. Coaching Practicum	\$525
6. Mental Health & Trauma Awareness	\$199
7. Elective 1	\$350
8. Elective 2	\$350
9. Disease & Wellbeing Guidelines	Complimentary

## ELECTIVE OPTIONS

### Health & Lifestyle

\$350/elective

- Non-Diet Approach in Coaching \*
- Ayurvedic Lifestyle & Nutrition\*
- Certificate of Human Nutrition (\$450)\*
- Nutrition Psychology; Food Choice & Eating Habits\*
- Botanical Healing: Intro to Herbal Med
- Superfoods & Nutrition; The Power of Food\*
- Introduction to Holistic Wellness
- Meal & Menu Planning; An Introduction
- Fuelling & Physical Activity
- Sports Nutrition for Optimal Performance\*
- Early Nutrition; Birth to Adolescence
- Nutrition for Conception, Pregnancy & Lactation
- Weight Management Nutrition
- Food Groups & Dietary Diversity (\$280)

### Coaching & Development

\$350/elective

- Cultivating Confidence in Clients
- Design & Deliver Healthy Lifestyle Events & Programs

DUAL OR TRIPLE QUALIFICATION - Contact us in regards to your elective choices

\* Approved diploma subjects in the dual qualification where you add the Level 5 Diploma in Nutrition & Health Coaching

As at Nov 2023. Prices are subject to change. Please refer to website for current pricing.