



Inspire. Awaken. Empower

**Certificate in Corporate Stress Management and
Holistic Training and Assessment**

**Meditation Teacher, Holistic Coaching &
Holistic Counselling Training Program
Course Manual**

Our Courses

Certificate in Meditation Teaching and Holistic Human Development (min 120 hours) – 12 modules.

Course duration:

This course is offered both Face to Face and online.

Part-time 10 hours study per week x 12 weeks

Full time 20 hours study per week x 6 weeks

IICT Recognised certification: (1) Meditation (2) Holistic counselling skills for meditation teachers

Certificate in Corporate Stress Management and Holistic Training and Assessment (min 220 hours) 35 modules.

Course duration: **6 months part-time**

Part-time 10 hours study per week x 26 weeks. Study break allowance (included in course durations) = 6 weeks

Full time 20 hours study per week x 15 weeks. Study break allowance (included in course durations) = 4 weeks

IICT Recognised certification: (1) Meditation (2) Holistic counselling skills for meditation teachers (3) Stress Management

Certificate in Meditation Teaching and Holistic Human Development (average 120 hours) – 12 modules.

Approved Modality - Certificate in Meditation Teaching and Certificate in Holistic Counselling skills for Meditation Teachers.

Curriculum Area	Competency	Minimum Hours
Module One Foundation studies in meditation	History and theory of meditation Meditation in the western world Brainwaves in meditation Meditation techniques and styles Developing meditation routines Deepening and refining your practice	10 hours
Module Two Understanding the cause & effects of stress	Understanding stress Psychological causes of stress The Fight-or-flight response Physiology of the stress response Human behavioural manifestations of fight-or-flight Negative effects of the stress response in humans Positive stress Stress management Meditation development and practice Chakra meditation Concentrative meditation Mindfulness meditation	10 hours

Module Three Foundations of human happiness	The psychology of happiness Subconscious programming and reprogramming States of mind Fundamentals of self-image The pursuit of happiness Subconscious programming and reprogramming Guided meditation (creative visualisation)	10 hours
Module Four Tools for healing	Tools for healing Positive thinking skills Foundations of mind-body medicine Meditation as a healing tool & hypnotic states Journaling and gratitude Understanding affirmations Tools for developing a positive self-image Meditation as a healing tool Movement meditation	10 hours
Module Five Meditation styles and techniques	Poses and positions Breathwork Chakras and energy meditation Guided meditation & creative visualisation Mantras and affirmations in meditation Gentle seated movement meditation (formally chair yoga)	10 hours
Module Six Teaching skills	Before you teach Talking to groups & group leadership skills Answering questions about meditation Leading guided meditations Overcoming obstacles to meditation practice Creating safe and effective teaching environments Group leadership skills	10 hours
Module Seven Working with specific groups	Teaching various meditation styles Working with teenagers Working with people with physical disabilities	10 hours
	Working with people with emotional disorders Working with health care professionals Business clients and corporate groups Dealing with difficult clients	

<p>Module Eight Counselling & coaching skills for meditation teachers</p>	<p>A client-centred approach Your role as holistic counsellor Building the foundations of happiness Equipment Outcomes of holistic counselling The holistic counselling sessions Assessment and introspection Goal setting Support Part Listening skills Holistic counselling tools for meditation teachers</p> <ul style="list-style-type: none"> • Life charting • Reflection time • Needs assessment chart • Gratitude journal • Worry time • Positive thinking skills • Affirmations • Meditation as a healing tool 	<p>10 hours</p>
<p>Module Nine Designing and facilitating classes and workshops</p>	<p>Designing courses and workshops Integrity and intentions Setting the scene Creating strong foundations for your groups Understanding learning styles Choosing your teaching style Terrific teaching techniques and tips Student management Working with seniors Choosing venues</p>	<p>10 hours</p>
<p>Module Ten Virtual, corporate and community settings</p>	<p>Corporate stress management workshops – Includes corporate teachers course manual. Approaching community groups and organisations Volunteer and community work Teaching online – Using Zoom Corporate stress management</p>	<p>10 hours</p>
<p>Module Eleven Holistic small business management</p>	<p>Ethics and Professionalism Your public profile Fundamentals of customer service Maintaining student/client records Charging for your services Running a small home office Joining organisations Insurance and legalities</p>	<p>10 hours</p>
<p>Module Twelve Marketing: The key to success</p>	<p>Understanding the power of branding Targeted marketing and advertising Building your community How to find and use free advertising Public image Final review Your graduation</p>	<p>10 hours</p>

Upon completion of this training course you will receive the Following 2 Certificates;

Certificate in Corporate Stress Management and Holistic Training and Assessment (min 220 hours) – 35 modules

Curriculum Area	Competency	Minimum Hours
Unit two Holistic Training and Assessment 19 modules	<ul style="list-style-type: none">• Introduction• Before you teach• Your teaching space• Integrity and intentions• Setting the scene• Creating strong foundations• Learning styles• Teaching styles• Delivery techniques• Student management• Teaching online• Teaching via Zoom• Maintaining your cool• Counselling and coaching skills for trainers and assessors• Assessments• Designing workshops• Working from home• Marketing your training and assessment courses	20 hours

<p>Unit three Postgraduate Certificate in Corporate Stress Management 4 modules</p>	<ul style="list-style-type: none"> • Corporate stress management and what a corporate stress management consultant does • Understanding your corporate stress management students and clients. • How to market your corporate stress management services and attract clients to your business. • Conduct Corporate Stress Management consultations to assess your prospective clients' needs. • Assess and analyse your corporate clients' needs. • Design Corporate Stress Management proposals and provide quotes. • Calculate fees and costs for your services. • Source and book suitable venues for workshops when onsite workshops are not an option. • Design class plans for corporate stress management courses and workshops • Materials and equipment for conducting corporate stress management courses and workshops • Holistic counselling for corporate clients • Teach stress management and meditation to executives and upper management 	80 hours
	<ul style="list-style-type: none"> • Tools and procedures for corporate clients • Workplace health and safety • Managing difficult and unwilling participants • Assessing and reporting on productivity in the workplace • Facilitating corporate retreats • Providing ongoing programs • Developing your professional reputation and public image • Creating an online presence • Developing confidence and professionalism 	

Upon completion of this training course you will receive the Following Certificate;

Certificate in Corporate Stress Management and Holistic Training and Assessment

COST TO COMPLETE

Upfront = \$1,900

Payment Plan = \$2,100 (\$300 Deposit and 6 x monthly instalments of \$300)

Please visit our website for our next student intake