

CERTIFIED HOLISTIC WELLNESS COACH

Qualification Structure and Requirements



To achieve this qualification **7 units** must be successfully completed. This includes 6 mandatory units and at least **1 elective**, to achieve a minimum of **14 credits**.

DNHC-denoted units form part of the accredited Level 5 Diplomas and can be credited at any time.

Unit Code	Mandatory Units	Level	Credit
WCGE01	Introduction to Holistic Wellness	5	-
WCG002	Integrative Wellness Techniques	5	-
WCGE03	The Practice of Coaching Clients Holistically	5	-
DNHC504	Mental Health & Trauma Awareness	5	4
DNHC506	Practicum: Ready for practice	5	5
DNHC513	Ayurvedic Lifestyle & Nutrition	5	5
Total			14

Unit Code	Elective Units (Min. 1)	Level	Credit
DNHC509	Women's Health & Hormones	5	5
DNHC510	The Gut & Microbiome	5	5
DNHC511	Non-Diet Approach to Coaching	5	5
DNHC512	Nutrition Psychology, Food Choices & Eating Habits	5	5
DNHC514	Sports Nutrition for Optimal Performance	5	5
DHHC515	Botanical Healing: An Introduction to Herbal Medicine	5	5
DNHC516	Super Foods & Nutrition	5	5
WCGE04	Meal Planning for Healthy Living	5	-
WCGE06	Nutrition for Conception, Pregnancy & Breastfeeding	5	-
WCGE07	Design & Deliver Healthy Lifestyle Events	5	-
WCGE08	Early Nutrition: Birth to Adolescence	5	-
WCGE09	Weight Management Nutrition	5	-
WCGE10	Coaching Confidence	5	-

DNHC units in this qualification have been accredited to the Regulated Qualification Framework (RQF) and credit to the:

Level 5 Diploma in Nutrition and Health Coaching 610/2579/3

*Learner Registration fee applies

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

