



APPROVED TRAINING PROGRAMME



Level 5 Diploma in Coaching for Lifestyle & Wellbeing

<https://www.wellcolleglobal.com/diploma-lifestyle-coaching.html>

A flexible, accredited coaching qualification that blends health, nutrition, and wellbeing.

Our Level 5 Diploma in Coaching for Lifestyle & Wellbeing is designed for those wanting to make a meaningful difference, whether you're already working in health and care, leadership, or looking to deepen your skills in client-led coaching.

This comprehensive program combines professional coaching skills with health and lifestyle knowledge, helping you build a career that supports real, lasting change in others.

Graduates of this course go on to work across a wide range of sectors: from private practice and corporate health, NHS roles, integrative health and more.

This course is ideal for:

- Allied and primary healthcare professionals
- Natural health practitioners
- Managers, leaders, and mentors in any industry
- Anyone passionate about a truly client-led, empowering approach to wellbeing

Why study this programme?

- Affordable, flexible, fully online learning that fits your schedule
- International accreditation and membership options (UKIHCA, ICF, PCI, HCANZA, EMCC)
- Unmatched student and graduate support
- Access to WCG community to grow your coaching hours and client experience
- Tailored learning with electives in women's health, hormone health, gut health, herbal medicine, nutrition psychology and more
- Built-in business coaching and mentoring throughout
- Option to graduate with dual or triple qualifications in Women's Health Coaching, and Holistic Wellness Coaching
- Ongoing access to live classes in health, business, coaching and case studies

Course details

This is a blended online programme designed to work with your existing commitments and lifestyle. All nutrition, health and wellness units are self-paced and available on demand. Your coach training is delivered in a small-group format (just 10 students per cohort) through live, interactive classes focused on real-world coaching practice, not testing or exams.

Enrol now to begin working on your self-directed study. At the time of enrolment, you'll choose your preferred intake to commence your live coaching classes (March, May, September or October intakes available).

Contact us for a syllabus and class schedules.

LEVEL 5 DIPLOMA IN COACHING Lifestyle & Wellbeing Management

INTERNATIONALLY ACCREDITED



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