

HEALTH AND WELLNESS COACH

Sophia Khusadian

HAS SUCCESSFULLY COMPLETED HEALTH AND WELLNESS COACH

Course Content

Module 1: LEARNING TO DO A BALANCE SHEET

Module 2: POSITIVE THOUGHTS AND EMOTIONS

Module 3: HEALTHY AND BALANCED NUTRITION, FOOD REBALANCING

Module 4: HEALTH BENEFITS OF PHYSICAL ACTIVITY, AND ADAPTED PROGRAMS

Module 5: REDUCE STRESS FOR A MORE FULFILLED LIFE

Module 6: BUILDING POSITIVE HUMAN RELATIONSHIPS

Module 7: SPIRITUAL DEVELOPMENT

Module 8: PERSONAL VALUES AND ALTRUISM

Module 9: SLEEP, RISK BEHAVIOURS AND OTHER HEALTH STRATEGIES

Module 10: DETAILED 11-WEEK COACHING PROGRAM



Date: *13 January, 2025*

Certificate ID: **25-00474**