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RTO Provider 45052

NAT10859002

APPLY PRINCIPLES OF PSYCHOLOGY, MINDSET AND BEHAVIOUR MODIFICATION TO WEIGHT MANAGEMENT

Australian College of Weight Management

Global Weight Management Federation

APPROVED TRAINING PROVIDER

IARC Quality for Excellence in Education

About the Australian College of Weight Management

The Australian College of Weight Management is committed to providing quality education and the most up to date research in the Weight Management Industry. We have a strong network of recognised academic and industry professionals across the country who we work with to create a more united voice for obesity prevention and weight management.

Our education philosophy extends beyond our courses and qualifications with free monthly webinars and research updates via email. The ever-changing landscape of the Weight Management Industry is such that it can be difficult to keep up to date with new research, findings and papers; it is our goal to create a 'hub' where our students and graduates can network, learn and engage in a supportive environment.

Why Study with the Australian College of Weight Management?

You will...
have access to a world class education from a College that is leading the way in holistic training and education specifically for the weight management industry.

You will...
be part of a community of like-minded professionals who are passionate about making a difference to the lives of their clients.

You will...
receive ongoing support throughout your course by our dedicated and passionate team; we are only ever a phone call or email away.

You will...
learn from leading experts; our courses are developed in conjunction with a large network of recognised academic and industry professionals who have a wealth of technical knowledge and applied experience.

You will...
be able to take advantage of our flexible online study options; we offer an industry-leading online platform allowing you to study anywhere and anytime that suits your needs.

You will...
have access to a range of payment options to suit your needs; take advantage of our upfront payment discount, or the flexibility of one of our payment plans.

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APPLY PRINCIPLES OF PSYCHOLOGY, MINDSET AND BEHAVIOUR MODIFICATION TO WEIGHT MANAGEMENT

There are 4 lessons in this Unit:

NAT10859002 Apply principles of psychology, mindset and behaviour modification to weight management

1.	Educate client on factors influencing body image	1.1	Discuss the effects of poor body image and how this affects self-esteem with client using terminology and language suited to client.
		1.2	Use current and client-relevant examples in explaining the role of media and advertising in influencing body image to client.
		1.3	Discuss the importance and practice of self-compassion to the effectiveness of weight management with client.
		1.4	Suggest mindset change activities that lead to improved self-esteem to client.
		1.5	Explain the link between mindset, self-esteem and weight management to client using terminology and language suited to client.
		1.6	Discuss the benefits of non-dieting approaches to weight management for improved body image and self-esteem with client using terminology and language suited to client.
2.	Gather client information	2.1	Obtain information from client about current lifestyle behaviours and attitude towards weight loss and weight management in accordance with organisational policies and procedures.
		2.2	Determine client's commitment and stage of readiness to making lifestyle changes from the information gathered.
		2.3	Assess client's mindset in relation to level of motivation, commitment and confidence to change.
		2.4	Identify client's perceived barriers and determinants of adherence in relation to making lifestyle changes and establish realistic solutions.
		2.5	Discuss with client the processes of change influencing behaviour using terminology and language suited to client.
		2.6	Identify strategies to motivate behaviour change in relation to diet and exercise.
		2.7	Apply basic counselling approaches to increase client's level of commitment to a weight management program.
		2.8	Reinforce positive beliefs and reframe disempowering behaviours and beliefs using psychological principles for behaviour change appropriate to client.
		2.9	Respond sensitively to cultural and social differences in all client interactions using a non-judgemental, compassionate attitude when dealing with clients.
		2.10	Identify psychological conditions of client which require referral to medical or allied health practitioner in accordance with scope of practice.
		2.11	Recommend and arrange client referral to medical or allied health practitioner in accordance with organisational policies and procedures.
3.	Implement strategies to support client behavioural changes	3.1	Identify and implement strategies and factors to improve adherence to a weight management program.
		3.2	Conduct values-based goal setting with client.
		3.3	Discuss with client expected short and long-term changes in behaviour to achieve set goals.
		3.4	Discuss common reasons for discontinuation of a weight management program specifically relevant to client.
4.	Develop behaviour change plan	4.1	Incorporate motivational strategies in plan to suit individual client needs.
		4.2	Select and use communication skills that optimise motivation when developing and discussing plan with client.
		4.3	Provide positive reinforcement and feedback to client that continually influences lifestyle behaviour change.
		4.4	Demonstrate mindfulness in interaction with client to increase confidence and resilience in client to help them cope with stress and anxiety.
		4.5	Utilise client's attitudes and values during planning to positively influence adherence to the plan.
		4.6	Comply with organisational policies and procedures in developing plan.

Flexible Study Options

Studying with the Australian College of Weight Management is designed to give you the freedom and flexibility to study anywhere and at any time best suited to your lifestyle; now and in the future. We are here to help you every step of the way.

Our industry-leading online learning platform is designed to simulate an on-campus experience with learning opportunities and activities to suit every learning style and your subjects are broken down and delivered in a way that is easy to understand…even if it's been a few (or many) years since you last studied!

Payment Options to Suit Your Needs

We understand that studying will be an important part of your life, and that sometimes you may have other financial commitments. So we offer different payment options to suit any budget.

NAT10859002 **Apply principles of psychology, mindset and behaviour modification to weight management**	**Enrolment Fees**	**Savings**
Upfront Payment	$597	**$100**
$247 deposit then 4 weekly payments of $100	$647	**$50**
$197 deposit then 10 weekly payments of $50	$697	**NIL-RRP**

You will receive access to the course via the online student portal for a period of 3 months.

All course learning materials can be downloaded as pdf documents and are yours to keep.

Need insurance?
We've got you covered.

Connect and join the AJG conversation

@AJG_Australia | in

info.ajg.com.au/gwmf

Weighing up the risks

Let us take care of the detail while you focus on your business wellbeing

When it comes to professional insurance, look for a trusted partner who gives you all the facts. Weight management professionals face unique risks where an 'off the shelf' product just isn't a good fit.

That's where we come in

Exclusively endorsed by the Global Weight Management Federation, Arthur J. Gallagher is your local insurance partner. Our comprehensive range of tailored insurance products and solutions have been designed to meet the specific needs for weight management professionals.

Cover includes:

- Comprehensive weight management consulting cover
- Tailored, cost effective medical malpractice and public liability premiums
- Medical malpractice, public and product liability for professional duty and services

AJG-001633-0617

For an informal chat, call us on **1800 727 642**. Alternatively, visit **info.ajg.com.au/gwmf**

Arthur J. Gallagher

GWMF Global Weight Management Federation

Frequently Asked Questions

When Can I start?

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.

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.

What type of student support is provided after I enrol?

We provide both online and offline support. Through your student portal you will have 24/7 support through our FAQ online, this is where our most frequenly asked student questions are. If you can't find the answer online, our support team are just a phone call or email away Monday to Friday from 9am to 4pm. We will always endeavour to respond to your query the same day, but if that is not possible, it will always be within the next business day.

For a full list of student FAQ's, please visit:

http://collegeofweightmanagement.edu.au/student-faqs

Please click the following link for a copy of our Student Handbook to help you make an informed decision about undertaking training with ACWM:

https://www.collegeofweightmanagement.edu.au/student_handbook_current/

Contact Us:

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