

11334NAT

## Certificate III in Personal Empowerment



### Duration

12-24 months



### Entry Requirements

No



### Delivery

Blended learning



### Accreditation

This is a nationally recognised qualification

### Explore the values and personal paradigms that contribute to your current life experience and then use this to develop a practical roadmap for intentional living.

Self-awareness and emotional intelligence are the keys to unlocking both personal wellbeing and professional success. Our Certificate III in Personal Empowerment is designed to help individuals explore their values and paradigms, providing a practical roadmap for conscious growth. This program is particularly beneficial for those who are seeking a deeper understanding of themselves and how ancient wisdom and modern science can be applied to everyday life.

By the end of the program, participants will be equipped with the skills to apply emotional intelligence theories, develop self-awareness using somatic techniques, and maintain healthy mental, emotional, and physical wellbeing practices. The ability to balance roles and responsibilities in life and work, be present and authentic with oneself and others, and make empowered choices are just some of the key takeaways.

### Who is this for?

11334NAT Certificate III in Personal Empowerment course is designed for seekers of growth who choose to learn how ancient wisdom and modern science can be applied to intentional living, authentic relating and empowered decision making.

## What You'll Learn

When you finish this course, you'll be able to:

- Apply emotional intelligence theories to self and understanding others
- Use somatic techniques to develop self-awareness
- Apply healthy mental, emotional and physical wellbeing practices
- Balance own roles and responsibilities in life and work
- Be present and authentic with self and others
- Make empowered choices

## Career Opportunities

Research shows that emotional intelligence (EI) contributes to more than half an individual's job performance and that people with a high EI earn more than those with a low EI. Perhaps only you know how you might apply the development of inner wisdom and outer maturity to your career or life!

## Entry Requirements

There are no entry requirements for this course although it is recommended that students have demonstrated at least Level 2 for each of the Australia Core Skills – Learning, Reading, Writing, Oral Communication and Numeracy.

## Delivery Options

Check each course option below as not all delivery options apply.

### 1. Live Class

- i) Group workshop with a trainer to support and guide you through activities. Ask us for scheduled course dates at locations convenient to you.
- ii) We can also come to your workplace and deliver a customised program to meet your workplace needs (Minimum numbers apply. Contact us to discuss your particular needs).

### 2. Blended Learning

This is a flexible and efficient way to complete your qualification. It may include live classes, online study, self-paced activities and webinars.

### 3. Online

The entire course is offered electronically through our Learning Management System.

### 4. Recognition of Prior Learning

Recognition of Prior Learning is the process that is used to recognise the skills and knowledge you have acquired through personal and work experience - the "University of Life". The evidence you provide is matched to a complete qualification where possible or alternatively, to part of a qualification. A successful RPL application means that you could receive certification without further study or may be able to fast track through a qualification. Please contact us to organise an individual assessment of your current knowledge and skills.

## Duration

You have up to 24 months from course commencement to complete 11334NAT Certificate III in Personal Empowerment qualification.

## Course Outline

To complete this qualification you must demonstrate competency in a total of 8 units with the first 6 listed being core/mandatory.

Participants are required to complete 2 elective units which may come from a range of vocational areas. The list below provides suggestions only as these will be negotiated with participants. Participants may also apply for credit transfer or RPL of elective units.

Units of Competency		Core/ Elective
NAT11334001	Develop emotional intelligence	Core
NAT11334002	Develop somatic awareness	Core
NAT11334003	Enhance personal wellbeing	Core
NAT11334004	Balance life roles	Core
NAT11334005	Build authentic relationships	Core
NAT11334006	Manifest personal potential	Core
CHCVOL001	Be an effective volunteer	Elective
FNSFLT211	Develop and use personal budgets	Elective
BSBPEF301	Organise work priorities	Elective
FSKLRG014	Manage strategies for career progression	Elective

## Course Materials

Your learning resources will include:

- Training Manuals (Playbooks)
- Resource Library containing document templates, samples, fact sheets and explainer videos
- Access to live and recorded webinars and online discussion forums
- Access to our Learning Management System

You will also be able to access our “Homework Club”, tutorials and individual support calls.



## Technology Requirements

During your studies, you will need access to the following:

- Computer with compatible operating system
- Printer, scanner and phone
- Current web browser (Chrome, Safari or Firefox)
- Email address and stable Internet connection access (with a reliable speed of at least 5mbps)
- Microsoft Office - including Word, Excel and PowerPoint
- Adobe reader

## Assessment

Assessment is a combination of:

- Observation of performance
- Records of discussion and mentoring
- Oral and/or written questioning
- Presentations
- Projects, problem solving and case studies
- Portfolios and products
- Self, group and peer reviews

## Further Training Options

If you successfully complete this qualification you could continue your studies in higher level wellness related qualifications.

## Fee Information

Please see our full [Fee Schedule](#) for information about unit costs (where applicable), RPL fees and Refund Policy.