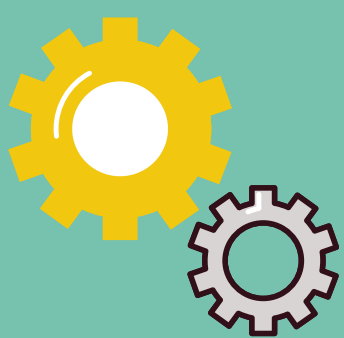


COACHING FOR WELL-BEING

An Online Certification Programme

For anyone responsible for a team's well-being or interested in coaching a peer.
Eg coaches, team leaders, High Potentials, HR, Managers, teachers



Be equipped to support employee wellbeing

Change the dynamics of communication to develop an environment of trust and engagement.



Work towards creating psychological safety

Learn the fundamentals of creating psychological safety – a key factor for enabling high performing teams.



Achieve Professional Coaching Standards and Ethics

Be empowered to become a certified Coaching for Wellbeing Coach, aligned with ICF guidelines



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COACHING FOR WELL-BEING

Programme Delivery Options



Online, 3 sessions 9-3.40pm

- 2.5 hours Self-Directed Training
- 16.5 hours Online Training
- 5 hours Post Programme Blueprint



Online, 5 sessions 3.5hr

- 2.5 hours Self-Directed Training
- 16.25 hours Online Training
- 5 hours Post Programme Blueprint



In-Class, 2 Days 9-6pm

- 2.5 hours Self-Directed Training
- 15 hours Classroom Training
- 5 hours Post Programme Blueprint

Programme Certification Objectives

By the end of this programme, you will be able to

- Explain the Coaching for Wellbeing framework and how it facilitates psychological safety to support the well-being of others
- Connect with empathy through active listening
- Relate with compassion by examining feelings and needs
- Demonstrate awareness without judgment through empathetic questioning
- Utilize a technique to facilitate a well-being conversation that allows individuals to express themselves
- Identify ways to apply lessons learnt to create psychological safety to support the well-being of others at the workplace



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Coaching for Well-Being Certification Programme

- 100% attendance
- 24-hours training programme
- 6 modules
- 1 Blueprint
- Framework & Tools
- Hands-on practice
- Feedback
- Group Coaching

1. Fundamentals of Coaching for Well-being

- Determine the impact of Psychological Safety on individual well-being
- Determine the importance of the Coaching for Wellbeing C-A-R-E Model in supporting psychological safety

3. Awareness without judgment

- Analyze impact of different question types
- Determine level of questioning
- Practice with different question types

5. Psychological Safety at the Workplace

- Identify steps on establishing psychological safety at the workplace
- Create strategies to overcome potential workplace obstacles

2. Connecting with Empathy

- Differentiate between the levels of listening
- Determine level of listening through practice and feedback
- Create strategies to enhance active listening skills

4. Relating with Compassion

- Examine feelings to uncover underlying needs
- Determine ways to support underlying needs

6. Empowering Expression

- Utilize a technique to facilitate a well-being conversation
- Apply C-A-R-E model to support well-being



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