

Course Curriculum

1. Overview (4 hours)

Module Outcome: Contextual clarity on how the program upsills to become a better coach

- a) Human behaviour, Health and wellness
- b) Wellness coaching & counselling
- c) Self-care & nature interface across lifespan development

2. Understanding Health and Wellness (4 hours)

Module Outcome: Understanding the mind-body connect

2.1. Mental and Physical Health: Need & Relevance

- a) Mental health
- b) Physical health
- c) Positive Mental Health and Wellbeing: Introduction to medical and biopsychosocial model of health

2.2. Wellness and its Domains

- a) Psychological, Physical, Social and Spiritual
- b) Eudaimonic & Hedonistic Approaches

3. Natural Laws of Wellness & their impact on Mind-Body Healing (13 hours)

Module Outcome: Understanding and implementation of practices based on natural laws of wellness for sustained holistic wellbeing

3.1. Self-Care, Joy-Care and Fit-Care Assessment on WellM Platform

3.2. Natural Laws of Wellness: Significance and Synergistic Impact

- a. Air
- b. Water
- c. Sunshine
- d. Nutrition
- e. Exercise
- f. Rest
- g. Trust
- h. Temperance (Self Discipline)
- i. Healthy Spaces

3.3. Synergizing the Natural Laws of Wellness through WellM Rituals

- a) The power of synergy
- b) Habits change paradigm
- c) Ritualised practice for easy adoption

4. Client identification (4 hours)

Expected Outcome: Timely identification of client/patient's need for intervention

- 4.1. Identifying Maladaptive Behaviours
- 4.2. Identifying Adaptive Behaviours
- 4.3. Employing Self-Care, Joy-Care and Fit-Care

5. Wellness Coaching Skills and Process (12 hours)

Module Outcome: Building effective therapeutic alliance and enhancing coaching skills

5.1. The Counselling relationship

- a) Rapport building and empathic understanding
- b) Communication skills
 - Skill 1: Possess an attitude of respect and acceptance
 - Skill 2: Understand the client's internal frame of reference
 - Skill 3: Receive voice messages accurately
 - Skill 4: Receive body messages accurately
 - Skill 5: Give small rewards and ask open-ended questions

5.2. Understanding Skills

- Skill 6: Paraphrase
- Skill 7: Reflect feelings
- Skill 8: Use mind skills
- Skill 9: Manage initial resistances
- Skill 10: Show understanding of context and difference

5.3. Process Skills

- a) Goals for the initial counselling session
- b) Starting initial sessions
- c) Structuring skills
- d) Basic summarising skills
- e) Starting the counselling and helping process
- f) Contracting
- g) Referral skills

5.4. Clarify problems skills

- a) Questioning skills
- b) Listening Skills
- c) Challenging skills
- d) Feedback skills
- e) Self-disclosure skills

6. Intervention: Behaviour change and modification —Introduction to various techniques and methods (10 Hours)

Module Outcome: Enhancing the ability to bring about positive behavioural change in client

6.1. Understanding & Planning Interventions

- a) Understanding Various Counselling Interventions based on Positive Psychology
- b) Choosing appropriate intervention
- c) Planning interventions
- d) Considerations in planning
- e) Skills for working with clients

6.2. Management & Coping Skills

- a) Gratitude Journal
- b) Positive Self-talk
- c) Behavioural Activation
- d) Muscle Relaxation
- e) Positive attitude and thinking
- f) Mindfulness
- g) Yoga and meditation
- h) Meaningful engagement
- i) Breathing Exercises

7. **Termination (3 Hours)**

Module Outcome: Making clients self-reliant by equipping them with skills to sustain positive behavioural changes

- a) When should counselling end?
- b) Formats for ending counselling
- c) Consolidating skills when ending counselling
- d) Further ending counselling tasks and skills
- e) Client Self-Help
- f) Relapse prevention/psychological inoculation/building resilience

8. **Ethical Considerations (APA code of Ethics) (3 hours)**

Module Outcome: Equipping coaches with ethical practices

- a) Ethical principles of counselling and helping
- b) Ethical codes and guidelines
- c) Ethical issues and dilemmas in counselling and helping practice

9. **Essentials of a Wellness Coach (2 hours)**

Module Outcome: Effective coaching relationships

10. **Step Forward... (5 Hours)**

Expected Outcome: Use of technology to enhance the coaching effectiveness and outreach

- a) WellM Assessments, their interdependence and impact on coaching and advisory.
- b) Use of technology for adoption of Natural Laws of Wellness
- c) WellM Platform/App adoption to enhance coaching practice
- d) Entrepreneurial skills

Live Webinar Speakers (every week 1 session)

1. Dr. Promila Batra
2. Dr. Waheeda Khan
3. Dr. Harpreet Bhatia
4. Dr. Rachna Bhargava
5. Dr. NK Chadha
6. Dr. Nupur Gosain
7. Mr. Ramon Irizzary
8. Mr. Rakesh Sarin