

CERTIFIED WOMEN'S HEALTH & WELLNESS COACH (MAJOR) with Certified Holistic Wellness Coach (Minor)



QUALIFICATION STRUCTURE AND REQUIREMENTS

1. Credits and Total Qualification Time (TQT)

These subjects also form part of the Level 5 Diploma in Nutrition & Health Coaching comprises 60 credits, equating to 600 TQT.

2. Qualification Structure

To achieve these qualifications, **9 units** must be successfully completed to achieve the minimum hours of 150.

The below subjects are specific to the Holistic Wellness Coaching program and sit outside of the Diploma options:

- WCGE01 - Introduction to Holistic Wellness
- WCGE02 - Coaching Techniques for Flourishing Clients (Discounted in lieu of overlap with DNHC501*)
- WCG03 - The Practice of Coaching Clients Holistically (covered in DNHC503)

Electives are not required however they are outlined for those who undertake study as part of an Upfront Bundle option.

Unit Code	Mandatory Units	Level	Credit	FEE
DNHC501	Psychology & Wellbeing Foundations	5	7	\$399
DNHC503	Wellbeing Management & Coaching Practices	5	8	\$525
DNHC509	Women's Health & Hormones	5	5	\$350
DNHC510	The Gut & Microbiome	5	5	\$350
DNHC504	Mental Health & Trauma Awareness	5	4	\$199
DNHC506	Practicum: Ready for Practice	5	10	\$525
WCGE01	Introduction to Holistic Wellness	-	-	\$299
WCGE02	Coaching Techniques for Flourishing Clients	-	-	\$245*
DNHC513	Ayurvedic Lifestyle & Nutrition	5	5	\$350
Total			39	

Unit Code	Diploma Elective options (see full list on website)	Level	Credit	FEE
DNHC511	Non-Diet Approach to Coaching	5	5	\$350
DNHC512	Nutrition Psychology, Food Choices & Eating Habits	5	5	\$350
DNHC514	Sports Nutrition for Optimal Performance	5	5	\$350
DHHC515	Botanical Healing: An Introduction to Herbal Medicine	5	5	\$350
DNHC516	Super Foods & Nutrition	5	5	\$350

Fees listed in Australian \$. Pricing available in all major currencies at the store.

