

# HOLISTIC WELLNESS COACH

## Certification Program

**Become a Wellness Coach  
and help transform lives!**

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Being a certified **Holistic Wellness Coach** of the **Wellness Seekers Academy** enables you to get empaneled with us and facilitate the various sessions, workshops, webinars, etc., that are conducted as a part of our various Wellness Programs.



# WELLNESS SEEKERS ACADEMY

Creating Blueprints for Holistic Wellness

# Introduction to the Program

### Welcome to the world of Wellness Seekers!

For many, coaching is a life-changing experience that dramatically improves their outlook on work and life while improving leadership skills.

Coaching helps people tap their potential and unlock sources of creativity and productivity.

As a Wellness Coach, you will have an opportunity to engage with a cross section of individuals and groups who are struggling to manage their stress and anxiety.

Our Wellness Seekers programs address these concerns in a holistic manner by working across the eight dimensions of wellness.

As our certified Wellness Coach – you would be able to bring about visible positive changes and achieve extraordinary results with your clients.

We are very happy that you are starting your journey to become a Wellness Coach and look forward to an enriching association with you.



**AJAY MAHAJAN**

Founder, Wellness Coach, & Mentor  
Wellness Seekers Academy



# Are you ready?

### **Are you ready to become a Wellness coach?**

Analyse the following questions in-depth, which would enable you understand if you are ready to become a Holistic Wellness Coach

1. How well do you understand the domain of Mental Health & Wellness?
2. Do you love talking about health and wellness?
3. Do you believe that wellbeing goes beyond just physical and emotional wellness?
4. Are you willing to invest time and effort on a regular basis to understand the eight different dimensions of wellness?
5. Do you feel a calling to help others find their passion for living a healthy lifestyle?
6. Do you want to help others tap into their strengths?
7. Do you want to help others seek their wellbeing & strive for work-life balance?

**If you feel positive about the above – then becoming a Holistic Health & Wellness Coach is the right choice for you!**





# Wellness Seekers Academy

The idea behind the Wellness Seekers Academy was **conceived in 2017 as The Wellness Initiative** - to help individuals take a holistic approach to their wellness and be better contributors to groups and organisational wellbeing.

Conceptualised by **Ajay Mahajan** - who has spent more than three decades working with Global Organisations with almost 20 years in the development sector. Having travelled extensively, he has seen the changing lifestyles coupled with ever-increasing work pressures take a heavy toll on the overall wellness of individuals.

**Additionally, increasing stress and gradual deterioration in the ability to relate and empathise socially have been major causes for severe breakdowns.**

We conducted several **seminars and workshops across various wellness themes by experts** to understand how people across cross-sections of age, gender, occupation, etc., perceived their own wellness needs and the benefits of addressing them. We also conducted a **wellness survey** covering 12,500+ respondents across the country that provided valuable insights.

The above activities helped concretise the direction and identify steps needed to make individuals and institutions understand the nuances of how Mental Health & Wellness are related to reducing stress and anxiety. And can lead to happiness and success in their personal and professional lives.

Today, the Academy has **courses and programs** that address the wellness needs of **individuals, students, teachers, employees, organisations, institutions, and even states & countries.**

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# Wellness Coaching

### **People, communities, and organisations need to invest in mental health education.**

People, communities, educational institutions, organisations, and the State Governments need to invest in mental health education.

People are dealing with challenges that are often invisible, undefined, and very difficult to talk about. There is a need to build supportive environments founded on the idea of **psychological safety** and optimizing wellness.

Through mental health education, communities, institutions, organisations, and the State Governments can teach individuals and citizens how to build the vocabulary that is necessary to seek and offer emotional support. Especially in organisations, investing in these kinds of initiatives also shows an organisation's collective willingness to change and grow in order to better support employees' needs.

### **Causes contributing to employee stress and anxiety.**

The employee wellness program addresses the following leading causes of employee stress and anxiety. **1.** Emotional Stability **2.** Physical Fitness **3.** Relationships **4.** Career Growth **5.** Financial Success **6.** Environmental Factors **7.** Growth And Learning **8.** Peace Of Mind

The Wellness Seekers programs address the above causes through the 8 Dimensions of Wellness. **As a Wellness Coach**, you will understand the relevance of the above 8 Dimensions and how each one of them is connected to the other.

You would not only be able to educate individuals and organisations on the various aspects that affect their wellness, but also on how best to deal with them by enabling them to start making informed choices. Then they will be able to understand the trigger points of their stress and find solutions to manage them effectively.





# The Certification Program

Given the phenomenal rise in illnesses and diseases due to improper lifestyle choices and unhealthy habits, there is a rising global demand for health and wellness coaches. Our Holistic Wellness Coaching Program teaches you not only how to transform lives in a positive manner, but also enable you grow your career as a health & wellness coach.

Begin your journey of self-fulfilment, follow your passion for helping others while enjoying a rewarding career in health & wellness industry.

