

Certification Training	–	Practitioner Certification in Health & Wellness Coaching
Course Duration	–	Customizable Online 12–30 Module (as per learners' choice) Highly Interactive
Course Mode	–	Online fixed scheduled interactive sessions with supporting learning materials (855) Highly practical, teachable, and mental health-centric, with each module equipping the learner to train others.
Course Structure	–	12–30 Modules – Fully Customizable – Trainer-Led Sessions – Daily / Weekly
Eligibility	–	Those who are working as a trainer or as a counsellor or sw or in related fields
Learning Choice	–	Email & Whats App Based with Guide Assistance / Trainer Session Led Learning
Interactive Sessions	–	60min session/module (12–30 modules), sessions scheduled as per learner's choice
Email & Whats App	–	Module Materials with Guide Support through email & whats app voice /text messages

- ✓ The certification course includes 12 mandatory modules and an additional set of 40+ optional modules. The prescribed course fee covers only the 12 mandatory modules.
- ✓ You need to select 12 modules from the below list as mandatory modules. If you wish, you may choose any number of optional modules by paying the corresponding additional fee per module.
- ✓ Selecting optional modules is completely voluntary — you may also choose to complete only the 12 mandatory modules by paying just the standard course fee.

85501	Foundations of Health & Wellness Coaching - Introduces the role, scope, and impact of a mental wellness coach.
85502	Principles of Mental Health & Well-being - Builds a functional understanding of emotional and psychological well-being.
85503	Coaching Mindset & Ethics - Develops non-judgmental, client-centered, and ethical coaching practices.
85504	Self-Awareness & Personal Insight Techniques - Teaches methods to help individuals understand thoughts, emotions, and patterns.
85505	Emotional Regulation Techniques - Provides practical tools to manage emotions in daily life.
85506	Identifying Thought Patterns & Beliefs - Equips methods to recognize limiting beliefs and thinking habits.
85507	Cognitive Restructuring Techniques - Trains coaches to help clients reframe negative thinking patterns.
85508	Building Emotional Intelligence (EQ) - Develops awareness, empathy, and interpersonal effectiveness.
85509	Stress Management Techniques - Teaches simple, practical tools to manage everyday stress.
85510	Anxiety Management Strategies - Equips techniques to reduce worry, overthinking, and fear responses
85511	Burnout Prevention & Recovery - Focuses on identifying burnout and restoring mental energy.
85512	Building Resilience & Coping Skills - Strengthens the ability to bounce back from challenges.

85513	Mindfulness Practices for Daily Life - Introduces simple mindfulness exercises for awareness and calmness.
85514	Breathwork & Relaxation Techniques - Teaches breathing methods to regulate the nervous system.
85515	Grounding Techniques for Emotional Stability - Provides tools to stay present during stress or overwhelm.
85516	Guided Reflection & Journaling Methods - Uses structured reflection for clarity and emotional processing.
85517	Building Self-Confidence & Self-Worth - Equips techniques to strengthen self-belief and personal identity.
85518	Overcoming Fear & Self-Doubt - Provides methods to address inner barriers and limiting fears.
85519	Goal Setting & Personal Vision Building - Teaches structured goal-setting and future planning techniques.
85520	Habit Formation & Behaviour Change - Focuses on building sustainable, positive life habits.
85521	Communication Skills for Well-being - Teaches expression, listening, and emotional communication.
85522	Setting Healthy Boundaries - Equips individuals to say no and protect emotional space.
85523	Managing Relationships & Conflict - Provides tools for handling interpersonal challenges.
85524	Building Support Systems & Social Connection - Focuses on creating healthy support networks.
85525	Managing Overthinking & Negative Thoughts - Teaches actionable techniques to reduce rumination.
85526	Dealing with Loneliness & Emotional Isolation - Provides methods to cope with and overcome loneliness.
85527	Coping with Failure, Rejection & Setbacks - Builds emotional strength to handle life challenges.
85528	Digital Detox & Screen Habit Management - Helps regulate screen use and improve mental clarity.
85529	Coaching Conversation Skills - Develops listening, questioning, and guiding techniques.
85530	Structuring Wellness Coaching Sessions - Teaches how to plan and conduct effective sessions.
85531	Designing Wellness Workshops & Programs - Guides creating sessions for groups and communities.
85532	Activity-Based Wellness Training Techniques - Focuses on exercises, activities, and engagement methods.
85533	Identifying Mental Health Red Flags - Trains coaches to recognize when professional referral is needed.
85534	Psychological First Aid for Basic Support - Equips immediate support skills during emotional distress.
85535	Ethics, Boundaries & Scope of Practice - Defines what a wellness coach can and cannot do.
85536	Practicum: Coaching, Workshops & Supervision - Provides hands-on practice with feedback and real-life application.

Course Fee	Learners from India	Learners from other countries
1:1 Guided Orientation via Google Meet/Zoom with Supporting Learning Materials & Dedicated WhatsApp Query Support	12 Modules + 12 Dedicated One-to-One Sessions (1 session per module) – ₹32,800 Extended Learning (Optional): From Module 13 up to Module 30 – ₹2,400 per module, including one dedicated session per module.	12 Modules + 12 Dedicated One-to-One Sessions (1 session per module) – \$560 Extended Learning (Optional): From Module 13 up to Module 30 – \$30 per module, including one dedicated session per module.
Email-Based Learning with Dedicated WhatsApp Query Support	12 Modules with Email-Based Learning & WhatsApp Query Support – ₹21,800 Extended Learning (Optional): Modules 13 to 30 – ₹1,600 per module, including dedicated WhatsApp and email support.	12 Modules with Email-Based Learning 7 WhatsApp Query Support – \$360 Extended Learning (Optional): Modules 13 to 30 – \$20 per module, including dedicated WhatsApp and email support.

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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