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

COURSE ON
ADOLESCENT COACHING AND GUIDANCE

Empowering Teens, Supporting Growth, Building Futures.....Unlock Your Potential to Make a positive Difference. **Are you passionate about helping teens navigate their unique challenges and personal growth?**

Our Teen Counselling Course provides the essential skills and knowledge needed to make a positive impact in the lives of adolescents. Whether you're a parent, educator, or aspiring counsellor, this course will equip you with the tools to support and guide teenagers effectively.

WHAT YOU'LL LEARN?

- **Understanding Adolescent Development:** Dive into the psychological and emotional changes teens experience and how to address their needs.
- **Effective Therapeutic Communication, relationship building, Coaching Techniques and tools:** Learn how to build trust and connect with teens through active listening and empathetic dialogue.
- Crisis Intervention Strategies: Equip yourself with practical skills to handle common teen crises, including mental health issues and family conflicts.
- **Building Resilience and Self-Esteem:** Discover methods to help teens develop a positive self-image and resilience against life's challenges.
- **Ethical and Legal Considerations; Practice and Reflection, :** Gain knowledge about the ethical responsibilities and legal guidelines relevant to counseling teens.

GET STARTED TODAY!!

Transform your passion for helping others into actionable skills. Enrol now and join a community dedicated to making a positive difference in the lives of teens.

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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.

PROGRAM HIGHLIGHTS

- **Intensive 3-Month Curriculum:** Dive deep into essential coaching techniques, psychological insights, and practical strategies to support teens.
- **Expert Guidance:** Learn from seasoned professionals with extensive experience in adolescent coaching and psychology.
- **Interactive Learning:** Engage in dynamic sessions, real-life case studies, and hands-on activities to enhance your coaching skills.
- Personal Growth: Build your confidence and discover new perspectives as you develop a deeper understanding of teen challenges and triumphs.
- **Certification:** Earn a recognized certification upon successful completion, validating your expertise as a skilled teen coach.

Embark on this transformative journey with us and gain the skills to make a meaningful impact on the lives of teens. Apply today and start your path to becoming a certified teen coach.