

Course Name	–	<b>CERTIFICATE IN EMOTIONAL WELL-BEING COACHING</b>
Course Duration	–	Module based completion / Total 06 Modules / 24x7 Virtual Support <b>(CNO SP90)</b>
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 designated school facilitators with the knowledge and skills to support students’ emotional well-being within school settings. Participants learn how to help students recognise, understand, and manage emotions, cope with stress and challenges, and build emotional resilience using age-appropriate, non-clinical, and preventive approaches aligned with school education guidelines.

Course Modules	Brief Course Module Descriptions		
SP9001 – Understanding Emotional Well-Being in School Contexts	This module introduces emotional well-being as a core component of holistic education as outlined by NCERT and CBSE. Participants learn how emotions influence learning, behaviour, relationships, and academic engagement. The school’s role in promoting emotional health is emphasised.		
SP9002 – Emotional Awareness and Expression in Students	Focuses on helping students identify, name, and express emotions in healthy ways. Participants learn age-appropriate activities to build emotional vocabulary and self-awareness. Safe expression and emotional validation are prioritised.		
SP9003 – Emotional Regulation and Coping Skills	Explores practical strategies to help students manage strong emotions such as anger, anxiety, sadness, and frustration. Participants learn how to teach calming techniques, self-regulation skills, and adaptive coping. Prevention and everyday application are emphasised.		
SP9004 – Building Emotional Resilience and Self-Esteem	This module focuses on strengthening students’ confidence, adaptability, and ability to bounce back from setbacks. Participants learn how feedback, encouragement, and supportive environments build resilience. Growth mindset and self-belief are highlighted.		
SP9005 – Managing Stress, Pressure, and Emotional Challenges	Explores common stressors faced by students, including academic pressure, peer relationships, and transitions. Participants learn supportive, school-appropriate strategies to reduce stress and emotional overload. Emotional safety is prioritised.		
SP9006 – Role, Boundaries, and Ethical Practice in Emotional Well-Being Coaching	Focuses on the responsibilities and limits of emotional well-being coaches in schools. Participants learn when to support, when to refer, and how to collaborate with teachers, counsellors, and parents. Ethical boundaries and child protection principles 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

For Admissions - To Know about Course details and Commencement dates, Text or WhatsApp Course No and Your Email ID to 0091 9600 8000 20 or email us at [info@wiseteacher.in](mailto:info@wiseteacher.in)

Upgrade Academy @ [www.wiseteacher.in](http://www.wiseteacher.in) @ [www.schoolpsychology.in](http://www.schoolpsychology.in) @ [www.traintheteacher.in](http://www.traintheteacher.in)