

# Certification in Weight Loss Consulting (Practitioner Levels 1 & 2)

Careers Guide & Information Pack



Australian Institute of  
**WEIGHT LOSS  
CONSULTANTS**

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# Discover the Career

Weight Loss Consulting is a rewarding career if you are passionate about helping others improve their health, well being and quality of life. To become a qualified Weight Loss Consultant, follow these steps:

## **Discover the Career**

The first step to becoming a Weight Loss Consultant is to understand what Weight Loss Consulting is and what a Weight Loss Consultant does.

## **What is Weight Loss Consulting?**

It's a myth that the reason so many people never accomplish their weight loss goals is because they don't really want them or don't want them badly enough. Weight Loss Consultants understand that. People use Weight Loss Consultants for the same reason they use sports coaches or personal trainers – they want someone to work with them, to encourage them, keep them accountable and of course, help them understand how their bodies work and what the best method or program for their long term weight management really is. There is no 'one size fits all' approach to weight loss and weight management and a Weight Loss Consultant understands this by delivering a holistic approach to their clients incorporating behavioural changes, nutritional advice and movement.

Weight Loss Consulting can cover virtually every aspect of a person's health, fitness and lifestyle – every goal that they might aspire to. Weight Loss Consulting is helpful for reducing weight, reducing fatigue, increasing vitality, increasing enthusiasm for life, regaining life-balance and the acquisition of specific skills and knowledge.

Weight Loss Consulting can be this adaptable because it is not concerned with any one type of delivery or specialised training. It focuses on enablement, reflection and empowerment, and meeting each client's needs as they go on their own real-life journey.

# Discover the Career

In addition, Weight Loss Consultants help people who have tried 'everything' even at the cost of not enjoying what they are doing, to actually finding a balance between the outcomes they want to achieve and the activities, food and lifestyle factors they also enjoy. Their weight loss plan may not be full of only things they enjoy, but striking a balance is important for continuity and commitment.

Another big issue in Weight Loss Consulting is helping people prioritise and helping them to find balance in their busy lives. Weight Loss Consultants report that a lot of their clients are already successful people, many whose upper level positions in the corporate world have left them feeling isolated and stressed with no time to put proper plans in place to look after their health and well-being. Another common group of people who Weight Loss Consultants find themselves helping are busy mothers and fathers who equally need to find the balance between juggling family commitments, having the energy and stamina to fit all of the day's activities in as well as feeling good about who they are and how they look.

## **Build Your Credibility with Certification**

The Certification in Weight Loss Consulting (Practitioner Levels 1 & 2) has been designed to provide you with the opportunity to build a solid career or business as a Weight Loss Consultant. The subjects have been carefully chosen to provide a deeper level of understanding of human behaviour in addition to the key principles of Weight Loss Consulting. The Australian Institute of Weight Loss Consultants provides a logical and extensive curriculum that gives our graduates a strong foundation for commencing a full time or part time career or business in Weight Loss Consulting.

The Certification in Weight Loss Consulting (Practitioner Levels 1 & 2) provides you with a quality education based on the holistic and multi-disciplinary field of Weight Loss Consulting. In addition, certification validates your credibility as a professional within the Weight Loss Industry as well as with your clients and is a great marketing tool to help you build your business and attract clients; potential clients visiting the Australian Institute of Weight Loss Consultants website will also see members listed in the Australian Institute of Weight Loss Consultants Membership Directory.

Please note that the information provided in this course outline is indicative of the curriculum at the time of printing.

# Student Benefits

Being successful after graduation, whether that be gaining employment as a Weight Loss Consultant, starting your own Weight Loss Consulting practice or adding a Weight Loss service to your existing business, is what we are here to help you achieve!

Your Certification in Weight Loss Consulting (Practitioner Levels 1 & 2) is just one small part of what we offer you as a student. As part of your enrolment fees, you get access to a wealth of knowledge and experience - we are not just simply another education provider.

