BECOME A WELLNESS COACH



exercise academy
BY THE SCHOOL OF BUSINESS

UNLOCK YOU FUTURE SELF AND BEGIN YOUR CAREER IN THE HEALTH AND WELLNESS INDUSTRY

exercise academy
BY THE SCHOOL OF BUSINESS

www.exerciseacademy.ac.nz
info@exerciseacademy.ac.nz
+64 9885 5978

HEALTH AND WELLNESS INDUSTRY

Facts

The International Coaching Federation (ICF) defines coaching as "partnering with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential."

Global Wellness Market, 2029

$10.9 trillion

source: Global Wellness Institute

9.3%

PROJECTED ANNUAL GLOBAL HEALTH COACH MARKET GROWTH TO 2030

Coaching is the second-fastest growing industry worldwide rivaled only by IT."

source: National Post

WELLNESS...THE NEW 'BLACK'

Wellness spending per Person, NZ ranked 10th globally in $ spent per person

$4,630 NZD

source: Global Wellness Institute

New Zealand Wellness Economy experienced a growth of 10.5% from 2023

source: Source: Global Wellness Institute, Country Rankings, January 2026.

Traditionally, the Baby Boomers have been the main consumers of self-improvement. They still are an important group, but the tide is shifting. Millennials now are the largest population group and represent the future for this market, but there are few experts now catering to them.

source: Marketresearch.com

New Zealand's wellness spending per person is approximately 5.6 times the global average

A Growing World of Health & Wellness Opportunities



Wellness is more than a trend — it's a growing global industry.

The global wellness economy reached US$7.5 trillion in 2025 and is projected to grow to US$10.9 trillion by 2030, according to the Global Wellness Institute.
Closer to home, New Zealand's wellness economy reached US$24.71 billion in 2024, reflecting the significance of health and wellbeing in the national economy.

And the need for healthier lifestyles is clear:

- 53.8% of New Zealand adults did not meet physical activity guidelines.
- 27% of adults slept less than the recommended duration.
- 14.3% experienced high or very high psychological distress.

SourceL New Zealand figures: Ministry of Health, 2024/25 Health Survey.



Turn Your Passion for Wellbeing into New Possibilities

Health and Wellness Coaches help people develop positive habits, set achievable goals and make sustainable lifestyle changes.
With Exercise Academy's Health & Wellness Coaching Programme, you'll develop skills in exercise, lifestyle coaching, motivation and behaviour change.
Whether you want to complement an existing fitness career, explore opportunities in wellness or establish your own coaching business, your journey can start here.

Train the Brain. Coach the Lifestyle. Transform Lives.



Your Skills. Your Career. Your Opportunities.

As a Wellness Coach, you can explore opportunities across a variety of health, fitness and wellness environments.

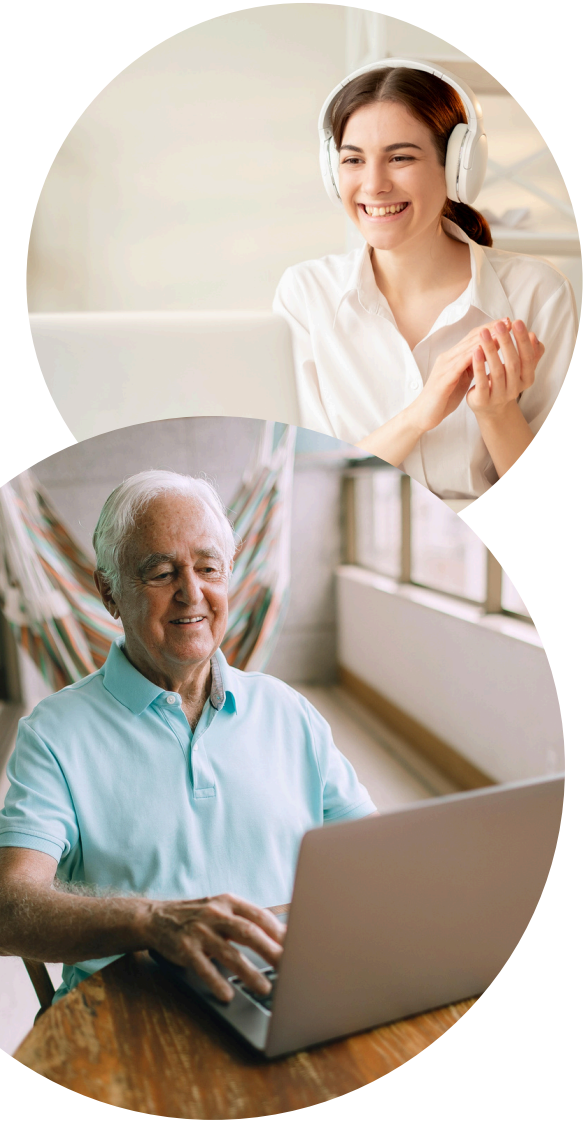
Whether you aspire to work within a health or wellness facility, collaborate with medical and allied health professionals, or establish your own coaching business, you'll develop the knowledge and confidence to support clients both in person and online.

