



WELLNESS  
COACHING  
AUSTRALIA

10641NAT

# DIPLOMA OF HEALTH AND WELLNESS COACHING

## COURSE GUIDE



NATIONALLY RECOGNISED  
TRAINING



RTO #30978

## WELCOME

Thank you for your interest in our Diploma of Health and Wellness Coaching (10641NAT) - Australia's first nationally accredited Diploma qualification in the emerging field of Health and Wellness Coaching.

This Diploma is being offered by Blueprint Career Development (RTO 30978) and delivered by Wellness Coaching Australia who is the registered owner of the course (CO 10529). The Diploma cannot be offered by another RTO without the permission of Wellness Coaching Australia.



The science of coaching and health behaviour change has been a key area of research for many years in the fields of psychology, coaching and healthcare. In recent years the practice of coaching people to better health behaviours and outcomes has become recognised as a potential catalyst for reversal of lifestyle related risk factors and optimisation of quality of life and wellbeing.

Our practice has been born out of the need to support people in taking active steps towards change in their health and wellbeing, and is grounded in relationships, communication and connection. This Diploma qualification will equip you to work with clients to help them achieve better health and wellness by creating the successful behaviour change that is required.

This Diploma qualification will provide you with the knowledge, coaching tools, practical skillset and structured model to work as a professional Health and Wellness Coach both in Australia and overseas. It has been developed to fill the current gap in accredited, evidence-based training in Australia and will provide you with:

- a nationally accredited qualification
- a pathway into National Board Certification (NBC-HWC) – the highest certification available globally,
- Eligible for full membership with Health Coaches – Australia & New Zealand Association.
- international professional recognition with IICT,
- a science based, practical qualification backed by research,
- a course that exceeds the current international Health and Wellness Coaching course standards.

This course guide will give you with all the relevant information you need to know about the Diploma including course outline, delivery, fees, assessment, professional recognition and payment options.

We look forward to joining our new healthcare movement and inspiring you to help others.

Kind Regards,

**Fiona Cosgrove- Managing Director**  
**WELLNESS COACHING AUSTRALIA**

## AUSTRALIA'S FIRST NATIONALLY ACCREDITED DIPLOMA OF HEALTH AND WELLNESS COACHING (10641NAT)

### The emerging field of Health and Wellness Coaching

For decades, society's state of "busy-ness" with work, home and personal commitments have led to poor lifestyle behaviour and we are now seeing chronic health conditions rise across populations. The idea that modern medicine's "magic bullet" will fix our poor health choices has been debunked and health experts now widely prescribe the need for individuals to take active steps towards disease prevention.

Health and Wellness Coaches work with clients seeking change in their health and lifestyle habits to reduce pain, improve fitness, get better sleep, lose weight, lower stress or simply increase their life satisfaction. Coaches help clients navigate the minefield of questionable health and lifestyle information and support them in devising a personal health plan that will work with their lifestyle. Coaches take into account key motivators for change that will ensure the plan is sustainable for the long term.

A Health and Wellness Coach empowers clients by working alongside them to discover what their health goals are and identify key motivators that will support positive health behaviour changes. Together they set realistic short and long term goals and develop a sustainable, self-directed plan that will stick for the long term - resulting in healthier and happier lives.

### Why Study Health and Wellness Coaching?

The Diploma of Health and Wellness Coaching (10641NAT) is designed to replace the authoritative approach of traditional health care services which often result in little lasting change for the clients and instead can provoke resistance and an unwillingness to move forward. Anyone who has struggled with helping others or has a strong desire to work effectively with people to promote health and wellbeing will find this training inspiring and potentially, life changing.

With this Diploma qualification, students walk away with a unique skillset in the coaching models, tools and processes that will allow them to immediately start working in this unique health field with confidence.

Health and Wellness Coaching is a growing health service offered in private practices, medical centres, wellness clinics, community health programs, corporate organisations for employee wellness, health clubs and even schools.

### Who can study the Diploma of Health and Wellness Coaching?

The Diploma of Health and Wellness Coaching is an inevitable choice for anyone that wants to study in this emerging and thriving area of health prevention. There are no pre-requisites or prior study requirements to enrol.

For those people already working in a health, wellness or lifestyle related field this qualification will allow them to diversify into this specialised area of health behaviour change. This may include:

- Allied Health Professionals - Nurses, Exercise Physiologists, Nutritionists, Occupational Therapists, Chiropractors, Osteopaths
- Complementary Therapists - Massage Therapists, Naturopaths, Holistic Wellness Practitioners, Traditional Chinese Medicine, Ayurvedic Medicine
- Fitness Professionals - Personal trainers, Yoga Teachers, Pilates instructors, Meditation teachers
- HR Managers, Corporate Health Officers and workplace wellness ambassadors
- Community and Social Workers
- Psychologists and Counsellors who have a strong interest in health behaviour change
- Anyone who wishes to go on their own health and wellness journey or support others in achieving their own wellbeing

