PRABUDDHAA
Integrated Wellbeing Academy
Aspire to Learn-Acquire to Grow-Inspire to Shine

COURSE ON
HEALTH AND WELLBEING COACHING

Are you ready to embark on a journey that empowers you to make a meaningful impact on others' lives? Our Health and Wellbeing Coaching course is designed for individuals who are passionate about fostering positive change and supporting others in their quest for health and happiness. In just 3 months, you'll gain the skills and knowledge to guide others toward a balanced and fulfilling life.

WHY OUR PROGRAM WILL INSPIRE YOU?

- **Holistic Approach**
- **Learn from the Best**
- **Hands-On Experience**
- **Flexible Learning**
- **Supportive Community**

WHAT WILL LYOU DISCOVER

- Foundations of Health and Wellbeing: Explore the core principles of holistic health and how to apply them effectively.
- Empowering Coaching Techniques: Develop essential skills to inspire, motivate, and support others on their wellness journey.
- Practical Health Strategies: Learn actionable strategies for enhancing physical health, managing stress, and nurturing emotional resilience.
- Real-World Application: Put your knowledge into practice with case studies, fieldwork, and guided coaching sessions.
- Advanced Insights: Delve into advanced coaching techniques, ethical practices, and career development to elevate your expertise.

Aspire to Learn-Acquire to Grow-Inspire to Shine

COURSE JOURNEY

- **Week 1-2**: Embrace the Foundations of Health and Wellbeing
- **Week 3-4**: Cultivate Essential Coaching Skills
- **Week 5-6**: Implement Effective Health and Wellness Strategies
- **Week 7-8**: Engage in Practical Application and Real-World Case Studies
- **Week 9-10**: Explore Advanced Topics and Special Interests
- **Week 11-12**: Showcase Your Learning with Final Assessments and Certification

WHO SHOULD ENROLL?

Our Health and Wellbeing Coaching course is designed for individuals who are eager to make a positive impact in the lives of others through holistic support and guidance. If any of the following describes you, this course might be your perfect fit:

Passionate Helpers, Caregivers, Life Long Learners
career Changers and Advocates of Positive Change
Practicing Professionals, Parents
Recent Graduates
Personal Growth Enthusiasts
Community Leaders and Entreprenuers

PROGRAM HIGHLIGHTS

- **Foundations of Health and Wellbeing:** Explore the core principles of holistic health and how to apply them effectively.
- **Empowering Coaching Techniques:** Develop essential skills to inspire, motivate, and support others on their wellness journey.
- **Practical Health Strategies:** Learn actionable strategies for enhancing physical health, managing stress, and nurturing emotional resilience.
- **Real-World Application:** Put your knowledge into practice with case studies, fieldwork, and guided coaching sessions.
- **Advanced Insights:** Delve into advanced coaching techniques, ethical practices, and career development to elevate your expertise.

Step into a fulfilling future where you can truly make a difference. Join **Prabuddhaa Integrated Wellbeing Academy** and become a beacon of positive change. Your journey to inspiring others starts here!

Aspire to Learn-Acquire to Grow-Inspire to Shine