Upon enrolling to do your Certification, you will receive access to ongoing support and education, both online and face to face including:

- 1 year's free Associate Membership to the Australian Institute of Weight Loss Consultants valued at \$195 which gives you access to online resources and many other benefits..
- Access to 3 Mastermind Sessions with Sonja Bella, Founder and CEO; Sonja has over a decade of experience in the health, fitness and weight loss industries both nationally and internationally that you can tap into. She is also always on hand for our students should you wish to book in a strategy session with her to discuss your Career or Business opportunities.
- Through our partner organisations you will receive access to Business and Leadership events throughout Australia that will help to support your ongoing education and growth both personally and professionally whilst helping you to grow your networks. There is usually at least one event on per month that you will be able to get access to.
- Our Industry Panel of Experts are available to you via our annual Weight Loss Leaders Summits, which all of our students get massively discounted tickets to attend. They also regularly provide articles or are featured on our webinars which you can also access through your membership.
- So whilst your study is completely online, for those who would like extra-curricular activities and other forms of ongoing education and support, we certainly have this available to you and look forward to meeting you face-to-face.

# How much can I earn from Weight Loss Consulting?

As a Weight Loss Consultant you can charge \$75 - \$150 per session or \$750 to \$1500 per month depending on the frequency and level of support and service you provide to your clients. As an example, if you charged 10 clients an amount of \$1000 per month, you would earn \$10,000 per month or \$120,000 per year.

There will always be a demand for good Weight Loss Consultants and because Weight Loss Consulting skills are so transferable, the Weight Loss Consulting capability is hugely valuable for all sorts of other jobs and roles. In the future Weight Loss Consulting is likely to incorporate and attract skills, resources and new Weight Loss Consultants from many different areas, such as: teaching, human resources, training, health care, nursing, the armed forces, the police, counselling and therapy, etc.

The very nature of Weight Loss Consulting means that Weight Loss Consultants will recommend it as a career. Weight Loss Consultants are passionate about what they do and want to 'spread the word' about the benefits of Weight Loss Consulting from both the Weight Loss Consultant's and the client's perspective. Most Weight Loss Consultants would recommend a career in Weight Loss Consulting without a moment's hesitation. Helping people to be the very best they can be, touching people's lives, as well as guiding them to help them reach their goals provides immense job satisfaction.

The demand for Weight Loss Consulting will not be met by the available supply of Weight Loss Consultants for many years. Compare this with management consultancy which has been established as a service area for many decades and is relatively well-supplied with management consultants. Weight Loss Consulting is a much newer discipline. Weight Loss Consulting is fast growing and still relatively under-supplied which is why many people are attracted to learn how to become a Weight Loss Consultant either to become a professional in their own right or to add Weight Loss Consulting skills to their existing role capabilities.

People seeking new career direction or seeking to add new skills to an existing professional service capability are increasingly turning to Weight Loss Consulting. Weight Loss Consultants come from all kinds of backgrounds and professions. Not surprisingly, Weight Loss Consultants tend to like people and many Weight Loss Consultant come from 'people' and 'caring' professions.

# Certification Outline

The Certification in Weight Loss Consulting (Practitioner Levels 1 & 2) has been designed to ensure that you will have the knowledge and skills needed to be a successful Weight Loss Consultant upon graduation and has been designed to promote and encompass a holistic approach to weight loss including psychology, nutritional science, exercise and weight loss products and services.

Weight loss consulting not only involves planning and engaging in processes to bring about weight loss change such as nutrition and activity, it also involves the Weight Loss Consultant being able to understand what motivates and drives each individual clients behaviours in order to help them to accept the need for inner change so as to bring about outer change. In the end, the processes of recognising a need for change and for managing change are imperative for creating long term and sustainable lifestyle changes and weight management outcomes.

## **Certification outline**

On the following pages are the 10 modules covered during your studies of the Certification in Weight Loss Consulting. The certification has been specifically designed to approach weight loss and weight management from a holistic perspective covering psychology, nutrition and movement, as well as the important aspects of actually putting all of that knowledge together into programs that can be individually tailored to each of your clients.

# Module 1

## **RTAAILC01A - Utilise relevant psychological based models in understanding human behaviour.**

Psychology is the study of animal and human behaviour. This course will develop your ability to analyse aspects of a person's psychological state and apply derived knowledge to motivate that person. This provides a solid introduction/foundation for further studies of psychology covering the nature and scope of psychology, neurological and environmental effects on behaviour, personality, consciousness, perception, needs, drives and motivation. This unit gives you an interesting and informative start to the exciting field of psychology. This subject is perfect for students who want to gain a strong foundation in psychology and understanding people and provides an outline of the most common models used in coaching.

