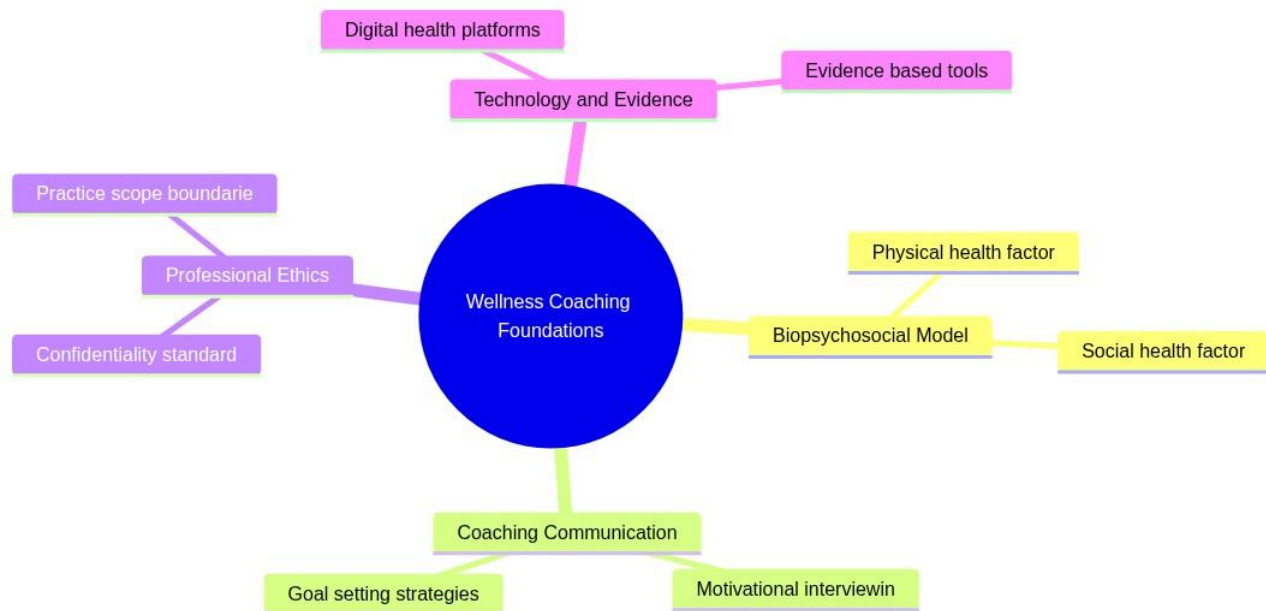


Postgraduate Certificate in Wellness Coaching (Advanced)

Wellness Coaching Foundations



mindmap

root((Wellness Coaching Foundations))

Biopsychosocial Model

Physical health factor

Social health factor

Coaching Communication

Motivational interviewin

Goal setting strategies

Professional Ethics

Confidentiality standard

Practice scope boundarie

Technology and Evidence

Digital health platforms

Evidence based tools