



*Inspire. Awaken. Empower*

## **Certificate in Meditation Teaching and Holistic Human Development**

**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: **3 months part-time**

*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 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
<b>Module One</b> 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
<b>Module Two</b> 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
<b>Module Three</b> 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

<b>Module Four</b> 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
<b>Module Five</b> 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
<b>Module Six</b> 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
<b>Module Seven</b> 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	
<b>Module Eight</b> Counselling & coaching skills for meditation teachers	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 <ul style="list-style-type: none"> <li>• Life charting</li> <li>• Reflection time</li> <li>• Needs assessment chart</li> <li>• Gratitude journal</li> <li>• Worry time</li> <li>• Positive thinking skills</li> <li>• Affirmations</li> <li>• Meditation as a healing tool</li> </ul>	10 hours

<b>Module Nine</b> Designing and facilitating classes and workshops	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	10 hours
<b>Module Ten</b> Virtual, corporate and community settings	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	10 hours
<b>Module Eleven</b> Holistic small business management	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	10 hours
<b>Module Twelve</b> Marketing: The key to success	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	10 hours

**Certificate in Meditation Teaching and Holistic Human Development**

Upfront = \$1,190

Payment Plan = \$1,300 (\$400 Deposit and 3 x monthly instalments of \$300)

*Please visit our website for our next student intake*

*Upon successful completion of this course you will receive the following certificates;*

Certificate in Meditation Teaching  
 Certificate in Holistic Counselling skills for Meditation Teachers