1. Psychological Principles
  - 1.1. What is Psychology?
  - 1.2. A Brief History of Psychology
  - 1.3. List of Famous Psychologists
  - 1.4. Perspectives in Modern Psychology
  - 1.5. Specialty Areas in Psychology
  - 1.6. Branches of Psychology
2. Biopsychology
  - 2.1. What is biopsychology?
  - 2.2. The Brain
  - 2.3. The Nervous System
  - 2.4. Neurotransmitters
  - 2.5. Neuroplasticity
3. Psychological Theories
  - 3.1. Behavioural Theories
  - 3.2. Cognitive Theories
  - 3.3. Developmental Theories
  - 3.4. Humanist Theories
  - 3.5. Personality Theories
  - 3.6. Social Psychology Theories
4. Behavioural Change Model
  - 4.1. Pre-Contemplation
  - 4.2. Contemplation
  - 4.3. Preparation
  - 4.4. Action
  - 4.5. Maintenance

# Module 2

## **RTAACWLC02A - Understand the principles of nutritional science**

Understanding the principles of nutritional science is the cornerstone to success as a Weight Loss Consultant. The fundamentals which determine a healthy diet and assist in weight loss must be able to be identified in order to successfully advise clients on a suitable weight loss strategy; a diet which meets both nutritional requirements for good health and the right energy balance to induce effective weight loss. In this unit you will gain a thorough understanding of what nutrition is, how the body converts food into energy and the complex processes of the body's digestive system.

### **1. What is Nutrition?**

- 1.1. Effects of nutrition on health
- 1.2. The digestive system
- 1.3. Absorption
- 1.4. Metabolism

### **2. Knowledge of nutrients**

- 2.1. Macronutrients- the essential nutrients
- 2.2. Micronutrients
- 2.3. Alcohol

### **3. The six basic nutrients and fibre**

- 3.1. Water
- 3.2. Carbohydrates
- 3.3. Fibre
- 3.4. Proteins
- 3.5. Lipids (fats)
- 3.6. Vitamins
- 3.7. Minerals



# Module 3

## **RTAACWLC03A - Undertake an initial weight loss consultation**

Undertaking an initial weight loss consultation is the first step in helping clients on their journey to weight loss success. As a Weight Loss Consultant you will be working with a wide range of unique clients, all of which will need to be coached differently to gain effective results. Learning how to communicate with your clients effectively and evaluate their needs in terms of medical, health, lifestyle and weight loss is the key to their success. At the outcome of this unit, you will be able to conduct an initial weight loss consultation which includes medical screening, goal setting, food and activity analysis, reviewing lifestyle and cultural factors and performing different forms of progress measurements.

### **1. Medical Screening for the overweight and obese**

- 1.1. The need for a professional approach
- 1.2. Undertaking a medical screening questionnaire
- 1.3. When you should refer
- 1.4. How to refer

### **2. Dietary and lifestyle assessment**

- 2.1. Types of food recording
- 2.2. Types of activity
- 2.3. Food and activity journaling
- 2.4. Questionnaires

### **3. Understanding and calculating energy requirements**

- 3.1. What is metabolism?
- 3.2. Factors contributing to metabolism
- 3.3. Calculation methodologies

### **4. Measuring and monitoring changes**

- 4.1. Using scales and girth measurement
- 4.2. Using the body mass index
- 4.3. Using body fat percentage
- 4.4. Understanding body composition
- 4.5. Understanding medical and psychological factors

### **5. Goal setting and identifying obstacles**

- 5.1. Setting achievable outcome orientated goals.
- 5.2. Overcoming obstacles and objections
- 5.3. Behavioural modification
- 5.4. Planning and time management

# Module 4

## **RTAACWLC04A - Advise on appropriate diet, nutrition and weight management products and services within recommended guidelines**

On completion of this unit, you will understand the need to view weight loss as a multi-disciplinary field and what options, services and programs are available to you as a Weight Loss Consultant to either advise your clients of, refer your clients to or work with to achieve the best outcome for your client's weight loss goals. Diet, exercise, surgery, social, psychological, emotional and other factors all come into play on your clients journey, and understanding all of these components is crucial to your success as a Weight Loss Consultant and the success of your clients.

