

Certification Training	–	Practitioner Certification in Emotional Intelligence Coaching (864)
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 train, coach, and develop emotional intelligence across children, adolescents, and adults using practical tools, experiential methods, and evidence-informed techniques. Each module is skill-based, activity-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 educator or HR or SW
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 teach + how to teach and covers what is required to teach
- ✓ 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.

86401	Foundations of Emotional Intelligence (EQ) - Introduces the concept, importance, and applications of emotional intelligence.
86402	Models of Emotional Intelligence - Covers key EQ frameworks (Goleman, ability model) in practical terms.
86403	Neuroscience of Emotions (Basic) - Explains how emotions are processed in the brain
86404	Emotional Awareness vs Emotional Intelligence - Differentiates understanding emotions from managing them.
86405	Developing Emotional Self-Awareness - Teaches identifying and labelling emotions accurately.
86406	Triggers & Emotional Patterns - Helps recognize personal emotional triggers and patterns.
86407	Thought–Emotion–Behaviour Link - Explains how thinking influences emotions and actions.
86408	Self-Reflection & Insight Tools - Uses journaling and reflection for deeper awareness.

86409	Emotional Regulation Techniques - Provides tools to manage intense emotions.
86410	Managing Anger & Frustration - Teaches practical anger control strategies.
86411	Stress & Anxiety Regulation - Focuses on calming and grounding methods.
86412	Impulse Control & Response Management - Builds pause-and-respond skills.
86413	Intrinsic Motivation & Drive - Builds internal motivation and purpose.
86414	Goal Setting with Emotional Alignment - Aligns emotions with goal achievement.
86415	Resilience & Grit Development - Strengthens perseverance through challenges.
86416	Overcoming Self-Doubt & Negative Thinking - Provides tools to build confidence and optimism.
86417	Understanding Others' Emotions - Builds ability to read emotional cues.
86418	Perspective Taking Skills - Teaches seeing situations from others' viewpoints.
86419	Compassion & Emotional Support - Develops supportive and caring responses.
86420	Cultural & Social Sensitivity - Enhances awareness of diverse emotional contexts.
86421	Communication with Emotional Intelligence - Improves expression and listening with empathy.
86422	Building Healthy Relationships - Focuses on trust, respect, and connection.
86423	Conflict Management with EQ - Teaches resolving conflicts emotionally intelligently.
86424	Influence & Relationship Management - Builds positive interpersonal influence skills.
86425	EQ for Children & Adolescents - Teaches age-appropriate emotional skill development.
86426	EQ in Workplace & Leadership - Applies EQ for professional success.
86427	EQ for Parenting & Family Dynamics - Improves emotional climate in families.
86428	EQ for Stress & Life Challenges - Applies EQ to handle real-life situations.
86429	Designing EQ Training Programs - Teaches structuring impactful EQ sessions.
86430	Activity-Based EQ Training Methods - Uses games, role plays, and experiential exercises.
86431	Facilitation Skills for Emotional Topics - Handles sensitive discussions effectively.
86432	Group Dynamics & Emotional Safety - Creates safe and engaging learning environments.
86433	EQ Assessment Tools & Feedback - Uses tools to measure emotional intelligence.
86434	Tracking Behavioural Change & Impact - Evaluates progress and outcomes.
86435	Ethics, Boundaries & Emotional Safety - Ensures responsible and safe training practices.

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

INSTITUTE OF HOLISTIC MENTAL HEALTH @www.imh.in @www.psychologyonline.in