

Course Name	–	ADVANCED TRAINING IN EMPLOYEE SKILL ASSESSMENT AND EMPOWERMENT
Course Duration	–	12 months / 12 modules / 24 Credits / 24x7 Virtual Support / Assignment Based / CN52
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
05201 – COACHING AND MENTORING SKILLS	Develops the ability to guide, mentor, and support employee growth.
05202 – COUNSELLING SKILLS	Covers essential workplace counselling techniques for employee wellbeing
05203 – EMPLOYABILITY SKILLS	Focuses on workplace readiness and professional effectiveness.
05204 – LIFE SKILLS	Builds essential personal and interpersonal skills for success.
05205 – EMPLOYABILITY SKILL ASSESSMENT	Introduces tools to evaluate and strengthen employability skills.
05206 – LIFE SKILL ASSESSMENT	Covers methods to assess and enhance life skills in employees.
05207 – CONFLICT MANAGEMENT – ASSESSMENT, INTERVENTION, ACTIVITIES AND COUNSELLING SUPPORT	Trains in identifying and addressing workplace conflicts through structured interventions.
05208 – EMOTIONAL INTELLIGENCE - ASSESSMENT, INTERVENTION, ACTIVITIES AND COUNSELLING	Equips employees with tools to assess and strengthen emotional intelligence.
05209 – SELF-AWARENESS - ASSESSMENT, INTERVENTION, ACTIVITIES AND COUNSELLING	Helps employees develop insight into their strengths and areas for growth.
05210 – STRESS - ASSESSMENT, INTERVENTION, ACTIVITIES AND COUNSELLING	Provides strategies to assess and manage workplace stress effectively.
05211 – MANAGING RELATIONSHIPS - ASSESSMENT, INTERVENTION, ACTIVITIES AND COUNSELLING	Focuses on improving professional and personal relationships through guided support.
05212 – WORK LIFE BALANCE - ASSESSMENT, INTERVENTION, ACTIVITIES AND COUNSELLING SUPPORT	Addresses strategies to evaluate and support balance between work and life roles.

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