### **1. Medical Screening for the overweight and obese**

- 1.1. The need for a professional approach
- 1.2. Undertaking a medical screening questionnaire
- 1.3. When you should refer
- 1.4. How to refer

### **2. Dietary and lifestyle assessment**

- 2.1. Types of food recording
- 2.2. Types of activity
- 2.3. Food and activity journaling
- 2.4. Questionnaires

### **3. Other tools for menu planning**

- 3.1. Understanding food labels
- 3.2. Surviving the supermarket shelves
- 3.3. Restaurant survival guide
- 3.4. Recipes

### **4. Facts sheets and education**

# Module 5

## **RTAACWLC05A - Undertake regular weight loss consultations**

This unit combines all of the skills and knowledge from previous units and ties them together to provide a complete strategy within the Weight Loss Consulting context. At the completion of this module, the Weight Loss Consultant will have a more detailed understanding of what is required to perform ongoing weight loss consultations, from motivational strategies through to developing a series of educational and support resources for your clients.

### **1. Session structure and delivery**

- 1.1. Your welcome pack
- 1.2. Developing your session plan
- 1.3. Record keeping
- 1.4. Payments and billing

### **2. Setting up your clients success**

- 2.1. Recording and tracking progress
- 2.2. The food mood link
- 2.3. Dealing with triggers
- 2.4. A lapse is not a collapse
- 2.5. Dealing with weight loss plateaus

### **3. Empowering your client**

- 3.1. Motivation
- 3.2. Building self confidence and self esteem
- 3.3. Skills development
- 3.4. Developing a positive mindset

### **4. Tools and Templates**

# Module 6

## **RTAACWLC06A - Design, plan and deliver group weight loss consultations**

Delivering regular group weight loss consultations has been proven to increase the adherence and therefore the success rate of weight loss among weight loss clients. The social and support network created in this environment is conducive to creating a sense of community and belonging. As much of weight loss is about emotional support, this module will provide you with the tools and structure to design, plan and deliver your own group weight loss consultations within a guided framework.

### **1. Session structure and delivery**

- 1.1. suggestions and program framework
- 1.2. Delivering your program
- 1.3. Incorporating group activities
- 1.4. Accountability

### **2. Dealing with group dynamics**

- 2.1. Behavioural profiles
- 2.2. Different learning styles for different people
- 2.3. Understanding group dynamics and team building
- 2.4. Group problem solving

### **3. Communicating with your clients**

- 3.1. The power of social media
- 3.2. Online tools
- 3.3. Other tools for success and support
- 3.4. Structuring your communications campaign

### **4. Taking your groups first weight loss session**

# Module 7

## **RTACUS402A Address customers' needs.**

This unit describes the performance outcomes, skills and knowledge required to manage the ongoing relationship with a customer, which includes assisting the customer to articulate their needs, meeting customer needs and managing networks to ensure customer needs are addressed. No licensing, legislative, regulatory or certification requirements apply to this unit at the time of endorsement.

### **1. Customers**

- 1.1. Identify Your Customers
- 1.2. Creating Customer Satisfaction

### **2. Customer Needs**

- 2.1. Defining Customer Needs

### **3. Why Do Customers Need You?**

- 3.1. Unique Sales Proposition (USP)
- 3.2. Customer Research- What You Need to Know
- 3.3. Market Trends

### **4. Rights and Responsibilities of Customers**

### **5. Customer Service**

- 5.1. Rules for Good Customer Service
- 5.2. Total Quality Service

### **6. Retaining Your Customers**

- 6.1. Customer Feedback
- 6.2. Follow Up

### **7. Handling Customer Complaints**

- 7.1. Top Tips for Complaint Handling

### **8. Communicating with Customers**

- 8.1. Marketing

### **9. Targeting Customers**

- 9.1. Finding Individual Customers
- 9.2. Your Best Customers

### **10. Referrals**

- 10.1. Customer Testimonials
- 10.2. Customer Loyalty Programs

### **11. Customer Records**

- 11.1. Organisational Procedure

# Module 8

## **RTAREL401A Establish Networks.**

This unit describes the performance outcomes, skills and knowledge required to develop and maintain effective work relationships and networks. It covers the relationship building and negotiation skills required by workers within an organisation as well as freelance or contract workers. This unit applies to individuals with a broad knowledge of networking and negotiation who contribute well developed skills in creating solutions to unpredictable problems through analysis and evaluation of information from a variety of sources. They may have responsibility to provide guidance or to delegate aspects of tasks to others. The ability to establish a range of networks is critical for the success of a Weight Loss Consultant and their clients.

