

Certification Training	–	Practitioner Certification in Peak Performance & Productivity Coaching (CN 862)
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 equip the learner to help individuals achieve high performance, sustained productivity, and consistent results using practical tools, behavioural strategies, and performance frameworks. Each module is action-oriented, outcome-driven, and directly teachable.
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 all the learning required to be a productivity coach
- ✓ 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.

86201	Foundations of Peak Performance Coaching - Introduces the role, scope, and outcomes of a performance coach.
86202	Psychology of High Performance - Explains mindset, habits, and behaviours of high performers.
86203	Productivity Myths vs Science - Debunks common misconceptions and introduces evidence-based practices.
86204	Energy, Focus & Performance Cycles - Teaches how energy management drives productivity.
86205	Personal Productivity Assessment Tools - Identifies strengths, weaknesses, and productivity patterns.
86206	Time Audit & Behaviour Tracking - Teaches how to analyse daily routines and inefficiencies.
86207	Identifying Productivity Blocks & Distractions - Helps uncover internal and external barriers.
86208	Goal Clarity & Performance Benchmarking - Defines clear outcomes and measurable targets.

86209	Goal Setting Frameworks (SMART, OKR, etc.) - Builds structured goal-setting systems.
86210	Breaking Goals into Action Plans - Teaches execution-focused planning.
86211	Prioritization Techniques (Eisenhower, Pareto) - Helps focus on high-impact tasks.
86212	Daily, Weekly & Monthly Planning Systems - Creates structured productivity routines.
86213	Focus Building Techniques - Provides methods to improve attention and reduce distractions.
86214	Deep Work & Flow State Techniques - Teaches sustained concentration for high-value work.
86215	Managing Distractions & Interruptions - Equips strategies to maintain productivity.
86216	Digital Discipline & Screen Management - Addresses digital overload and attention fragmentation.
86217	Habit Formation for High Performance - Builds consistent success behaviours.
86218	Breaking Procrastination & Inaction - Provides tools to overcome delay and avoidance.
86219	Behaviour Change Models for Productivity - Applies structured change techniques.
86220	Accountability Systems & Discipline Building - Ensures consistency and follow-through.
86221	Managing Stress & Performance Pressure - Equips tools to handle high-demand environments.
86222	Overcoming Burnout & Fatigue - Focuses on recovery and sustainability.
86223	Building Resilience & Mental Toughness - Strengthens ability to persist through challenges.
86224	Confidence & Peak Performance Mindset - Develops self-belief and performance psychology.
86225	Workplace Productivity Systems - Applies productivity frameworks in professional settings.
86226	Managing Workload & Deadlines - Teaches handling multiple responsibilities effectively.
86227	Performance in Remote & Hybrid Work - Builds efficiency in modern work environments.
86228	Team Productivity & Collaboration - Enhances group performance and coordination.
86229	Cognitive Optimization Techniques - Improves thinking, clarity, and decision speed.
86230	Decision Making Under Pressure - Builds fast and effective decision-making skills.
86231	Performance Routines & Rituals - Creates pre-performance and recovery routines.
86232	High Performance Lifestyle Design - Aligns habits, routines, and goals for sustained success.
86233	Coaching Conversations for Productivity - Develops questioning and guidance techniques.
86234	Designing Productivity Coaching Programs - Teaches structuring individual and group programs.
86235	Measuring Performance & Productivity Outcomes - Focuses on tracking progress and results.

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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