



A Breakthrough in
Elite Athlete Wellbeing

CERTIFICATE IV IN ELITE ATHLETE WELLBEING MANAGEMENT

10654NAT

**Australia's first nationally recognised training
course for Elite Athlete Wellbeing Management**

BE THE FIRST IN YOUR SPORT TO GET QUALIFIED



NATIONALLY RECOGNISED
TRAINING

wellbeing-scienceinstitute.com



**WELLBEING
SCIENCE INSTITUTE**

RTO ID: 45222

ELITE ATHLETE WELLBEING INNOVATION

The Elite Athlete Wellbeing Management Program (the Program) is Australia's first nationally recognised training course developed for professionals working with elite/professional athletes to enhance their holistic wellbeing.

The program is drawn from a range of disciplines including Health Sciences, Positive Psychology, Cross-Cultural Psychology, Leadership, Career Development and Personal Coaching.

Participants will learn strategies, processes and skills that enable them to support elite athletes toward fulfilling their 'whole person' potential.

A key part of the program is training in the use of the unique tools and processes developed specifically to assess, develop and monitor elite athlete wellbeing.

During the Program there is a strong emphasis on participants' personal development and wellbeing to enable them to role model the very practices and behaviours that would lead to positive elite athlete wellbeing outcomes.

WHO SHOULD ATTEND?

The Program is specifically designed for individuals and groups who have responsibility for the wellbeing of elite/professional athletes, coaches and officials.

Because of its personal and organisational orientation, the program will have strong relevance for athlete welfare officers, coaches, athlete managers, officials, club and sport organisation representatives and psychologists.



wellbeingscienceinstitute.com

LEARNING PROGRAM DESIGN

The Program is offered as a customised blended learning solution with a combination of online modules, action learning projects, personal and group coaching and four face to face blocks (3 x 3 days & 1 x 2 days).

The program runs over 6 months to enable participants to explore the latest empirical research, practices and tools while developing their on-the-job competence.

COURSE ENTRY

Participants must be over 21 years of age; and meet at least two of the entry requirements outlined below:

- Certificate II and above in the Sport, Fitness and Recreation Industry; Certificate IV in Career Development; Certificate II or above in Counselling; and/or
- at least 12 months' employment as an athlete welfare/wellbeing manager or similar role or
- comparable work/life experience.



PROGRAM SUMMARY

BLOCK 1

- ✓ Creating a measurable wellbeing process for elite sport
- ✓ Physical wellbeing
- ✓ Cultural wellbeing
- ✓ Spiritual wellbeing

BLOCK 2

- ✓ Psychological wellbeing
- ✓ Positive elite sport relationships
- ✓ Positive psychology interventions for wellbeing
- ✓ Elite athlete relocations

BLOCK 3

- ✓ Elite athlete transitions
- ✓ Career development for elite athletes
- ✓ Wellbeing coaching
- ✓ Positive and preventative mental health

BLOCK 4

- ✓ Financial wellbeing
- ✓ Creating customised wellbeing plans
- ✓ The practice of Elite Athlete Wellbeing
- ✓ Wellbeing in an organisational change context

The program includes 21 modules of learning which includes face-to-face learning, videos, podcasts, reading, group work, workplace supervision and placements, projects and assessments.

The course also includes non-contact hours including group projects, action learning, regular peer group sessions, webinars with faculty, self-directed study, homework and reading assignments, as well as development of a personal practice and action learning projects to reinforce learning. The Program (3 x 3 days & 1 x 2 days) is delivered at learning hubs in Sydney, Melbourne, Brisbane and Auckland.



**WELLBEING
SCIENCE INSTITUTE**
RTO ID: 45222

wellbeingscienceinstitute.com



PROGRAM MANAGER

Steve Johnson has an extensive list of achievements in professional and elite sport.

Steve has worked as a sport & performance psychologist over many years with elite and professional athletes, coaches and organisations across a range of sports including: rugby league, rugby union, netball, soccer, golf, swimming, tennis, and boxing.

He authored Australia's first undergraduate sport psychology degree; he designed and was lead facilitator of Australia's first government accredited course for registered personal trainers. Steve has also been a faculty member at Harvard Medical School's post graduate Leadership Program in Boston.

Steve is an Australian Registered psychologist and is currently the Performance Psychologist for the NSWRL State of Origin Pathways Program and the Player Wellbeing Advisor for the NRL.

For the past two years Steve has been working with the NRL & RLPA to design and implement a new player wellbeing strategy, process, tools and training. This new strategy is now mandatory for all clubs.

Steve will be the lead facilitator for the program.

He will also invite highly qualified and experienced Wellbeing and Elite Sport Experts to give presentations, tutorials and coaching to participants across a range of subject areas including: cultural values, spirituality, positive psychology, relationships, coaching and mental health and wellbeing.

WHAT THE PROFESSIONALS SAY



PAUL HEPTONSTALL

NRL Player Wellbeing
& Education Manager

"This program sets a new benchmark in Elite Athlete Wellbeing Management. It is now compulsory for all NRL Player Wellbeing & Education Managers to complete this Program."