1. Network Strategies
2. Growing your Network
3. Communication
4. Your Communication Style Quiz
5. Leadership Qualities
6. Communicating to a Group
7. Professional Networks and Associations
8. Networking on the Internet
9. Networking Relationships
10. Business Practices
11. Negotiation Skills
12. Relationship Strategies
13. Without Communication You have No Business
14. Verbal Communication
15. Ten Rules For Written Business Communication
16. Communicate Powerfully by Email
17. Helpful Websites

# Module 9

## **RTASMB403A Market the Small Business.**

Plan, implement and manage basic marketing and promotional activities. This is a foundation unit that covers general and basic marketing and promotional activities that do not require detailed or complex planning or implementation. The information included in the unit provides the opportunity for our students to develop a marketing plan designed to attract potential Weight Loss Clients.

### **1. What is marketing?**

- 1.1. What is marketing?
- 1.2. Marketing strategy
- 1.3. Marketing Do's and Don'ts
- 1.4. Marketing plan

### **2. Analyse the Business and its Key Products**

- 2.1. SWOT
- 2.2. Evidence Portfolio 22

### **3. What is a Customer?**

- 3.1. What is a customer?
- 3.2. Types of consumer purchase decisions
- 3.3. Why do customers buy?
- 3.4. Evidence Portfolio 23

### **4. Your Product/Business Image**

#### **5. Brand**

- 5.1. Branding
- 5.2. Evidence Portfolio 24

### **6. Personal Mission Statement**

#### **7. Vision Statement**

- 7.1. Vision
- 7.2. Updating your vision statement
- 7.3. Evidence Portfolio 25-26

#### **8. Marketing Objectives**

- 8.1. Marketing objectives
- 8.2. The marketing concept
- 8.3. Evidence Portfolio 27

#### **9. What is the Marketing Mix?**

- 9.1. The marketing mix
- 9.2. Price
- 9.3. Place
- 9.4. Product
- 9.5. The Product Life Cycle (PLC)
- 9.6. Strategies for the differing stages of the Product Life Cycle
- 9.7. Problems with Product Life Cycle
- 9.8. The Customer Life Cycle (CLC)
- 9.9. Promotion

#### 9.10. The Promotions Mix

- 9.11. People
- 9.12. Process

#### **10. Advertising**

- 10.1. Advertising
- 10.2. Print — newspapers, magazines, brochures, fliers
- 10.3. Outdoor — billboards, kiosks, tradeshows and events
- 10.4. Broadcast — television, radio and the internet
- 10.5. Covert — advertising in movies
- 10.6. Surrogate — advertising indirectly
- 10.7. Public Service — advertising for social causes
- 10.8. Celebrity Advertising
- 10.9. Media
- 10.10. Advertising tips
- 10.11. Evidence Portfolio 28

# Module 9 - continued

## **RTASMB403A Market the Small Business.**

Plan, implement and manage basic marketing and promotional activities. This is a foundation unit that covers general and basic marketing and promotional activities that do not require detailed or complex planning or implementation. The information included in the unit provides the opportunity for our students to develop a marketing plan designed to attract potential Weight Loss Clients.