### Benefits

- Flexible, self-paced learning with personalised timetable
- Created by Australia's leading team of wellness coaches and facilitated by experienced health practitioners
- Nationally accredited course with ASQA and an approved international course with the National Board for Health and Wellness Coaching (US).
- Students go on their own journey during the course to better understand a client's experience

## COURSE OVERVIEW

### Learning Outcomes / Competencies

- Develop plans with the clients and conduct face to face and phone health and wellness coaching sessions applying effective coaching communication skills to meet personal health and wellness goals.
- In depth learning both theoretical and practical application of a series of theories such as Positive Psychology, Motivational Interviewing, Transtheoretical Model of Change, SMART goals and the GROW model.
- Apply a variety of health and wellness coaching tools to help clients move through ambivalence and increase confidence.
- Understand the scope of practice of a coach and to work within the limitations of the role and identify when referral to alternative health professionals is required.
- Be familiar with key principles of physical activity, nutrition, stress management and other wellness practices that will support effective change.
- Offer health and wellness coaching services, within an existing business or as a separate service with the aim of supporting people in achieving their health and wellness goals.

### **Core units of competency (complete all units):**

To be awarded the Diploma of Health and Wellness Coaching, students must successfully complete a total of nine units of competency made up of eight core units and one elective unit of competency.

### **Health and Wellness Coaching in Action (consists of three units taught simultaneously as a cluster)**

- HWCDAR501 - Develop and apply relationship skills and principles in health and wellness coaching
- HWCPC502 - Plan and conduct health and wellness coaching sessions
- HWCCE503 - Conduct effective coaching to support clients in moving through the stages of change

The coaching units will provide students with all they need to know to create a relationship and support clients to make desired changes and achieve optimal health and wellbeing, whilst working within the scope of their practice.

### **Supporting Healthy Eating Behaviours**

- HWCSPH504 - Support and promote healthy eating behaviours within limitations of role

This unit will teach skills and knowledge for students to provide clients with healthy eating information within the limits of their role and discuss changes they wish to make in this area of their life.

### **Supporting Physical Activity for Optimal Health**

- HWCACE506 - Assist clients in establishing physical activity goals for optimal health within limitations of role

Students will learn to establish clients' suitability for, and attitude around physical activity, whilst providing current information and guidelines around exercise.

### **Supporting Healthy Lifestyle - Beyond Food and Exercise**

- HWCSCD505 - Support clients in the development of skills for healthy lifestyle practice within limitations of role

This unit will teach students to work with clients to self-identify and address patterns of behaviour which may be causing unhealthy levels of stress, poor sleep patterns and lack of personal organisation, whilst creating strategies for improvement in these areas.

### **Personal Work Priorities and Professional Practice (consists of two units taught simultaneously as a cluster)**

- CHCPRP003 - Reflect on and improve own professional practice
- BSBWOR501 - Manage personal work priorities and professional development

Students will be encouraged and supported to improve management of their workload in an efficient and effective manner and to ensure that they plan for continued professional development.

Students will be required to reflect on their own practice, to share and seek feedback, identify improvements required and create a self-development plan that draws on internal and external sources.

### **Elective units of competency (select one of the following):**

Select one of the two elective units:

#### **Elective 1: Establish a Wellness Coaching Practice**

- HWCEWP507- Establish a wellness coaching practice

Students will select this elective if they wish to set up their own health and wellness coaching business and will learn to establish a client-centred business, develop operational systems, marketing plans and sales strategies.

#### **Elective 2: Health and Wellness Coaching in Organisations**

- HWCPHW508 - Plan a health and wellness coaching program for use within an organisational context

For those students who wish to run a health and wellness coaching program within an organisational setting other than their own business. They will be supported to design the program, do a needs analysis, write a proposal for the decision maker and prepare to promote and run the program. It may involve coaching individuals or running group coaching sessions.

### **Delivered in partnership with Blueprint Career Development**

This Diploma is being offered by Blueprint Career Development (RTO 30978) and delivered by Wellness Coaching Australia who is the registered owner of the course (CO 10529). The Diploma cannot be offered by another RTO without the permission of Wellness Coaching Australia.



#### *About Blueprint Career Development (RTO 30978)*

Blueprint Career Development has been operating as a Registered Training Organisation in Queensland since 2003. Over that time, they progressively increased their course offerings and currently deliver business, training and assessment, hospitality and personal development courses and qualifications. As a specialist RTO, they offer highly customised programs and deliver a standard of service that is second to none. They are committed to quality, customer service and compliance.

### **Course Duration**

Designed as a part time study course, units are delivered over an 18 month period with some flexibility around learning method and timeframes to fit students' existing home and work life. Each intake has its own structured study timetable, however, personal customisations can be made to take into account your preference on unit delivery options (online or face to face) and also option to fast track your study time frame from 18 months down to 12 months.

### **Course Delivery**

The Diploma of Health and Wellness Coaching is delivered through a blended learning format which includes live workshops, live webinars, self-study, live practical sessions - backed up by a library of resources and comprehensive assessment tasks.



