

Info Pack

101860NAT

Certificate III in Personal Empowerment



Duration

6 day workshop plus online and self-paced activities



Entry Requirements

Yes



Delivery

Blended learning



Accreditation

This is a nationally recognised qualification

Self-awareness and emotional intelligence are well recognised as key to unlocking personal wellbeing and professional success. Participants of this course will explore the values and personal paradigms that contribute to their current life experience and then use this to develop a practical roadmap for intentional living.

This course focuses on developing a deep understanding of self through reflection, structured activities and small group mentoring.

Who is this for?

This course is designed for anyone who is simply yet to be 100% happy and fulfilled.

Start here if you are seeker of 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 of 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 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 12 months from course commencement to complete this qualification.

Course Outline

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

NATT0860001	Develop emotional intelligence	Core
NATT0860002	Develop somatic awareness	Core
NATT0860003	Develop healthy mental, emotional and physical habits	Core
NATT0860004	Balance roles and responsibilities for life and work	Core
NATT0860005	Build authentic relationships and foster interpersonal connection	Core
NATT0860006	Make empowering choices to manifest potential	Core

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.

BSBSMB306	Plan a home based business	Elective
FNSFLT201	Develop and use a personal budget	Elective
BSBWOR301	Organise personal work priorities and development	Elective
FSKLRG014	Manage strategies for career progression	Elective
HLTAID003	Provide first aid	Elective

Course Materials

Your learning resources will include:

- Training Manual
- Resource Library containing document templates, samples, fact sheets and explainer videos
- Access to live and recorded webinars and online discussion forums
- Access to an online 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 (Windows 8 or higher, Mac)
- 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 such as:

10641NAT Diploma of health and wellness coaching

Fee Information

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

	Blended
10860NAT Certificate III in Personal Empowerment	\$2995