

Psychology & Counselling

Course Information

Certificate in Health and Wellbeing

OVERVIEW

Health and wellbeing is a critical part of everyone's lives. In the modern world, it's easy to neglect ourselves in the business and responsibilities or everyday life. This course is designed to teach you the fundamentals of health and wellbeing across a broad spectrum. This includes the new and unique stressors that have arisen in the 21st century, how your diet can impact your health and wellbeing, and how stress can impact us. It also covers how health and wellbeing can be improved.

Ready to become unstoppable?
Enrol now and start your journey today.

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INVESTMENT

\$995 + GST

upfront payment; or
\$1,295 + GST with a \$25 a week
interest free payment plan

COURSE DURATION

100 hours

COURSE TIMEFRAME

6 months