

INNER VOYAGE

holistic human development

Meditation Teacher & Holistic Therapist Training College

Frequently Asked Questions



This program has been designed to enable people who wish to either begin or further develop their existing careers in the holistic wellbeing industry. Regardless of whether you have previous experience and qualifications or none at all, this program offers you a fully supported pathway into a successful career as a natural therapist and an extremely rewarding lifestyle.

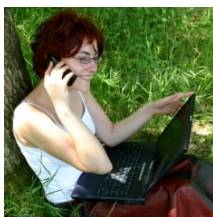
... It is also a significant personal growth experience.

What qualifications do I need to enrol?

The IVHHD Certificate in Meditation Teaching and Holistic Human Development is offered to everyone whose passion, or calling, it is to work in the holistic wellbeing industry. You do not need to have any prior qualifications.

You must be able to communicate in both spoken and written English and have computer and internet access.

You can enter the IVHHD Diploma of Meditation Therapy as either as an undergraduate (with no previous experience or qualifications) or you can enter the IVHHD Certificate in Meditation Teaching and Holistic Human Development as an undergraduate (with no previous experience or qualifications) and then enter the IVHHD Diploma of Meditation Therapy as a postgraduate student to attain your diploma through the completion of five postgraduate courses.



How is the training course delivered?

All IVHHD Courses are offered through our off-campus college entirely via email. This means you can complete your training course in the comfort of your own home at times that suit you, wherever you are in the world. There are no physical classes to attend.

What support do you offer?

Our students are very important to us; therefore we offer a wide range of support services so each student can receive the greatest possible benefit from the course. Along with receiving your lessons once every week, the teacher allocated to support you throughout your training, is available to you whenever you need support, assistance and encouragement via email, telephone and SKYPE. You will get to know your teacher and feel part of the IVHHD community. Students can email or telephone their teachers or the helpful staff at our student support office anytime they need help, guidance or support.

Each module asks you to complete a "lesson review form" this helps your teacher, our student support department and the Principal ensure you are receiving all the support you need on a continuing basis. We also keep in contact with you to ensure you are not falling behind or losing motivation as can sometimes happen with other correspondence courses.

How long does it take to complete the course?

The IVHHD **Certificate** in Meditation Teaching and Holistic Human Development training course runs for 12 weeks part time or 6 weeks full time, once a week you receive your lesson pack and you send your weekly course submissions to your teacher via email.

The IVHHD **Diploma** in Meditation Therapy training course runs for 52 weeks part time or 26 weeks full time, once a week you receive your lesson pack and you send your weekly course submissions to your teacher via email.

How many hours a week will I need to devote to study?

Approximately 10 hours each week part time and 20 hours full time.

Is there a start date for the course?

Yes. Each course intake has 15 placements and a new course commences every six weeks.

Please see the attached prospectus for next course commencement dates. Places fill quickly and early registration is recommended if you have a preferred commencement date or want to get started on creating your rewarding new career and lifestyle quickly.

How old do you have to be to become an Inner-Voyage Practitioner?

You must be over the age of 21. If you are under the age of 21 you can still complete the course however you won't be able to register as a practitioner until you turn 21.

Is this training course recognized?

The IVHHD Certificate in Meditation Teaching and Holistic Human Development and the IVHHD Diploma in Meditation Therapy are recognized by IMTA (International Meditation Teachers Association,) The HHAI (Holistic Healers Association International) and The IICT (International Institute of Complementary Therapists). No meditation teacher training course is recognized by the Australian Government at this point in time, however we are actively working toward gaining further recognition and accreditation of meditation within the holistic therapies industry and with the Australian government as a healing modality. All of our students will benefit from this recognition in the foreseeable future. Members of the HHAI are eligible for recognition with some private health insurance companies which may allow your clients with private health cover to claim for your services.





How do I make an income after I graduate?

Once you receive your IVHHD Certificate in Meditation Teaching and Holistic Human Development, you will be qualified to teach a wide range of meditation and chair yoga classes in your community to groups, private clients and in corporate settings. You will also be qualified to offer holistic life coaching/counselling in your own private practice. You can begin using your certificate level qualification even if you are still studying for your IVHHD Diploma in Meditation Therapy once the certificate level of the diploma course has been achieved. You will also receive individual certificates for each postgraduate course you complete as part of your diploma course. So you can actually begin working and using your training as soon as the first (12 week part time or 6 week full time) section of your study program has been successfully

completed.

