

OUTLINE

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 | FEE |
|--------------|---|-------|-----------|-------|
| WCGE01 | Introduction to Holistic Wellness | 5 | - | \$299 |
| WCGE02 | Coaching Techniques for Flourishing Clients | 5 | - | \$525 |
| WCGE03 | The Practice of Coaching Clients Holistically | 5 | - | \$199 |
| DNHC504 | Mental Health & Trauma Awareness | 5 | 4 | \$525 |
| DNHC506 | Practicum: Ready for practice | 5 | 5 | \$350 |
| DNHC513 | Ayurvedic Lifestyle & Nutrition | 5 | 5 | \$350 |
| Total | | | 14 | |

| Unit Code | Elective Units | Level | Credit | FEE |
|-----------|---|-------|--------|-------|
| DNHC509 | Women's Health & Hormones | 5 | 5 | \$350 |
| DNHC510 | The Gut & Microbiome | 5 | 5 | \$350 |
| DNHC511 | Non-Diet Approach to Coaching | 5 | 5 | \$350 |
| DNHC512 | Nutrition Psychology, Food Choices & Eating Habits | 5 | 5 | \$350 |
| DNHC514 | Sports Nutrition for Optimal Performance | 5 | 5 | \$350 |
| DHHC515 | Botanical Healing: An Introduction to Herbal Medicine | 5 | 5 | \$350 |
| DNHC516 | Super Foods & Nutrition | 5 | 5 | \$350 |
| WCGE04 | Introduction to Meal & Menu Planning | 5 | - | \$350 |
| WCGE06 | Nutrition for Conception, Pregnancy & Breastfeeding | 5 | - | \$350 |
| WCGE07 | Design & Deliver Healthy Lifestyle Events | 5 | - | \$350 |
| WCGE08 | Early Nutrition: Birth to Adolescence | 5 | - | \$350 |
| WCGE09 | Weight Management Nutrition | 5 | - | \$350 |
| WCGE10 | Coaching Confidence | 5 | - | \$350 |

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 Dollars.
Pricing available in GBP, EUR, USD.