### The Program is ideal for:

- Individuals working in healthcare who wish to expand their options with a coach approach.
- Health educators who understand the importance of Holistic Wellness.
- Anyone who has a desire to work in healthcare but is lacking a clinical degree.
- Anyone passionate about health & wellness coaching.

### Program Format

The program is **100% Online** and is spread across **4 weeks** with multiple sessions with our Wellness Experts.

Part of the curriculum includes a series of 9 online pre-recorded courses.

These are followed by live sessions by our experts and subsequent mock sessions by the participants.

The program concludes with an Assessment followed by awarding of Certificates.



# Program Schedule

## PART 1

### Days 1 to 10

**DAY – 01:** On the first day, you will have an Orientation Session with your Facilitating Coach who shall brief you on the entire program.

At the end of the Orientation Session – you would be provided with the access credentials to all the online courses on the Academy LMS platform. These include the Foundation course and the 8 advanced courses.

**DAY – 02:** Complete the Foundation Course, complete the Assessments, and download the completion certificate.

**DAY – 03 to 10:** Complete each of the 8 advanced courses (one per day), complete the Assessments, and download the completion certificate.

Please go through all the courses in-depth and attempt the Self-Assessments that are a part of the courses.

**Please remember** to download the Digital **Certificate of Completion** for each of the 9 courses as these would be required at the time of you getting certified as a **Wellness Coach**.

In case of any concerns/queries – you can email us at [connect@wellnesseekersacademy.com](mailto:connect@wellnesseekersacademy.com) OR contact your Facilitating Coach.



# Program Schedule

## PART 2

**DAY – 11:** Your Coaching Facilitator will deliver a mock session for about 60 minutes to 90 minutes which shall also include an activity along with debrief.

Do feel free to raise any queries or concerns regarding the delivery of the content.

**DAY – 12:** You need to deliver one mock session on the Foundation course of the Wellness Seekers Program. Enough time would be dedicated to practise and iron out any last minute concerns or issues.

**DAY – 13 - 20:** You need to deliver one mock session a day on each of the 8 dimensions of the Wellness Seekers Program. Enough time would be dedicated to practise and iron out any last minute concerns or issues.

These sessions may last about 3 - 4 hours or even more as a lot would depend upon your comfort level and the accuracy of delivery.

**DAY – 21:** There will be an online Assessment test.

**DAY – 22:** You will need to submit a copy of the 9 Completion Certificates for the 9 online courses.

**DAY – 23:** You will receive the certificate of becoming a Holistic Wellness Coach with the Wellness Seekers Academy.

**(The days mentioned are the number of days required, which will be mapped to calendar days to factor in weekends and availability of the Facilitating Coach)**





# Wellness Coach Certificate

## HOLISTIC WELLNESS COACH

### CERTIFICATE

This certificate is awarded to

**Parvati Verma**

for successfully completing the program on Holistic Wellness Coaching  
and is now qualified to conduct Workshops, Seminars, Trainings, and Mentoring  
on behalf of the Wellness Seekers Academy.

*Ajay Mahajan*

AJAY MAHAJAN (Founder & CEO)  
WELLNESS SEEKERS ACADEMY



*Sadhana Rao*

SADHANA RAO (Head of Content & Delivery)  
WELLNESS SEEKERS ACADEMY

Certification Date: 12<sup>th</sup> September 2022



# Duration and Fee

### PROGRAM DURATION:

The program is divided into two parts and takes approximately 1 month to complete.

This includes various online courses, workshops, mock sessions, etc.,

### PROGRAM FEE:

The fee for the HOLISTIC WELLNESS COACH PROGRAM is available on request.

If you have gone through this guidance document and are keen to participate in the program – please write to us at [ajay@wellnesseekersacademy.com](mailto:ajay@wellnesseekersacademy.com) for the Program Fee and Registration formalities.



# Conclusion

While all the trainers who join our team are highly qualified training professionals in their own field, the content and delivery styles of every training program and trainer would definitely differ. Therefore, to ensure standardisation of program content and delivery, we have defined a certification process, which all trainers would need to undergo before they start delivering the training programs of the Wellness Seekers Academy.

We develop the content in-house and use them for the relevant training programs. All the trainers need to adhere to the developed content to ensure the same message goes out to the audience. Of course, we are flexible with the style of delivery, however, the pre-defined mode of delivery – individual and group activities, polls, exercises, slides, etc. cannot be amended without the prior permission of the Wellness Seekers Academy.

The in-house content is the exclusive copyright of the Wellness Seekers Academy and we expect all trainers to abide by it with integrity and not use, copy, amend, produce, or reproduce it in any form either for personal use or own business use.

Best of Luck to go ahead and share the World of Wellness (WOW) with Intention, Attention, and Passion.



**SADHANA RAO**

Co-Founder, Head of Content & Delivery  
Wellness Seekers Academy







# Blueprints for Achieving Holistic Wellness

SPREADING HOLISTIC WELLNESS

WELLNESS SEEKERS ACADEMY

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