

Introduction Into Health & Wellness Coaching

CPD Courses on October 20th 2017, Dubai

This course is designed to provide the underpinning theory of well-being & wellness coaching and the relevance to healthcare practitioner.

WHO SHOULD ATTEND

Qualified HCP's, wellbeing coaches and allied health care professionals and those interested in a preventative healthcare.

CPD DETAILS

The CPD Course is over 4 hours. The course carries 1 CPD point for each hour of study and can be used as a stepping stone to further training.

COURSE OUTLINE

Module 1:	Health Coaching: Setting the Scene
Module 2	Applications of Well-being Coaching
Module 3:	Integration of Wellness into Healthcare
Module 4:	Integrated Solution - Motivational Coaching
Module 5:	Health and Performance Coaching Techniques
Module 6:	Coaching for Psychological & Behavioral Change
Module 7:	Integration of Well-being for Behavioral Coaching
Module 8:	Linking Wellness, Emotional Intelligence & Mindfulness

ASSESSMENT

The program includes relevant reading material, overview of the academic research, Harvard Medical School presentation details, group discussions with an optional coaching opportunity. Demonstration of smartphone based neurofeedback technology.

CPD FEES

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

TUTOR

Prof. Dr. Justin James

CONTACT

Please email Kennedy@americanwellnesscenter.ae for additional information.



American Wellness Center





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CPD Registration Form

Friday, October 20th, 2017, 1:00 – 5pm

Introduction Into Health & Wellness Coaching

American Wellness Center Dubai

Name

Mobile

Email

Designation

Date

Signature

Please email the signed form to

kennedy@americanwellnesscenter.ae