

Course Name	–	<u>ADVANCE CERTIFICATE IN COACHING AND MENTORING (COURSE NO 135)</u>
Course Duration	–	12 months / One year / 12 modules
Course Mode	–	Online / Downloadable & Reusable Materials / Guide Assisted
Course Structure	-	12 Modules
Eligibility	-	10+2+ 3 Years or 10+2+ 3 Years + 2 Years

CAM01 – Counselling Process and Skills	The step by step process involved in counselling and the skills required for effective counselling sessions	
CAM02 – Counselling Techniques	The therapeutic techniques involved in counselling to guide/ assist counsellee towards resolving or finding way out of their issues	
CAM03 – Workplace Mental Health Issues	The problems / issues or mental health concerns glooming around a work environment	
CAM04 – Coaching Skills	Collaborative Coaching – Coaching Beliefs – Coaching Process and Structure	
CAM05 – Counselling (case approach)	Using counselling techniques to solve cases and vignettes related to workplace mental health concerns or self-empowerment	
CAM06 – Coaching Strategies and Techniques I	Relationship Management – Goal Setting – Conflict Management - Creative Thinking – Planning – Decision Making – Self Management	
CAM07 – Coaching Strategies and Techniques II	Emotional Intelligence - Success – Self Esteem – Positivity – Coping – Performing – Confidence Building	
CAM08 – Career Assessment and Guidance	Doing a career assessment to find out the similarities between an individual’s career profile and his/her strengths matching the present career profile.	
CAM09 – Self Empowerment Interventions	Learning about interventions that will help in rejuvenating self.	
CAM10 – Stress Management Interventions	Interventions which can be used to manage stress at work life or social life or family life	
CAM11 – Employability Skill Assessment & Empowerment	Skills needed for employment and assessing them for further empowerment	
CAM12 – Life Skill Assessment & Empowerment	Learning about Skills needed for life (apart from work life) and assessing them for further empowerment	
Course Fee	Learners from India	Learners from other countries
Life Member of IHMH	Rs. 15, 300	\$460
Others	Rs. 16, 800	\$520

For Admissions - To Know about Course details and Commencement dates Text or WhatsApp Course No and Your Email ID to 0091 979 00 88 002 or email us at info@ihmh.in / info@ihmh.co

For other course details and course FAQ’s visit relevant course page at our website
www.imh.in – www.psychologyonline.in