

Health and Wellbeing





'I tell all my friends and family that if they need a place to start, health and wellbeing is it. You can fit it into your life, and there's tonnes of support.'

Lily



Health and Wellbeing



Crisis Support Worker

Before Lily started her health and wellbeing journey, she was a stay-at-home mum. But she always had the interest to study in the back of her mind. When Lily realised she was able to study the level four Certificate in Health and Wellbeing flexibly and part-time she jumped straight in, starting on a path where she could learn skills to help others in her community.

"When my youngest was five I decided to get back into work, but I still had study in the back of my mind.

I found out the Level 4 Health and Wellbeing programme was a pre-requisite for the Bachelor of Social Work, and I thought a part-time programme would be a good step back into study."

With the encouragement of her aunty, Lily chose to study at Whitireia, where the support networks of her tutors and library staff were instrumental in helping her achieve her study goals.

"My aunty was the one that really sold it to me. She'd studied there and mentioned how good the support for students was. She said that there was a team in the library who could answer your questions and help you with assignments.

She was right, there was heaps of support and it really helped me through. Sometimes I can experience a bit of self-doubt, but my tutors really helped me overcome that."

For Lily, the most important thing she learned while studying Health and Wellbeing was setting boundaries. She was then able to take what she learned to apply them in her current job, working as a crisis support worker.

"One of the most helpful things we learnt about was setting boundaries. I'm such an open person, I find it easy to go above and beyond what's needed. When we spoke about it in class, almost everyone felt the same. Another subject I found really interesting was cultural responsiveness. We learnt about different customs and how that affects the way you approach different situations."

By completing the New Zealand Certificate in Health and Wellbeing, Lily has been able to fulfil her goal, by being able to be out in the community, helping people.

"I tell all my friends and family that if they need a place to start, health and wellbeing is it. You can fit it into your life, and there's tonnes of support."

Follow the QR code below to read the full story.





'WelTec gave me the help and support I needed to change my career.'

Gareth



Health and Wellbeing



Mental Health Support Worker

At the age of 55, Gareth decided to change careers. He was managing Koru lounges for Air New Zealand when COVID-19 hit, the effects of which meant Gareth found himself out of a job.

Gareth decided to turn his redundancy into an opportunity for change. He had always wanted to find a rewarding and fulfilling career path, and after exploring Whitireia and WelTec's programmes online, came across the Health and Wellbeing Support Work programme.

Taking the leap back into study was a little daunting for Gareth, who'd never enjoyed school. After some awful experiences, he left school at 15, and told himself he would never step foot into a classroom again.

However, his fears were squashed when he started at WelTec and met his tutors, who were encouraging, supportive and charismatic. They were always happy to answer his questions. "It was the best experience I've ever had in a learning environment."

After completing his studies, Gareth is now able to support people on their journeys. He helps people with intellectual disabilities to overcome challenges and sets them on a path to rediscover their purpose.





For Gareth's clients, tasks that seem simple to most can be a big challenge. It's important that as they re-learn basic tasks and processes, they get support in a non-judgemental environment. "I love seeing my clients grow and being part of their journey. I get to make a real difference to the lives of people who are disadvantaged in our society and have experienced a lot of hardship."

To anyone thinking of studying at WelTec, Gareth says, "Go for it - you'll feel like you're on a journey to something really positive and worthwhile."

Follow the QR code below to read the full story.



New Zealand Certificate in Health and Wellbeing (Level 3) - Support Work

 Level 3
 17 weeks, full-time, part-time options available
 07 Jul 2025 (Porirua)
 \$1,080 (indicative for 2025 intake)

Become a caregiver or support worker with this health and wellbeing - support work programme. Focus on supporting those who need assistance in day-to-day living. Ideal for working as a carer for those with an illness, disability or mental illness.

Programme outline

This Level 3 Certificate is a full-time 17-week programme which is offered twice a year. It will be offered at our Petone campus in February and at our Porirua campus in July.

What you will learn

- Apply practical application of knowledge in workplace settings on work placement
- Demonstrate and apply knowledge of professional and ethical behaviour
- Understand and describe a person's holistic health
- Learn important communication skills
- Learn how to respond to and recognise change.

More detail about this qualification

Teaching and learning

The programme is delivered using blended learning i.e. face to face and online learning. This means some of your lessons will be delivered via Moodle (our online learning platform), which will require you to have a computer and internet access at home.

Work experience

You will spend approximately 2-3 days per week for ten weeks putting your skills into practice by completing supervised work experience. If you are already

employed and doing this type of work, this will count towards your placement hours.

Some work experience agencies may require students to complete health screening (at the student's cost) before attending the placement. This requirement would be discussed with students attending one of these work placements.

Course-related costs

The following costs are approximate. Further information on how and where to purchase items will be provided with the formal offer of study letter.

Uniform polo shirt: \$45

Name badge: \$15

Black trousers and footwear that complies with health and safety regulations to be worn.

Entry requirements

NCEA level 1 or equivalent qualification/work experience AND evidence of suitability based on an interview, health screening, safety check and referee reports.

International: IELTS 5.5 (no band lower than 5.0), or equivalent.

*For fee exclusions, please see our [terms and conditions](#).

How to apply

Before you start your online application, you will need to have the following documentation available to upload when requested:

- [Supplementary application form](#)
- [Referee report*](#)
- Verified ID
- Verified official transcripts

*Give the referee report to someone who is willing to be your referee. Ask them to complete the forms and either return to yourself (so you can upload with your application), or scan and email to enrolments@wandw.ac.nz within 10 days.

Alternatively, completed applications can be emailed to enrolments@wandw.ac.nz

For international applicants - please email your completed application to [international-](#)

Disclaimer: The information contained in this document is correct at the time of print. Whitireia and WelTec | Te Pūkenga reserves the right to cancel or postpone any of the programmes, and shall not be liable for any claim other than the proportion of programme fees that the cancelled portion bears. Some programmes may be dependent upon formal approval from NZQA (New Zealand Qualifications Authority), TEC (Tertiary Education Commission) funding allocation, and the number of enrolments. As part of the NZQA targeted review of all Level 1-6 New Zealand qualifications, there may still be changes to some programmes starting in 2024. Fees, programmes, entry and selection criteria, and dates, are subject to change. Please check the relevant programme pages at whitireiaweltec.ac.nz for up-to-date information and full entry regulations before applying to enrol. Information regarding English language requirements is available on each course page at whitireiaweltec.ac.nz.

admissions@wandw.ac.nz

**Supplementary
application form**



Referee report Form



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