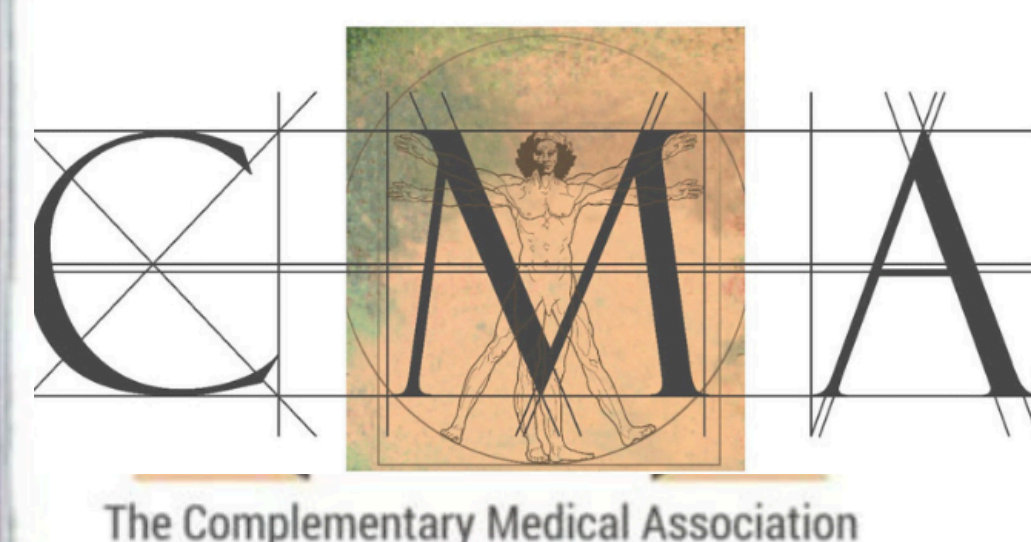


# HEALTH & WELLNESS COACH CERTIFICATE

## Lamees Alabudi

HAS SUCCESSFULLY COMPLETED THE HEALTH & WELLNESS COACH CERTIFICATE COURSE



### Course content:

Module 1 - Learning how to conduct an assessment

Module 2 - Positive thoughts and emotions

Module 3 - Healthy and balanced nutrition

Module 4 - Physical activity, its effects on health and customized programs

Module 5 - Reducing stress for a more fulfilling life

Module 6 - Building positive human relationships

Module 7 - Mind and spirituality

Module 8 - Personal values and altruism

Module 9 - Sleep, at-risk behaviours and other strategies

Module 10 - Comprehensive 11-week coaching program



IPHM  
Holistic Accreditation Board



Date: 03 March 2025

Certificate ID: 25-02709