

Certification Training	–	Practitioner Certification in Child & Adolescent Empowerment Coaching (CN 856)
Course Duration	–	Customizable Online 12–30 Module (as per learners' choice) Highly Interactive
Course Mode	–	Online fixed scheduled interactive sessions with supporting learning materials
Course Structure	–	12–30 Modules – Fully Customizable – Trainer-Led Sessions – Daily / Weekly Designed to be highly practical, activity-based, and teachable, enabling the learner to train children and adolescents directly across well-being, life skills, and development areas Strong integration of CBSE skill education + life skills + emotional well-being.
Eligibility	–	Those who are working as a trainer or as a counsellor or educator 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

- ✓ Highly practical and delivery-focused - Covers both what to coach + how to coach and includes all tools and techniques required to coach children and adolescents.
- ✓ 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.

85601	Foundations of Child & Adolescent Skill Coaching - Introduces the role, scope, and impact of a skill coach for young learners.
85602	Child & Adolescent Development Basics - Covers age-wise developmental needs and learning readiness.
85603	Understanding Child Behaviour - Teaches how to interpret behaviour and respond effectively.
85604	Creating Safe & Engaging Learning Spaces - Focuses on building trust, safety, and participation.
85605	Communication Skills for Children - Teaches expression, listening, and clarity through activities.
85606	Social Skills & Peer Interaction - Builds sharing, cooperation, and friendship skills.
85607	Confidence Building & Self-Expression - Equips methods to develop self-esteem and participation.
85608	Public Speaking & Presentation for Kids - Introduces basic speaking and stage confidence techniques.
85609	Emotional Awareness & Expression - Helps children identify and express emotions appropriately.
85610	Emotional Regulation Techniques - Teaches simple tools to manage anger, frustration, and sadness.

85611	Managing Anxiety & Fear in Children - Provides techniques to handle worries and fears.
85612	Building Resilience & Coping Skills - Strengthens ability to handle challenges and setbacks.
85613	Habit Formation & Routine Building - Teaches creating healthy daily habits and routines.
85614	Time Management for Students - Builds planning and prioritization skills.
85615	Focus & Concentration Techniques - Provides methods to improve attention and reduce distractions.
85616	Managing Screen Time & Digital Behaviour - Guides healthy digital habits and boundaries.
85617	Critical Thinking Skills - Develops questioning, analysis, and logical reasoning.
85618	Problem Solving & Decision Making - Teaches structured approaches to solve everyday problems.
85619	Creativity & Innovation Skills - Encourages imagination and creative expression.
85620	Study Skills & Learning Strategies - Builds effective study habits and learning techniques.
85621	Building Self-Awareness & Identity - Helps children understand themselves and their strengths.
85622	Values & Character Education - Focuses on honesty, respect, responsibility, and empathy.
85623	Goal Setting & Dream Building - Encourages vision, ambition, and planning.
85624	Growth Mindset & Positive Thinking - Teaches resilience through a learning-oriented mindset.
85625	Building Healthy Relationships - Guides children in maintaining positive interactions.
85626	Conflict Resolution for Children - Teaches handling disagreements constructively.
85627	Bullying Awareness & Prevention - Equips children to respond to and prevent bullying
85628	Empathy & Kindness Training - Builds understanding and compassion toward others.
85629	Puberty Education & Body Awareness - Provides age-appropriate understanding of physical and emotional changes.
85630	Emotional Challenges in Adolescence - Addresses mood swings, identity, and peer pressure.
85631	Responsible Decision Making & Risk Awareness - Teaches safe choices and consequence awareness.
85632	Career Awareness & Future Readiness - Introduces early career exploration and skill awareness.
85633	Activity-Based Teaching Methods for Children - Focuses on games, storytelling, and experiential learning.
85634	Designing Skill-Based Sessions for Kids - Teaches structuring engaging and outcome-driven sessions.
85635	Classroom & Group Management - Equips techniques to handle groups effectively.

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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