### **11. Customer Service**

- 11.1. Good customer service
- 11.2. Forming the relationship
- 11.3. True customer service
- 11.4. Complaints
- 11.5. Honesty
- 11.6. Listening to your customers
- 11.7. Train your staff right
- 11.8. Returning customers
- 11.9. How can you provide unique customer service?
- 11.10. Evidence Portfolio 29

### **12. Written Guidelines**

- 12.1. Written guidelines
- 12.2. Marketing strategy
- 12.3. Specific goals
- 12.4. Marketing strategy checklist
- 12.5. Strategy statement test
- 12.6. Key elements of a successful marketing strategy

- 12.7. Developing your marketing strategy

- 12.8. Evidence Portfolio 30

### **13. Create a Marketing Plan**

- 13.1. Create a marketing plan
- 13.2. The Benefits of a Marketing Plan
- 13.3. The Ingredients of a Marketing Plan
- 13.4. Preparing to Write
- 13.5. Market Situation
- 13.6. Threats and Opportunities
- 13.7. Marketing objectives
- 13.8. Marketing goals
- 13.9. Activity matrix
- 13.10. Budgets and controls
- 13.11. Controls
- 13.12. Executive Summary
- 13.13. Time frames
- 13.14. Evidence Portfolio 31

### **14. Customer Satisfaction**

- 14.1. Customer satisfaction
- 14.2. Customer service policy
- 14.3. Evidence Portfolio 32

### **15. Analyse Customer Satisfaction**

- 15.1. Analyse customer reaction

### **16. Monitor Marketing Performance**

### **17. Primary Research**

- 17.1. Primary research
- 17.2. Direct Mail
- 17.3. Phone Surveys
- 17.4. Personal Interviews
- 17.5. Secondary research

### **18. Quality Management**



# Module 10

## **RTAMKG413A Promote Products and Services.**

This unit describes the performance outcomes, skills and knowledge required to coordinate and review the promotion of an organisation's products and services. This unit applies to individuals with a broad knowledge of the promotion of products and services specific to an organisation. The information in this unit provides the Weight Loss Consultant with the ability to convert potential clients into paying clients by utilizing appropriate sales conversion strategies.

### **1. Promotion**

- 1.1. Promotion
- 1.2. Types of Promotion
- 1.3. Definitions
- 1.4. Above and Below Line Promotion
- 1.5. Promotional Mix
- 1.6. Demonstrations

### **2. Promoting Your Business**

- 2.1. Promoting Your Business
- 2.2. Community Involvement and Special Events
- 2.3. Which Type to Choose

### **3. Promotional Objectives**

- 3.1. Promotional Objectives
- 3.2. Target Audience
- 3.3. Possible Objectives for Promotion
- 3.4. Competing Products in an Existing Market

### **4. Characteristics of Promotions**

### **5. Prepare a Promotional Plan**

- 5.1. Prepare a Promotional Plan
- 5.2. Tips for Presenting a Good Message

### **6. Personnel and Resources**

- 6.1. Personnel and Resources
- 6.2. Example of a Plan
- 6.3. Promoting or Marketing Your Product
- 6.4. Creating an Image
- 6.5. Picture Your Image
- 6.6. Your Brochure
- 6.7. What to put in a Promotional Package

### **7. Delivery of Promotional Services**

- 7.1. Delivery of Promotional Services
- 7.2. Promoting Your Business through a Website

- 7.3. Why your Business needs to be on the Internet

- 7.4. Utilising the Scope of the Internet

### **8. Review Promotional Activities**

- 8.1. Review Promotional Activities
- 8.2. Feedback
- 8.3. Important Things to Do
- 8.4. Research and Analysis
- 8.5. Brand Audits

### **9. Recommendations**

- 9.1. Recommendations
- 9.2. Successful Promotion
- 9.3. New Products and Services
- 9.4. Developing Your Ideas
- 9.5. Your Competition
- 9.6. Pricing your proposed service/product
- 9.7. Manage a Development Project

# About the Australian Institute of Weight Loss Consultants

## **Our Mission**

The Australian Institute of Weight Loss Consultants is committed to raising the profile and improving the standards of Weight Loss Consultants in Australia.

## **Our Vision**

- By 1st July 2017 Weight Loss Consultants will be recognised as a profession within the allied health industry.
- Our members and graduates include a passionate and powerful group of people committed to working together to stem the tide of global obesity.
- Weight Loss Consultants have bridged the gap that exists between the weight loss, fitness and medical industries.
- The community regards Weight Loss Consultants as the first choice for people looking for the right weight loss advice.
- The Australian Institute of Weight Loss Consultants is recognised as the leading provider of weight loss education in Australia.

