

Certification Training	–	Practitioner Certification in Life Coaching (CN 859)
Course Duration	–	Customizable Online 12–30 Module (as per learners' choice) Highly Interactive
Course Mode	–	Online fixed scheduled interactive sessions with supporting learning materials Designed to be highly practical, tool-based, and teachable, with each module equipping the learner to coach and guide others effectively:
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 hr 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 train + how to train and includes what is required to train life skills
- ✓ 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.

85901	Foundations of Life Coaching - Introduces the role, scope, and impact of a life coach.
85902	Coaching Mindset & Ethics - Builds a client-centered, non-judgmental, and ethical coaching approach.
85903	Role Boundaries: Coaching vs Counselling vs Mentoring - Clarifies scope and appropriate application of different helping roles.
85904	Self-Awareness & Life Assessment Tools - Teaches structured tools to help clients gain clarity about their current life.
85905	Values Clarification Techniques - Helps clients identify core values that guide decisions and actions.
85906	Identifying Limiting Beliefs - Equips methods to uncover and understand self-sabotaging beliefs.
85907	Mindset Shifting & Cognitive Reframing - Provides tools to shift perspectives and build empowering thought patterns.
85908	Goal Setting Frameworks - Teaches structured approaches to setting clear and achievable goals.
85909	Vision Building & Life Design - Guides clients in creating a meaningful life vision and direction.
85910	Action Planning & Execution Strategies - Focuses on breaking goals into actionable, realistic steps.
85911	Accountability & Progress Tracking - Builds systems to ensure consistency and goal follow-through.

85912	Emotional Awareness & Regulation - Teaches clients to understand and manage their emotions effectively.		
85913	Managing Stress & Overwhelm - Provides practical tools to handle pressure and mental overload.		
85914	Overcoming Fear & Self-Doubt - Equips techniques to address inner resistance and build confidence.		
85915	Building Resilience & Mental Strength - Strengthens the ability to navigate challenges and setbacks.		
85916	Habit Formation & Behaviour Change - Focuses on creating sustainable positive habits.		
85917	Breaking Procrastination & Inaction - Provides tools to overcome delays and increase productivity.		
85918	Decision Making & Problem Solving - Builds structured approaches for effective life decisions.		
85919	Time Management & Personal Productivity - Teaches prioritization and efficient use of time		
85920	Communication Skills for Life Coaching - Enhances clarity, expression, and active listening.		
85921	Building Healthy Relationships - Guides clients in improving personal and social relationships.		
85922	Setting Boundaries & Assertiveness - Teaches how to maintain healthy personal limits.		
85923	Work-Life Balance & Life Integration - Helps clients align personal and professional priorities.		
85924	Career Clarity & Direction - Supports clients in identifying suitable career paths.		
85925	Managing Life Transitions & Change - Equips tools to navigate change and uncertainty.		
85926	Confidence Building & Self-Empowerment - Strengthens self-belief and personal agency.		
85927	Powerful Questioning Techniques - Develops high-impact questions that drive insight and action.		
85928	Active Listening & Deep Coaching Presence - Builds attentive, empathetic, and focused coaching skills.		
85929	Structuring Coaching Sessions - Teaches how to design and flow a coaching session effectively.		
85930	Designing Coaching Programs & Packages - Guides creating structured coaching offerings.		
85931	Managing Overthinking & Negative Thinking - Provides tools to reduce rumination and mental clutter.		
85932	Motivation & Sustained Action - Focuses on maintaining long-term motivation and discipline.		
85933	Personal Identity & Life Purpose Exploration - Helps clients explore meaning, identity, and purpose.		
85934	Ethics, Boundaries & Scope of Practice - Defines responsible and professional coaching conduct.		
85935	Client Handling & Coaching Practice Management - Covers onboarding, communication, and client engagement		
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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