



**natural  
fertility**

te whakato kakano tuturu

**NZ**  
aotearoa

**NFNZ Accredited Fertility Educator  
Training Programme Guide**

**Certificate and Diploma of Fertility Education  
and Reproductive Health**

**2024-2026**

## Introduction

Natural Fertility NZ (NFNZ) is a non-profit organisation, that trains and equips educators to teach evidenced based fertility awareness based methods to individuals and couples, in particular:

- The sympto-thermal method (STM)
- Advanced guidelines for STM
- The lactational amenorrhea method (LAM) & fertility while breastfeeding

Educators are also prepared to present Continuing Medical Education (CME) to GP's, Midwives and Nurses, and to present community education sessions.

NFNZ supports its Accredited Educators through continued access to senior educators, monthly educator online meetings for chart discussion, facebook group for general discussion, and a number of grants (the details of the grants are made available after the organisation has secured their funding for the year - usually in January).

The full programme is taught over 36 months, which is divided into a Certificate & Diploma. You will start by obtaining the Certificate in the 1st year, and then if you choose to do so, the Diploma in the first semester of the 3rd year. *The Diploma is not compulsory, and can be completed at any time when there is an intake (every 2 to 3 yrs). Some educators choose to wait a couple of years to build up their experience first.*

### Delivery of the NFNZ Programme for 2024 - 2026

<b>Certificate</b>	<b>Semester 1, 2024</b> <ul style="list-style-type: none"> <li>- Online theory</li> <li>- Practicum month includes Online sessions and 2 day practicum weekend in North Island city TBA</li> <li>- Supervised practice</li> </ul>	<b>Semester 2, 2024</b> <ul style="list-style-type: none"> <li>- Online theory</li> <li>- Practicum month includes Online sessions and 2 day practicum weekend in Christchurch</li> <li>- Supervised practice</li> </ul>
<b>Diploma (optional)</b>	<b>Semester 1, 2026</b> <ul style="list-style-type: none"> <li>- Online theory</li> <li>- Online full day practicums x 2</li> </ul>	

While this programme is not NZQA accredited (not eligible for a Studylink student loan), it is highly respected, with NFNZ Educators registered to provide CME sessions for GP's, Midwives and Nurses.

**Upon successful completion of the Programme, you will be awarded the 'Certificate in Fertility Education and Reproductive Health' and offered membership to NZNZ. While a member, you will be recognised as a NFNZ Accredited Educator and can access the many benefits of membership. This will help you as you begin your Fertility education business or add this knowledge to your current businesses services.**

Please read the rest of this document for further information regarding the application process, study requirements, important dates, and programme details. If you have any questions regarding

this information, then please do not hesitate to contact Roshanne, at [admin@naturalfertility.co.nz](mailto:admin@naturalfertility.co.nz).

**When you are ready to apply, please click this link for the application form:**

<https://forms.gle/A8DkjauJGEwMUXhFA>

## Application Details

### Requirements and Preferred Skills

- Preferred entry to those with a primary health qualification (degree) such as: nursing, medicine, midwifery, doctor; qualification in complementary health disciplines such as: homoeopathy, naturopathy, medical herbalist.
- For those without a formal health qualification – experience in teaching and/or working in the community with community groups, women, schools.
- Experience in business or current clinical practice and/or a drive to market yourself and your services after you have completed the programme.
- Literacy and study skills to support independent learning are a must. You will need to be competent using email, word processing programs, online learning platforms and have easy access to a computer with internet access to course content and to complete assignments.

### Personal Attributes and Expectations of NFNZ Educators

NFNZ Educators work with clients who may be dealing with grief and significant challenges such as infertility or miscarriage. NFNZ requires Educators to show empathy and professionalism and as such expect a very high standard of behaviour and decorum from student's. Educators must also foster an attitude of equality, diversity, and cultural safety - respecting the Treaty of Waitangi and Maori health, and all relevant legislation.

You will be required to behave in a manner that the health consumer, other students and teachers determine as being culturally safe, respectful and to demonstrate the ability to apply the principles of the Treaty of Waitangi/Te Tiriti O Waitangi to your supervised practice component - which will be a reflection of your future practice.

## Certificate - 2024

### Fees

NFNZ have finalised the details for 2024. The fee for the Certificate is \$4970.00, but there are scholarships available of \$1500.00 which will bring the fee down to \$3470. This scholarship has been made available by funding from the Public Trust. There are a few terms for this scholarship so please read the terms and conditions attached to this email.

