

Introduction Into Health & Wellness Coaching CPD

December 1st, 2017, 1.30pm – 6 pm

Dubai, American Wellness Center



American Wellness Center

This course is designed to provide an overview of wellness, wellbeing and health coaching.

WHO SHOULD ATTEND

Qualified HCP, wellbeing coaches and allied health care professionals and anyone interested in a healthcare practice

CPD DETAILS

The CPD points pending approval from MOH

COURSE OUTLINE

Module 1:	Health Coaching - Setting The Scene	1:30 – 2:00 pm
Module 2	Applications Of Well-Being Coaching	2:00 – 2:30 pm
Module 3:	Integration Of Wellness Into Healthcare	2:30 – 3:00 pm
Module 4:	Integrated Solution - Motivational Coaching	3:45 – 4:00 pm
Module 5:	Coaching For Psychological & Behavioral Change	4:00 – 4:45 pm
Module 6:	Health And Performance Coaching Model	4:45 – 5:00 pm
Module 7:	Integration Of Well-being For Behavioral Coaching	5:00 – 5:30 pm
Module 8:	Wellness, Emotional Intelligence & Mindfulness	5:30 – 6:00 pm

ASSESSMENT

The program includes relevant reading material, overview about academic research, content presentation and a group discussion with an optional coaching opportunity.

CPD FEES

Your CPD fee 450AED includes recognition from the relevant Medical Associations.

TUTOR

Prof. Dr. Kennedy

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CONTACT

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American Wellness Center

CPD Registration Form

Introduction Into Health & Wellness Coaching

December 1st, 1.30 – 6.00 pm

American Wellness Center Dubai

Name

Mobile

Email

Designation

Date

Signature

Please email the signed form to

info@americanwellnesscenter.ae