You will be self employed and not an employee of IVHHD though you will have a great deal of support as a registered IVHHD practitioner. You can also use your qualification to seek employment in natural therapies centres, gymnasiums, fitness centres, community centres, respite centres, yoga schools and within many other organisations.

You can also develop a financially and personally rewarding career in your own private practice where you can choose to specialise in one particular area (corporate stress management training or working with the elderly for example) or you can develop a diverse practice that incorporates many different areas of holistic wellbeing and provides a richly diverse group of services.

If you complete the IVHHD Diploma in Meditation Therapy or any single postgraduate courses you will also be able to specialise in certain fields or expand your general practice even further.

What sort of income can I expect to make as a Practitioner?

On average practitioners will charge between \$10 and \$20 per client per meditation or chair yoga class and generally classes will attract between 6 and 20 students. Working on an average of 10 students per class, practitioners will expect to generate \$100 to \$200 per class. Classes run for around 1½ hours each and most practitioners will run an average of 4 classes per week. (These may consist of one basic meditation class, one advanced class, one teen class and one seniors chair yoga class or they may specialise in one area only and run one class type in a range of different localities.)

A practitioner conducting four classes a week at the average fee of \$10 to \$20 per student with an average of 10 students per class could therefore reasonably expect to make an income of \$400 to \$800 per week. Practitioners would also usually see an average of 5 private clients per week at an average of \$60 per client adding \$300 to their average income and would also usually run one corporate session each week.

Corporate sessions are a six week program delivered as one hour training blocks over six weeks. Corporations generally pay between \$100 and \$300 per session depending on their participant numbers. Based on these average projections the average practitioner could realistically expect to achieve an income of between \$800 and \$1,400 per week.

Naturally, time and effort devoted to their businesses by the practitioner has a direct impact on their ability to increase their weekly incomes. A practitioner working to the above average would also be spending around 6 hours per week on marketing and 2 hours a week to participating in networking and promotional activities and may choose to spend an additional 2 hours per week furthering their own skills (additional training.)

In summary it can be reasonably expected that a practitioner working around 20 to 30 hours work could expect to earn a minimum income of between \$500 and \$1,400 per week.



How does IVHHD Practitioner Registration work?

Once you graduate you will be offered the opportunity to register as an IVHHD Practitioner. This practitioner registration is free to new graduates for the first year.

Practitioner registration is not compulsory. You can choose to complete the course without becoming a registered practitioner if you wish, in which case you will be ready to work for yourself without IVHHD business support. However it is strongly recommended that you take advantage of this service to enable yourself the greatest possible opportunities for successfully reaching your goals.

IVHHD Practitioner registration membership is \$300 per year if you wish to continue after your first free year has ended and you are free to cancel your membership and go your own way at any time.

Please see the attached PRACTITIONER REGISTRATION AND BUSINESS SUPPORT PROGRAM information sheet attached for further information on practitioner registration.

What Postgraduate courses are available?

The following postgraduate courses can be completed as individual certificate level courses after completion of the IVHHD **Certificate** in Meditation Teaching and Holistic Human Development. Completion of five postgraduate courses upgrades the certificate to the IVHHD Diploma in Meditation Therapy.

The IVHHD Diploma in Meditation Therapy includes the IVHHD **Certificate** in Meditation Teaching and Holistic Human Development plus five postgraduate courses.

Diploma students can select any five of the six postgraduate courses currently being offered and new postgraduate courses will also be offered in 2012.

Current postgraduate courses include:

- IVHHD Certificate in Meditation for the Management of Depression & Anxiety
- IVHHD Certificate in Meditation for Healing and Chronic Pain Management
- IVHHD Certificate in Training - Stress Management (Train the Trainer)
- IVHHD Certificate in Prenatal Meditation
- IVHHD Certificate in Teaching Meditation for Children
- IVHHD Certificate in Holistic Business Management and Marketing

What are the course fees?

Please see the attached registration forms for course fee and payment plan options.

How can I get more information?

If you require further information or would like to speak to an IVHHD team member, please email us with your request or telephone the college on (07) 386 109 78 between 9am and 2pm Tuesday to Friday.

You can also find more information on our website at <http://www.inner-voyage.com>

