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

COURSE ON
ADOLESCENT LIFESKILLS COACHING

Are you passionate about fostering the growth and development of children and adolescents? **Prabuddhaa Integrated Wellbeing Academy** is thrilled to invite you to our Certificate in Adolescent Wellbeing and Life Skills program-a transformative, **intensive 3-month journey** designed for individuals like you who are eager to make a meaningful impact.

WHY CHOOSE OUR PROGRAM?

Our Certificate in Adolescent Wellbeing and Life Skills offers a comprehensive, hands-on curriculum that will equip you with the essential tools and knowledge to support and inspire young people. This program is ideal for anyone with a passion for working with children and adolescents, seeking to deepen their expertise and expand their impact.

PROGRAM OVERVIEW

Welcome to the Certificate in Adolescent Wellbeing and Life Skills program at **Prabuddhaa Integrated Wellbeing Academy.** This intensive 3-month course is designed to provide you with comprehensive knowledge and practical skills to support and empower adolescents. Our curriculum focuses on **enhancing wellbeing and developing 40 essential life skills for teens, ensuring you are well-equipped to make a positive impact.**

WHAT YOU'LL LEARN?

- **Holistic Understanding: Gain a deep insight into the psychological, emotional, and social aspects of adolescence.**
- **Practical Skills: Master techniques to support, guide, and empower young individuals in their personal and academic lives.**
- **Inspiration and Growth: Develop a nurturing approach to foster resilience, self-esteem, and life skills in adolescents.**

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ADDITIONAL COMPONENTS

- **Weekly Live Q&A Sessions:** Opportunity to **ask questions and discuss** challenges with instructors.
- **Peer Support Groups:** Collaborative learning and support with fellow participants.
- **Mentorship Program:** Guidance from experienced coaches throughout the course.
- **Interactive practice and Case Studies**
- **Master and Application**

WHO SHOULD ENROLL?

Parents and Guardians: Enhance your ability to support and guide your teen effectively.
Educators and School Counsellors: Improve your skills in addressing and supporting students' emotional and psychological needs.
Aspiring Counsellors: Build a strong foundation for a career in adolescent counselling.
Any Graduate with a passion for working with adolescents.

If you are driven to make a positive difference and equipped with a passion for empowering youth, this program is for you!

PROGRAM HIGHLIGHTS

- **Intensive 3-Month Curriculum:** Engage in an immersive learning experience that covers crucial aspects of adolescent development, wellbeing, and life skills.
- **Expert Faculty:** Learn from seasoned professionals in adolescent psychology and life skills training.
- **Interactive Learning:** Participate in practical exercises, case studies, and real-world applications to enhance your skills.
- **Certification:** Receive a prestigious certificate upon successful completion, showcasing your dedication and proficiency in adolescent wellbeing and life skills.

Don't miss this opportunity to enhance your skills and become a certified specialist in adolescent wellbeing and life skills.