

Course Name	–	ADVANCED TRAINING IN INDUSTRIAL COUNSELLING & EMPOWERMENT
Course Duration	–	12 months / 12 modules / 24 Credits / 24x7 Virtual Support / Assignment Based / CN49
Course Mode	–	Online/Downloadable & Reusable Materials /1:1 Sessions /Highly Interactive/Advanced
Course Structure	-	Interactive sessions /24x7 Virtual Support /Work Expertise Based/ Guide Assisted
Eligibility	-	10+2+3 Years or 15+2 Years (psychology/social work/human development/hr/training)
Interactive Sessions	–	1 interactive session/module - 24/7 Guide Email Support - 24/7 Advisor Call Support

MODULE NAME AND NUMBER		MODULE BRIEF
04901 – WORKPLACE MENTAL HEALTH ISSUES		Introduces common psychological challenges employees face at the workplace.
04902 – COUNSELLING SKILLS		Covers essential skills required for effective industrial counselling.
04903 – COACHING SKILLS		Focuses on developing coaching abilities to guide and support employees.
04904 – COUNSELLING TECHNIQUES		Provides practical approaches for workplace counselling interventions.
04905 – COACHING STRATEGIES AND TECHNIQUES		Explores structured methods to enhance performance and motivation.
04906 – COUNSELLING FOR WORK LIFE BALANCE		Helps employees manage stress and maintain a healthy work-life balance.
04907 – COUNSELLING FOR PERFORMANCE		Addresses strategies to improve productivity and workplace efficiency.
04908 – BULLYING & ABUSE		Equips counsellors to identify, address, and manage workplace harassment.
04909 – GROUP COUNSELLING & EMPOWERMENT		Applies group interventions to build resilience and collective support.
04910 – CONFLICT MANAGEMENT TRAINING		Teaches skills to resolve interpersonal and team conflicts effectively.
04911 – STRESS MANAGEMENT TRAINING		Provides techniques to manage and reduce workplace stress
04912 – SELF-EMPOWERMENT SUPPORT TRAINING		Guides employees in building confidence, self-awareness, and resilience.
COURSE FEE	INDIAN LEARNERS	LEARNERS FROM OTHER COUNTRIES
Continuous Guide Email Support & 24/7 Student Advisor Call Support	₹11,600	\$280
1:1 Guide Orientation Sessions - Continuous Guide Email Support & 24/7 Student Advisor Call Support	₹24,600	\$610

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.org

Institute Of Holistic Mental Health @ www.imh.in @ www.ihmh.in