To proceed, please read and sign the terms and conditions, and provide photo ID. Once this has been provided you will be emailed an invoice for a 10% non refundable deposit which will hold your place and secure your scholarship.

As we only enrol about a small number of students each course, this deposit must be paid within 7 days of us invoicing you, this is so we can keep places open for people to enrol in the course. This is really important as we don't want to reject enrollments due to being at capacity, then put the course at risk of postponement due to last minute withdrawals.

After you have paid your deposit, and If you would like to pay in instalments, you can set up weekly/monthly payments to our account. We will apply these to your invoice, these can start as soon as you have been enrolled and invoiced. It is advised to start these as early as you can to reduce payment amounts needed each time. Otherwise payment is due by the 12th of January 2024.

Additional costs may include:

- Travel, food and accommodations costs related to the Practicums in Christchurch and another North Island City (decided by the end of December) Will be either Auckland, Hamilton, or Palmerston North.
- Phone calls to your Course Facilitator and/or the National Clinical Supervisor
- Photocopying/printing costs of assignments as we always recommend that you keep a copy
- Costs relating to the development of your own teaching resources.
- Costs relating to resits of assignments and assessments

### Study hours & Contact time

You can expect to spend 10-20 hours per/week studying during each semester. It must be noted that this is an estimate depending on your study experience, you may need more or less time to complete the weekly theory and the assignments.

Semester 1, 2024		Semester 2, 2024	
Theory, Quizzes & Discussion (online)	100	Theory, Quizzes & Discussion (online)	100
Assignments x 2	20	Assignments x 2	20
Online Meetings x 3	4	Online Meetings x 2	4
Practicum Month	36	Practicum Month	36

Supervised Practice	10	Supervised Practice	10
Total Hours	170	Total Hours	170

## Teaching Locations

The theory component of the course is delivered using an online learning platform, where you will be able to access learning material, quizzes, communicate with trainers, and hand in assignments. **All quizzes and assignments must be submitted by the due date. Quizzes/discussions are due weekly.**

Online Meetings will be held using an online meeting platform, attendance at these will enhance your learning - all students are expected to take part.

Our 2 x 2 Day Intensive Practicums are part of 2 practicum months blocks. One at the mid to end of each semester. As well as an in person practicum weekend in each month, there are also various evening meetings and an Online Assessment for each. Please take note of the important dates below. Under no circumstances will any student be allowed to complete practicum weekend unless ALL prior assignments including any remedial work is completed, marked and passed beforehand.

The Supervised Practice component is completed after each practicum. It involves recording your appointments with a client, and submitting their charts, recordings and report for the Clinical Supervisor to Review.

## Important Dates

\*Some dates are subject to change

Item	Date
<b>SEMESTER 1 STARTS</b> (access to theory, assignments, quizzes)	12th February
Online Meeting with Trainers & other Students Topic - Q&A, Introductions, Orientation	Mon 4th March 7.30pm
Online Meeting with Trainers & other Students Topic - Q&A, Chart interpretation	Tues 2nd April 7.30pm
<b>Assignment 1 Due</b>	Sun 28th April
Online Meeting with Trainers & other Students Topic - Q&A, Chart interpretation	Mon 6th May 7.30pm
<b>Assignment 2 Due</b>	Sun 19th May
<b>PRACTICUM 1 Month - 5 weeks</b>	<b>20th May to 23rd June</b>
Week 1 - Online Meeting with Trainers & other Students - Online Meeting with Trainers & other Students	Mon 20th May 7.30pm Tues 21st May 7.30pm

