



TRIPLE QUALIFICATION PROGRAM OVERVIEW

- Level 5 Diploma in Nutrition & Health Coaching
- Women's Health & Wellness Coach Certification
- Holistic Wellness Coach Certification

Units Required for Triple Qualification

Level 5 Diploma in Nutrition & Health Coaching		Women's Health Coaching	Holistic Wellness Coaching
Unit Reference	Required Units	Required Units	Required Units
DNHC501	Psychology & Wellbeing Foundations	✓	✓
DNHC502	Human Nutrition	✓	✓
DNHC503	Wellbeing Management & Coaching Practices	✓	✓
DNHC504	Mental Health & Trauma Awareness	✓	✓
DNHC505	Physical Health Guidelines	✓	✓
DNHC506	Coaching Practicum	✓	✓
DNHC509	Elective 1- Women's Health & Hormones	✓	
DNHC510	Elective 2- The Gut & Microbiome	✓	
DNHC513	Elective 3- Ayurvedic Lifestyle & Nutrition		✓
Holistic Wellness Coaching Units			
WCGE01	Introduction to Holistic Wellness		✓
WCG002	Coaching Techniques for Flourishing Clients		✓

Training Approved By