### How units are assessed

Students will be assessed by several different methods including demonstration of practical proficiency in the skills and model taught. Worksheets, written questionnaires, and practical coaching experience are some of the methods adopted. Together with participation in a variety of learning activities, students will come out with a broad understanding and practical ability to begin their coaching career or adopt a new way of working with people in their existing role.

## ACCREDITATION AND PROFESSIONAL RECOGNITION

### Nationally Accredited

The Diploma of Health and Wellness Coaching is a government certified course with recognised qualifications according to the Australian National Regulator, the Australian Skills Quality Authority (ASQA). Learn more at [www.training.gov.au](http://www.training.gov.au).



### Eligible for full Membership – Health Coaches Australia & New Zealand Association.

As an enrolled participant of the Diploma of Health and Wellness Coaching, upon successful completion of all coaching and health and lifestyle units, you will be awarded the secondary certification of Professional Certificate in Health and Wellness Coaching which is an approved training program course with our industry association: Health Coaches Australia and New Zealand Association. This is the leading industry association in our region for our practice that supports Health & Wellness Coaches, Primary Care Physicians and Allied Health professionals to connect, communicate and aspire to deliver on our collective vision of Co-Creating Universal Health and Wellness. They are a respected industry voice for an appropriate standard in Health & Wellness Coaching nationally and internationally.



To find out more about the industry association and the benefits of being a member, visit their website [www.hcanza.org/membership-benefits](http://www.hcanza.org/membership-benefits)

### Pathway to National Board Certification with NBHWC

As an enrolled participant of the Diploma of Health and Wellness Coaching, upon successful completion of all coaching and health and lifestyle units, you will be awarded the secondary certification of Professional Certificate in Health and Wellness Coaching which is an approved training program with the National Board of Health and Wellness Coaches (NBHWC). This provides eligibility to apply and sit the National Board Certification exam and become a “Board Certified” Health and Wellness Coach - the highest international qualification for the Health and Wellness coaching field.



For more information on becoming a National Board Certified Health and Wellness Coach and the additional entry requirements, visit the NBHWC website <https://nbhwc.org/become-an-nbc-hwc>

### Industry Accreditation for Continuing Professional Development (CPD) or Continuing Education Credits (CEC)

Wellness Coaching Australia is accredited with many health, fitness and wellness bodies in Australia and overseas, including the International Coaching Federation, giving you access to ongoing professional education hours/credits. Here are just some of the industry bodies our workshops, short courses and certification programs are accredited by:

- International Coaching Federation (ICF)
- Fitness Australia
- Physical Activity Australia
- Exercise and Sports Science Australia - ESSA
- Australian Primary Health Care Nurses Association - APNA
- Australian Natural Therapists Association - ANTA
- Australian Traditional Medicine Society - ATMS
- Massage & Myotherapy Australia - MMA
- REPS (NZ)
- REPS UK - delivered through our partnership with TRAIN Fitness
- REPS UAE -delivered through our partnership with A Life of Education

### Professional Recognition – Complementary Therapy Industry

Wellness Coaching Australia is an approved training provider with the International Institute for Complementary Therapists (IICT), a membership body that represents complementary health services. Once you have completed our training and ensure you have met the professional certification criteria, you can apply for membership through their website.



IICT is an independent accrediting body for the wellness industry whose course endorsement will allow you to gain professional insurance under the service category of Wellness Coaching. IICT are aligned with a network of insurance providers whereas a member you can access discounted policies for a large range of health, fitness and natural therapy occupations. All practitioners are urged to gain professional recognition and insurance prior to commencement of commercial activities.

## FEES AND ENROLMENT INFORMATION

### Course cost

Total course fee is AU\$10,000 including gst. An upfront enrolment fee of \$150 (in addition to the standard deposit) is payable at the time of enrolling.

### How to enrol

The Diploma has set course intakes throughout the year. Please visit our website for upcoming course start dates, enrolment close dates and request a study timetable for the course intake you are interested in.



### Payment plan

Course fees are payable on an individualised payment plan where instalments are aligned with the speed in which course units are delivered. If following the standard 18-month timetable, course fees would be paid over this period with payments always ahead of accessing the next unit. For more information review the [Fees and Charges, Withdrawal, Deferral and Refund Policy](#)

### How to pay

Course fees can be paid through two methods:

1. Direct deposit
2. Credit /Debit Card - Visa or Mastercard.

Payments are processed in Australian dollars (AUD). Please contact our office for more information.

### Availability of government assistance

As this course is privately delivered, no VET Fee Help is available.

### Enrolment Pre-requisites

Students must be 18 years and over with a certain level of life experience and maturity is desirable!

### Recognition of prior learning (RPL)

Prior graduates of Level 1, 2, 3 and the Professional Certificate in Health and Wellness Coaching with Wellness Coaching Australia will receive RPL towards the Diploma and need to complete gap training for some units. Please contact the student enrolments team to request an WCA student RPL information kit.

RPL may be available for non-Wellness Coaching Australia prior studies if these training programs and prior experience meet the RPL criteria and evidence can be provided. Please contact the student enrolments team to request an RPL kit to determine suitability to commence the RPL application process.

## CONTACT INFORMATION

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