



**Australian Meditation and
Holistic Counselling College**

Empower Your Mind, Transform Lives
AMHCC

KNOWLEDGE TODAY. CONFIDENCE FOR TOMORROW.

ACCREDITED TRAINING | WELLBEING | CORPORATE

Education and wellbeing pathways for meaningful
personal and professional growth.

EXPLORE AMHCC

amhcc.com.au

BUILD A CAREER WITH PURPOSE

Flexible online training designed to help you build practical skills, professional confidence and a pathway that fits your goals.

EXPLORE ACCREDITED TRAINING

1

MEDITATION TEACHER TRAINING

Develop the knowledge, confidence and practical skills to guide meditation professionally.

2

HOLISTIC COUNSELLING

Explore person-centred, holistic approaches that support meaningful and ethical practice.

3

PROFESSIONAL PRACTITIONER DEVELOPMENT

Extend your capabilities and continue building a purposeful professional practice.

FLEXIBLE ONLINE STUDY

Multiple intake dates. Genuine support. Study around your existing commitments.

amhcc.com.au/courses

WELLBEING FOR PEOPLE AND WORKPLACES

PERSONAL WELLBEING

**Create more calm.
Build lasting wellbeing.**

Accessible meditation and wellbeing programs that support calm, focus, connection and confidence in everyday life.

Includes Finding Stillness, an 8-week guided meditation journey.

CORPORATE TRAINING

**Stronger people.
Healthier workplaces.**

Practical corporate training and workplace wellbeing programs for resilient, connected and capable teams.

Learning designed for individuals and organisations.

FIND THE RIGHT PROGRAM FOR YOUR NEXT STEP

Whether you are beginning a professional pathway, deepening your own wellbeing or supporting your workplace, AMHCC offers practical learning grounded in genuine human connection.

EXPLORE PROGRAMS

amhcc.com.au



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WHERE WILL YOUR NEXT STEP LEAD?

Explore your options, compare pathways and choose the next step that feels right for you.

1

EXPLORE COURSES

View accredited training and professional development pathways.

amhcc.com.au/courses

2

DOWNLOAD THE COURSE GUIDE

Compare study options, course pathways and possible career directions.

amhcc.com.au/downloadcourseguide

3

BOOK A COMPLIMENTARY CONSULTATION

Talk through your goals and identify the pathway that best suits you.

amhcc.com.au/book-online

MINDBODYSPIRIT FESTIVAL OFFER

SAVE \$150 on selected self-directed accredited training programs

Festival code: MBS2026 | Enrol by 29 November 2026

Eligibility and terms apply.