<p>Week 2</p> <ul style="list-style-type: none"> <li>- Online Meeting with Trainers &amp; other Students</li> <li>- Self directed - Watching Roleplays recordings - 1hr</li> <li>- Self directed - Role play and documentation practice (1-2 evening meetings organised yourself with your partner)</li> </ul>	<p>Mon 27th May 7.30pm Tues 28th May Anytime Wed to Sun 29th May to 2nd June</p>
<p>Week 3</p> <ul style="list-style-type: none"> <li>- Online Meeting with Trainers &amp; other Students</li> <li>- Self directed - Watching Roleplays recordings - 1.5hr</li> <li>- Self directed - Role play and documentation practice (1 - 2 x evening meetings organised yourself with your partner)</li> </ul>	<p>Kings Birthday 3rd June 9 - 12 noon 4th June Anytime Wed to Sun 5 - 9th June</p>
<p><b>Week 4 -Practicum Weekend in NorthIsland city TBA</b></p>	<p><b>Saturday and Sunday, 15-16th June in NorthIsland city TBA</b></p>
<p>Week 5 - Practicum Assessment week 2 x evening 1.5 meetings</p>	<p>17th – 23rd June</p>
<p>Rest and Matariki Week</p>	<p>24 - 30th June</p>
<p>Time to complete Supervised Practice for To Conceive client</p>	<p>30th June to December 15th</p>
<p><b>SEMESTER 2 STARTS</b> (access to theory, assignments, quizzes)</p>	<p>1st June</p>
<p>Online Meeting with Trainers &amp; other Students Topic - Q&amp;A, Education sessions</p>	<p>Mon 8th July 7.30pm</p>
<p>Online Meeting with Trainers &amp; other Students Topic - Q&amp;A, Chart interpretation</p>	<p>Mon 22nd July 7.30pm</p>
<p><b>Assignment 3 Due</b></p>	<p>Sun 18th August</p>
<p><b>PRACTICUM 2 Month - 5 weeks</b></p>	<p>2nd Sept - 6th Oct</p>
<p>Week 1</p> <ul style="list-style-type: none"> <li>- Online Meeting with Trainers &amp; other Students</li> <li>- Online Meeting with Trainers &amp; other Students</li> </ul>	<p>Mon 2nd Sept 7.30pm Tues 3rd Sept 7.30pm</p>
<p>Week 2</p> <ul style="list-style-type: none"> <li>- Online Meeting with Trainers &amp; other Students</li> <li>- Self directed - Watching Roleplays recordings - 1hr</li> <li>- Self directed - Role play and documentation practice (1 - 2 x evening meetings organised yourself with your partner)</li> </ul>	<p>Mon 9th Sept 7.30pm Tues 10th Sept Anytime Wed to Sun 11 - 15th Sept</p>
<p>Week 3</p> <ul style="list-style-type: none"> <li>- Online Meeting with Trainers &amp; other Students</li> <li>- Self directed - Watching Roleplays recordings - 1hr</li> <li>- Self directed - Role play and documentation practice (1 - 2 x evening meetings organised yourself with your partner)</li> </ul>	<p>Mon 16th sept 7.30pm Tues 17th Sept Anytime Wed to Sun 18 -22nd sept</p>
<p><b>Week 4 -Practicum 2 Weekend in Christchurch</b></p>	<p><b>Saturday and Sunday, 28 - 29th</b></p>

	Sept in Christchurch
Week 5 - Practicum 2 Assessment week 2 x evening 1.5 meetings	30th September - 6th Oct
<b>Assignment 4 Due</b>	27th Oct
Time to work on Supervised Practice for Avoiding Conception client	6th Oct to 15th Dec
<b>FINAL DAY FOR SP SUBMISSIONS</b>	15th December

## Programme - Topic and Assessment Overview

YEAR 1 - Certificate			
Semester 1		Semester 2	
<b>Sympto-thermal method 1</b> - Intro to FAM, history and methods - Sympto-thermal intro - To Conceive Clients	<b>Online</b> <i>Assignment 1 (chart interp.)</i>  <i>Discussion exercise x 2</i>  <i>Quizzes x 3</i>	<b>Sympto-thermal method 2</b> - Sympto-thermal guidelines - For avoiding conception - Unplanned pregnancies - Post hormonal birth control	<b>Online</b> <i>Assignment 3 (chart interp.)</i>  <i>Discussion exercise x 2</i>  <i>Quizzes x 3</i>
<b>Reproductive Health</b> - Anatomy & Physiology - Pathophysiology - Sexual Health - Infertility - Contraceptive methods - Preconception healthcare - Scope of practice, referrals	<b>Online</b> <i>Assignment 2 (special topic)</i>  <i>Quizzes x 3</i>  <i>Discussion exercise x 2</i>	<b>Education</b> - Community education session - Presenting CME's	<b>Online</b>  2 x compulsory Activities
<b>Clinical Practice 1</b> - 5 week intensive block course - Supervised practice	<b>Onsite</b>  2 x Practical Assessments	<b>Clinical Practice 2</b> - 5 week intensive block course - Supervised practice	<b>Onsite</b>  2 x Practical Assessments

