

# REFLEXOLOGY MANAWATU



## **DIPLOMA IN REFLEXOLOGY** **Foundational-Practitioner-Diploma levels**

ReflexologyNZ (RNZ) accredited courses which provide an opportunity for individuals to become professional Reflexologists.

This course also provides a vehicle to join ReflexologyNZ (RNZ), a progressive natural therapies association and a recognised Primary Healthcare provider

**Stepping Forward Together**

## **REFLEXOLOGY**

- Introduces you to a natural, purposeful, directional health and healing modality, utilising the principles that there are reflexes in the feet, hands and ears reflecting all areas and organs of the body.
- Reflexology is a powerful touch therapy, which has proven beneficial in returning the body/mind to homeostasis.
- Reflexology is suitable for all age groups and for all health conditions provided the guidelines are followed and used responsibly.

## **COURSE AIM**

- For students to have an awareness of the principles of Reflexology and to become competent to perform Reflexology to a professional standard. This course qualifies the student to practice as a Reflexologist.

## **MY AIM**

- Is to facilitate learning by exploring ideas, and to assist you in developing skills for your future as a professional Reflexologist. Please inform me of any specific learning needs to ensure your goals are achieved.

## **TUTOR DETAILS:**

- My name is Cathy Caldwell and I extend a warm welcome to you and wish you success in your studies towards becoming a professional Reflexologist.  
[wizwmn@xtra.co.nz](mailto:wizwmn@xtra.co.nz) 0274413169

## **COURSE DETAILS**

**Principal Tutor:** Cathy Caldwell mRNZ RNZATP

**Venue:** The Reflexology Hub @ the Grand, Church Street, Palmerston North

**Contact Hours:** 180

**Self-Directed:** Approx. 12 hours per week.

## **Steps to Success**

1. Foundational x1 weekend
2. Intermediate x9 weekends (includes foundational)
3. Practitioner x12 weekends (includes foundational & intermediate)
4. Diploma Attainment (includes A&P completion)

## **Course Dates**

<b>2021</b>	
July	10/11
August	14/15
September	11/12
October	9/10
November	13/14
December	11/12
<b>2022</b>	
January	29/30
February	26/27
March	26/27
April	23/24
May & June	To be confirmed

### **COURSE REQUIREMENTS**

Course hours: 9 a.m. – 4.00 p.m.

Attendance: 80%.

Absences: Referred to tutor

### **COURSE WITHDRAWALS:**

Withdrawal from the course on completion of the first day of the course will incur the loss of the \$200 deposit. Any other fees paid in advance will be refunded.

Withdrawals (within two months) will be non-refundable but are transferrable for one year. A decision will be made at the discretion of Reflexology Manawatu.

### **COURSE CANCELLATION:**

Reflexology Manawatu reserves the right to postpone or cancel a course if there are insufficient student numbers (less than 4 people) and any fees paid will be transferrable to the next starting date.

### **RECOMMENDED TEXT**

Better Health with Foot Reflexology (D. Byers)

\*Class group purchase option

### **RECOMMENDED CHARTS**

The Original Ingham Foot and Hand Charts

\*Available for purchase from your tutor

### **LINEN**

Please bring **2 hand towels** for your own practical reflexology use.

## **ENTRY REQUIREMENTS**

Entry will be through registration and paid deposit.  
Registration and investment details are on Page 8

## **ASSESSMENTS**

All assessment dates for completion are set out in the course assessment schedule. Students are required to sit **all** assessments and submit course material on the due dates.  
Late assignments/extensions will incur costs.

## **Performance Criteria**

- 1.1 Foundational knowledge
- 1.2 Reflexology in a clinical setting
- 1.3 Foot Care
- 1.4 Case Studies
- 1.5 Effective Communication
- 1.6 Ethical/Legal/Cultural Considerations
- 1.7 Business Skills
- 1.8 Diseases and Disorders (Pathologies)
- 1.9 Anatomy and Physiology (external)

## **External course related costs**

**Anatomy & Physiology**\_NZQA Level 4 minimum 300 hours or above is required to complete the RNZ Diploma level. This can be achieved extramurally or cross credited from other health course providers. [info@hht.co.nz](mailto:info@hht.co.nz) -Lynda Mabin

**A current First Aid Certificate** with CPR training is also required to attain Practitioner Diploma level.

## **COURSE INVESTMENTS**

- **Foundational Level & Registration Fee**

To secure a place on the course please include the non-refundable deposit with the registration form.

**\$200**

- **Intermediate Level**

\*includes foundational level

**\$2620 (early bird \$2520)**

- **Practitioner Diploma Level**

\*includes foundational & intermediate levels

**\$3500 (early bird \$3400)**

Note\*Extended payment options are available as the Reflexology Manawatu course is an ReflexologyNZ (RNZ) approved training provider and **does not** qualify for a student loan.

### **Intermediate payment options**

- 9 x payments of \$292 monthly

### **Practitioner Diploma payment options**

- 4 x payments of \$875 February, May, September January payable on the 1<sup>st</sup> of each month
- 12 x payments of \$292 payable on the 1<sup>st</sup> of each month



**FREE Student membership for one year with ReflexologyNZ**  
(RNZ) Download [www.reflexology.nz](http://www.reflexology.nz)



**Cathy Caldwell** – Principal Tutor of Reflexology Manawatu

A highly motivated and enthusiastic Natural Health Practitioner with over 20 years of experience in multi-modality practices. Cathy revels in “walking her talk” and taking her knowledge to the community to encourage health and wellness. She was nominated as RNZ Reflexologist of the Year in 2104 for her dedication and passion for Reflexology. Cathy effectively builds rapport with both students and peers, interacts well with people from all backgrounds and possesses extensive knowledge and experience in Reflexology. The Reflexology Hub has been set up to provide a space for students, graduates and practitioners to work with Reflexology while gaining confidence and building a client-based business in their health fields.

Cathy Caldwell mRNZ RNZATP

[wizwmn@xtra.co.nz](mailto:wizwmn@xtra.co.nz)

027 4413 169



**REFLEXOLOGY MANAWATU REGISTRATION FORM**

Course Title: \_\_\_\_\_  
 Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Contact: \_\_\_\_\_  
 Email: \_\_\_\_\_

<b>Relevant Qualifications</b>	<b>Training Establishment</b>	<b>Completion Year</b>	<b>Qualification (Proof Attached)</b>
<b>Anatomy &amp; Physiology</b>			

**Payment Options** (please circle)

**\*Foundational Level & Registration Fee**

Cash or Online banking

**\*Intermediate level**

Full      Part x 9 (monthly)

**\*Practitioner Diploma Level**

Full      Part x 4 (February, May, September, January)

            Part x 12 on the 1<sup>st</sup> of each month (Feb to Feb)

**Online Banking details:**

**CA Caldwell    Kiwibank    38 9005 0192110 00**

**Signed:** .....      **Dated:** .....

Please scan & email to [wizwmn@xtra.co.nz](mailto:wizwmn@xtra.co.nz)



## **ACCOMODATION IN PALMERSTON NORTH**

Civello Budget Acc. 186 Fitzherbert Ave	06 3553653
EconoLodge, 665 Pioneer Highway	06 3565265
Gateway Motel, 600 Pioneer Highway	06 3561526
Grandma's Place, 146 Grey St	06 3586928
Peppertree Backpackers, 21 Grey St	06 3554054
United Motels, 682 Pioneer Highway	06 3584104