

Course Name	–	PG DIPLOMA IN TRAINING & FACILITATION (Master Trainer Program)
Course Duration	–	12 months / 48 credits / Maximum 15 Modules / 24x7 Virtual Support / (CNO 853)
Course Mode	–	Online / Downloadable & Reusable Materials / Trainer-Led 15 One-to-One Live Sessions
Course Structure	–	21 credits compulsory + 27 credits optional (as per learner’s selection)/Advanced
Eligibility	–	10+2+3 or 15+2 Years (management/psychology/training/human resource)
Interaction	-	24/7 Advisor Call Support – 24/7 Guide Email Support / Self-paced or Scheduled

COMPULSORY MODULES - 21 CREDITS / 6 MODULES / 5 MONTHS

85301 – COACHING & MENTORING – 4cr / 30 days of learning	Introduces the foundational concepts, principles, and distinctions between coaching and mentoring. Explores roles, ethics, boundaries, and the impact of guided development in individual and organizational contexts. Builds a strong theoretical base for effective trainer-led growth and facilitation.
85302 – COACHING & MENTORING SKILLS – 4 credits / 30 days learning	Focuses on developing core interpersonal and communication skills essential for coaching and mentoring. Covers active listening, powerful questioning, feedback techniques, and rapport building. Enables learners to engage, support, and guide individuals toward meaningful outcomes.
85303 – COACHING & MENTORING TECHNIQUES – 4 credits / 30 days	Covers structured models and evidence-based approaches used in coaching and mentoring practice. Introduces frameworks such as goal setting, problem-solving, and performance enhancement strategies. Equips learners to apply appropriate techniques based on context and learner needs.
85304 – COACHING & MENTORING ACTIVITIES – 4 credits / 30 days	Emphasizes practical application through experiential learning, simulations, and real-world exercises. Includes role plays, case discussions, group facilitation, and reflective practices. Prepares learners to confidently conduct coaching and mentoring sessions in diverse settings.
85305 - PRAGMATISM – CASE WORK – 2 credit / 10 days of learning	Engage in practical case work to apply theory in real-life settings. This module enhances your confidence and professional skills.
85306 - DISSERTATION – 3 credit / 20 days of Inductive learning	Compiled work on a selected topic with guidance from a mentor. This module demonstrates the expertise and knowledge gained throughout the course.

OPTIONAL MODULES - CHOOSE ANY NINE MODULES FROM THE BELOW LIST - TOTALLING 27 CREDITS

85308 – COACHING ESSENTIALS	85313 – TRAINING TOOLS 01	85318 – COACHING FOR ADDICTION
85309 – GROUP COACHING	85314 – TRAINING TOOLS 02	85319 – COACHING FOR ANXIETY
85310 – EMOTIONAL INTELLIGENCE	85315 – EMPLOYEE COUNSELLING	85320 – COACHING FOR WORK LIFE BALANCE
85311 – BUSINESS PSYCHOLOGY	85316 – EMPLOYEE TRAINING	85321 – COACHING FOR HIGH PERFORMANCE
85312 – PREVENTING WORKPLACE VIOLENCE	85317 – COGNITIVE BEHAVIOURAL COACHING TECHNIQUES	85322 – STRESS MANAGEMENT STRATEGIES
85323 – NLP TECHNIQUES	85324 – SOFT SKILL DEVELOPMENT	85325 – CRISIS INTERVENTION STRATEGIES
85326 – CBT TECHNIQUES	85327 – COACHING FOR BULLYING PREVENTION	85328 – CAREER COUNSELLING
Course Fee	Learners from India	International Learners
SESSION BASED LEARNING 1:1 Trainer Orientation for Each Module, with Supporting Learning Materials & dedicated WhatsApp Query Support	Full Course Fee - ₹32,800/- Includes 15 Live 1:1 Sessions	Full Course Fee - \$630 Includes 15 One-to-One Live Sessions
EMAIL-BASED LEARNING Supporting Learning Materials, Dedicated Trainer & Email Query Support	₹ 16, 800/- Full Course Fee	\$480 Full Course Fee

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

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