

Wellbeing and Balance



Duration

12 weeks (Zoom classes plus self-paced activities)



Entry Requirements

No



Delivery

Online/Blended



Accreditation

Accredited

Despite being bombarded with information about how to be healthy, wealthy and wise, statistics show that our mental, emotional and physical health continue to decline. It's time to go back to the basics most of us never learned from a holistic perspective – how to thrive in your 'human spacesuit'.

"Wellbeing and Balance" approaches health and wellness holistically and contains two nationally accredited units from our Certificate III in Personal Empowerment delivered over 12 weeks:

- NAT10860003 Develop healthy mental, emotional and physical habits
- NAT10860004 Balance roles and responsibilities for life and work

Who is this for?

This program is relevant to everyone since understanding how to maintain balance, physical, mental and emotional wellbeing determines how we experience everything life has to offer. Actually we suspect that if we'd learned this stuff in school, we may have saved ourselves some painful lessons!

The information, practical activities and exercises are ideal for leaders in education, community support and personal services.

What you'll learn

This course is designed for people interested in understanding how they can reach their full potential in personal and professional settings. Key topics include:

WEEK	TOPIC
Week 1	Thriving v's Surviving
Week 2	Dimensions of Wellness and Wellbeing
Week 3	Standard Health Benchmarks and Resources
Week 4	Physical Wellbeing - Getting the best out of your 'human spacesuit'
Week 5	Making better choices
Week 6	Mental and Emotional Wellbeing
Week 7	The Sailboat Metaphor
Week 8	Overwhelm and other challenges
Week 9	Energy Cycles, Rest and Relaxation
Week 10	Resilience, Boundaries and Limits
Week 11	Life Roles, Stages and The Life Career Rainbow
Week 12	Enhancing Wellbeing

Career Opportunities

This course is designed for people interested in understanding how they can reach their full potential in personal and professional settings. Perhaps only you know how you might apply the development of work/life balance and wellbeing 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 (RPL)

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 6 months from course commencement to complete.

Course Outline

To complete this course you must demonstrate competency in a total of 2 units.

Units of Competency		Core/ Elective
NAT10860003	Develop healthy mental, emotional and physical habits	Core
NAT10860004	Balance roles and responsibilities for life and work	Core

Course Materials

Your learning resources will include:

- Content 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 Axcelerate Learning Management System

You will also be able to access individual support calls and our "BookNook" book club.

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:

- Knowledge questions
- Case studies and Projects
- Practical Activities

Further Training Options

If you successfully complete this course you may be interested in continuing to develop your self awareness through our other shorts courses or full Nationally Accredited Qualifications:

10860NAT Certificate III in Personal Empowerment
10939NAT Certificate II in Self Awareness and Development
Emotional and Somatic Intelligence

Fee Information

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

Online/Blended

\$900

Students of this course are eligible to attend our bi-annual Empowerment Retreats at cost price – currently **\$300-\$400pp for 2 nights/3 days.**