Learn how to contribute as part of a collaborative health and wellness team, complementing the work of healthcare professionals while empowering individuals to take an active role in improving their wellbeing. Gain the skills to coach with confidence, inspire positive change and build a career helping others live healthier, more fulfilling lives.





Wellness Coach Program



Develop the Skills to Inspire Lasting Change

Turn your passion for health and wellbeing into the skills to make a meaningful difference in people's lives.

Our Health & Wellness Coaching Programme equips you with practical skills in behaviour change, effective communication, motivational techniques, emotional intelligence, goal setting and personalised wellness planning. You'll learn how to guide, motivate and empower clients to overcome barriers, build healthier habits and achieve sustainable lifestyle changes.

Build the confidence to coach, inspire and support others through meaningful conversations, structured coaching sessions and personalised action plans that help clients achieve their health and wellbeing goals.

The Health & Wellness Coaching Programme covers a range of essential topics designed to prepare you to coach, motivate and empower clients to achieve lasting improvements in their health and wellbeing.
Your learning modules include:

Certificate in Health and Wellness Coaching	Module 1	Foundation of Health and Wellness Coaching
	Module 2	Health Behaviour Sciences
	Module 3	Strategies for Effective Communication
	Module 4	Coaching Diverse Populations
	Module 5	Nutrition for Health and Wellbeing
	Module 6	Movement for Health and Wellbeing
	Module 7	Screening and Client Questionnaire
	Module 8	Goal Setting
	Module 9	Lifestyle Modification – Behaviour Change
	Module 10	Emotional Intelligence
	Module 11	Health And Environments
	Module 12	Spirituality, Beliefs and Motivation
	Module 13	Working with Allied Health Professionals
	Module 14	Legal Guidelines and Professional Responsibility

Flexible, Engaging Learning Designed for Your Success

Our Health & Wellness Coaching Programme is designed to help you develop your own unique coaching style while building the knowledge, practical skills and confidence to support others on their wellness journey.

Lessons are delivered in short, engaging and easy-to-follow modules, allowing you to learn at your own pace, track your progress and apply your new skills with confidence. Throughout your studies, you'll have access to practical tools, activities and valuable resources designed to support your learning and help you succeed. Many of these resources can also be used long after graduation, giving you a toolkit to draw upon as you establish and grow your coaching career.

Learn at your own pace. Develop your coaching style. Build skills for your future.





exercise academy
BY THE SCHOOL OF BUSINESS

THE NEXT STEP IN YOUR CAREER



According to the National Post:

"Coaching is the second-fastest growing profession in the world, rivaled only by information technology... Coaching has evolved into a much more sophisticated profession based on knowledge from any other disciplines."

TAKE THE NEXT STEP IN YOUR NEW CAREER

Future proof your career and become a Wellness Coach Your key to success within the Health and Wellness Industry.



We have built a program that incorporates the six pillars of health and wellness to effectively help clients and has secured affiliations with the leading internationally recognised health and wellness organisations that sets you apart from the others.



Upskill, and future proof your career; become a Wellness Coach today

If your goal is to the best in the industry; to help people achieve their health and wellness goals your journey needs to include becoming a Wellness Coach with Exercise Academy



This unique program will give you the skills to coach your clients and expand your current business, collaborate effectively with allied health professionals and in consultation, implement, evaluate and modify coaching and exercise programs for clients to help them achieve their goals in all aspects of their lives.

Expand your knowledge, your skills and your business to include more...lead the trend and Become a Wellness Coach today!

Growing Industry - Very strong industry development is predicted for the health and wellbeing industries

source: TAFE NSW Strategic Research and Analysis Industry report