

Course Name	–	CERTIFICATE IN HEALTH AND WELLNESS COACHING
Course Duration	–	Module based completion / Total 06 Modules / 24x7 Virtual Support (CNO SP87)
Course Mode	–	Online / Downloadable & Reusable Materials / Guide Assisted / Practice Based
Learning Mode	–	Email Based / Whats App Based/ Session Based (6 sessions for 6 modules)
Eligibility	–	Teachers/ Educators / Special Educators/ Counsellors / School Heads/ Managers
Interaction	-	24/7 Advisor Call Support – 24/7 Guide Email Support / Self-paced or Scheduled

Learning Objective : This course equips educators, school counsellors, wellness coaches, and school-appointed facilitators with the knowledge and skills to support students’ physical, mental, emotional, and social well-being in line with NCERT and CBSE Health and Wellness Programme guidelines. Participants learn how to promote healthy habits, emotional balance, resilience, and life skills through structured, age-appropriate, non-clinical school-based interventions.

Course Modules	Brief Course Module Descriptions		
SP8701 – Understanding Health and Wellness in School Education	This module introduces the concept of holistic health as outlined in NCERT and CBSE frameworks, covering physical, mental, emotional, and social well-being. Participants learn why health education is integral to learning and development. The preventive and promotive role of schools is emphasised.		
SP8702 – Physical Health, Nutrition, and Healthy Lifestyle Practices	Focuses on physical well-being, including nutrition, physical activity, sleep, hygiene, and routine. Participants learn how lifestyle habits affect energy, concentration, and learning. Age-appropriate health messaging and modelling healthy behaviours are highlighted.		
SP8703 – Mental and Emotional Well-Being of Students	Explores emotional awareness, stress, self-esteem, and emotional regulation in children and adolescents. Participants learn how academic pressure, peer relationships, and family factors impact mental well-being. Supportive, non-clinical school-based responses are emphasised.		
SP8704 – Life Skills, Resilience, and Coping Strategies	This module focuses on life skills promoted by CBSE such as decision-making, problem-solving, communication, and coping with challenges. Participants learn how to build resilience and adaptability in students. Skill development is integrated into everyday school contexts.		
SP8705 – Social Health, Relationships, and Safe Behaviour	Explores peer relationships, empathy, respect, inclusion, and responsible behaviour. Participants learn how to address bullying, peer pressure, and digital behaviour sensitively. Creating a safe and respectful school climate is prioritised.		
SP8706 – Role of the Health and Wellness Coach in Schools	Focuses on the responsibilities, boundaries, and ethical role of health and wellness coaches as per board guidelines. Participants learn how to collaborate with teachers, counsellors, parents, and school leadership. Referral clarity and professional conduct are emphasised		
Course Mode	Email Based (with guide assistance)	Whats App Based (with guide assistance)	Session Based (with 6 one-to-one sessions)
Course Fee	₹4200 - Indian learners \$90 – Intl. Learners	₹5600 - Indian learners \$120 – Intl. Learners	₹8200 - Indian learners \$210 – Intl. Learners

and Your Email ID to 0091 9600 8000 20 or email us at info@wiseteacher.in

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