<b>Professional Practice 1</b> - Legislation - Clinic administration - Review of the research - Creating clinic resources - Cultural sensitivity	<b>Online</b>  <i>Discussion exercise x 4</i>	<b>Professional Practice 2</b> - Marketing your service - Business plan - NFNZ membership and processes - How to integrate with current practice	<b>Online</b> <i>Assignment 4 (business plan)</i>  <i>Discussion exercise x 2</i>
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## Diploma - 2026

### Fees

The fee for the Diploma are not set until mid 2025. This is usually around \$1000.00. No subsidies are available at this stage, but this may change if we can secure funding. If we unable to, NFNZ have committed to charging the any fees at or below cost which makes it incredibly affordable for our members. We do have payment plan options for the Diploma if required.

Additional costs may include:

- Phone calls to your Course Facilitator and/or the National Clinical Supervisor
- Photocopying costs of assignments as we always recommend that you keep a copy
- Costs relating to the development of your own teaching resources.
- Costs relating to resits of assignments and assessments

### Study hours & Contact time

You can expect to spend 5 hours per/week studying during the semester. It must be noted that this is an estimate depending on your study experience, you may need more or less time to complete the weekly theory and the assignments.

		Semester 2, 2026	
		<b>Theory, Quizzes &amp; Discussion (online)</b>	26
		<b>Assignments x 4</b>	40
		<b>Online Meetings x 3</b>	6
		<b>2 Day online Practicum</b>	18
		<b>Supervised Practice</b>	0
		<b>Total Hours</b>	<b>90</b>

### Teaching Locations

The theory component of the course is delivered using an online learning platform, where you will be able to access learning material, quizzes, communicate with trainers, and hand in assignments. **All quizzes and assignments must be submitted by the due date. Quizzes/discussions are due weekly.**



Online Meetings will be held using an online meeting platform, attendance at these will enhance your learning - all students are expected to take part.

The 2 Day Intensive Practicum will be held online, usually on 2 Saturdays 1 week apart. You will participate in role play, chart interpretation and peer assessments. **Please note the Practicum is compulsory. Under no circumstances will any student be allowed to attend any practicum unless ALL assignments including any remedial work is completed, marked and passed.**

The Supervised Practice component is completed after the practicum. It involves reviewing your first 2 clients from each category with the Clinical Supervisor. This supervised practice is not formally assessed.

## Important Dates

\*Online Meeting Dates are still to be confirmed. Other dates are subject to change. Quizz dates TBA.

Item	Dates TBA
<b>SEMESTER 2 STARTS</b> (access to orientation and theory)	
Online Meeting with Trainers & other Students Topic - Q&A, Chart interpretation Advanced and Peri-meno	
Assignment 1 Due	
Online Meeting with Trainers & other Students Topic - Q&A, Intro to Breastfeeding and Fertility	
Assignment 2 Due	
Online Meeting with Trainers & other Students Topic - Q&A, Chart interpretation Breastfeeding Charting	
Assignment 3 Due	
<b>PRACTICUM</b>	
Assignment 4 Due	
Start Supervised Practice	

## Programme - Topic and Assessment Overview

YEAR 3 - Diploma			
		<i>Semester 2</i>	
		<b>Sympto-thermal method 3</b> - Advanced guidelines - Understanding Menopause - Support and Referrals - Troubleshooting	<b>Online</b> <i>Assignment</i>
		<b>Fertility while Breastfeeding</b> - A&P of the Breast - Lactation - Processes of Breastfeeding - Fertility and Breastfeeding	<b>Online</b> <i>Assignment</i>
		<b>Clinical Practice 3</b> - Charting - Peri Menopausal clients - Teaching LAM - Breastfeeding charting - Partial Breastfeeding charting - Pract2 day intensive block course - Supervised practice (not formally assessed)	<b>Onsite</b> <i>Practical Assessments</i>  <i>Quizzes x 4</i>
		<b>Adolescent Education</b> - Age appropriate - Legislation - Puberty A&P - Teaching Puberty - Teaching Fertility Awareness - Ethics	<b>Online</b> <i>Assignment</i>  <i>Discussion exercise x TBA</i>
		<b>Research</b> - Overview of Research and Principles - Referencing - Research Review	<b>Online</b> <i>Assignment (research review)</i>