## **Our Values**

- Leadership
- Passion
- Integrity
- Community
- Transformation

## **More information**

If you are interested in more information on becoming a Weight Loss Consultant, contact the Careers Team on 1300 969 367 or visit [www.weightlossinstitute.com.au](http://www.weightlossinstitute.com.au)

# Frequently Asked Questions

## How much does the Certification in Weight Loss Consulting (Practitioner Levels 1 & 2) cost?

Deposit	No. Payments	Frequency	Amount	Total Cost	Saving
NIL	1	Upfront	\$2950.00	\$2950.00	<b>\$1000.00</b>
\$450.00	15	Fortnightly	\$200.00	\$3450.00	<b>\$500.00</b>
\$350.00	20	Fortnightly	\$165.00	\$3650.00	<b>\$300.00</b>
\$225.00	55	Weekly	\$65.00	\$3800.00	<b>\$150.00</b>
\$200.00	75	Weekly	\$50.00	\$3950.00	

## What are the methods of payment for the course?

We accept Visa, Mastercard; credit and debit cards.

## When can I enrol?

As the course is delivered online, you can enrol and start learning immediately. You will be sent login details so that you can undertake the course at your own pace from wherever you are – at home, at work, on holidays or anywhere you have access to the web.

## When can I start?

You will be able to start your course no later than 2 working days after you enrol. Our education team will contact you to get you set up for this course. You need to make yourself available for this call.

## Where do I login to do the course?

Your course login information will be provided to you by email.

# Frequently Asked Questions

## **Can I login whenever I want?**

If you have a computer or a suitable mobile device and a good internet connection, you will be able to complete your course anywhere in the world.

## **How is the course run?**

The course is delivered online. You will receive all your learning materials via email and have access to the same materials online. You have access to a team of fulltime educators and student support administrators to assist you in your studies via telephone and email. During the course, you need to take on two Weight Loss Consulting clients so that you can apply the theory learned throughout the course to real life situations. You are required to keep and submit for assessment a journal of 6 sessions with these two individual clients over the period of your training. Once you are deemed 'Competent' by the course assessor, this completes the requirements for graduation.

## **Where are the classrooms?**

There are no classrooms. All your theoretical learning is conducted online. If you need support, a dedicated education and student support team are available to answer your queries by phone or email. They are there to help you walk through any difficult parts of your study, and set you back on the right path. They are only a phone call or email away.

## **Are there any software requirements to complete course?**

All you need is Microsoft office and Internet Explorer. Although we recommend you use Mozilla Firefox for a better learning experience.

## **What times are telephone and email assistance provided?**

Telephone and email assistance is provided by our Student Support Team during business hours Monday-Friday 9am-4pm. You will receive a response to your query that same day or if not possible, within 24 hours (except on weekends).

# Frequently Asked Questions

## **How much time does the course take to complete?**

The course consists of 10 subjects which take approximately 540 hours to complete; this of course varies due to individual learning capacities, prior knowledge and computer literacy skills. Depending on your circumstances e.g. whether you can devote full-time or part-time, you may complete the course in 3 – 12 months.

## **How much time do I have to complete the course?**

Students have up to 12 months to complete the course. However if your circumstances change during that period, or there are exceptional reasons why you need to take longer, an application for extension can be made. But there are no guarantees, so you need to progress as fast as you can to complete the course in 12 months.

## **Do I have to pass a test or complete an assignment in each module before moving on?**

The course is delivered using competency based training. This means you cannot fail the course. Our assessment methods can include multiple choice questions, short answer questions, scenarios, case studies and practical demonstrations.

## **Will I get a qualification at the end?**

Yes you certainly do! A Certification in Weight Loss Consulting (Practitioner Levels 1 & 2) will be issued to you upon successful completion of your studies.

## **Is the course Government Accredited / Nationally Recognised?**

There are no government standards regulating Weight Loss Consulting. This is why the Australian Institute of Weight Loss Consultants has been established – to raise the standard and improve the profile of Weight Loss Consulting in Australia. Therefore, as a non-accredited course, FEE-HELP is not available for our students. However, the course has been designed so that you can quickly develop your skills as a Weight Loss Consultant as you learn, and start to make some money so you can pay off your course as quickly as possible over the time you are studying.