

Post Graduation
Diploma in

**WELLNESS
COACH**

“The art of healing mind and body”



Wellness Coach

CONSTRUCTIVE ATTITUDE

Post Graduation Diploma in Wellness Coach

“My life has a new meaning, I help people reach their goals.”

My life has changed since I trained as a Wellness Coach. I use my people skills to motivate people and keep them on the right track to health and happiness. It is a new turf but has vast opportunities for me.

Course Objective

Different people need different solutions to reach their health goals. But one problem is consistent in all - lack of motivation. A wellness coach displays unconditional positive regard for the clients, a belief in their capacity for change, and helps them reach their health goals. Discover Wellness Certified Wellness Coach is a unique course, which provides a thorough training on various aspects of wellness, such as, Nutrition and Dietetics, Obesity Control, Weight Loss and Weight Management, enabling him/her to don many hats at the same time.

Course Ideally Suited For

- ◆ Individuals who want to make a change in the society through constructive healing.
- ◆ Individuals with good people skill and looking for flexible working hours
- ◆ Professionals who want to work for healthcare/fitness organizations
- ◆ Individuals who want to start their own practice/business

*** To pursue this course the candidate should have completed – Certificate Course in Dietetics & Nutrition, Certificate Course in Obesity Control and Weight Management, and Certificate Course in Practical Massage Therapy.

Key Areas Of This Course

- ◆ Learn to identify and interpret causes of obesity, such as, psychological, cultural or traditions.
- ◆ Learn to examine psychological link that exists between individuals and eating disorders.
- ◆ Learn to construct safe, effective and sustainable weight management programs that encourage clients to reach their goals





Wellness Coach

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Length

Delivery Method

420
HOURS



+ Practical

Module

1

Nutrition & Dietetics

- **Part 1: Introduction to Nutrition**
Study of Nutrients, Its Sources, Eating Behaviors, Eating Disorders
- **Part 2: Anatomy**
Introduction to Basic Cell Structure, Functions and Basic Anatomy of Systems of the Body
- **Part 3: Nutrition**
Nutrition in Healthy Individuals According to Age
- **Part 4: Dietetics**
Diets in Various Disorders, Types of Diets, Dietetic Management in hospitals, Introduction to Indian Dietetic Association, Computer Applications in the field of Nutrition and Dietetics.

Module

2

Obesity Control & Weight Management

- **Part 1: Anatomy**
Introduction to basic cell structure, functions and basic anatomy of systems of the body
- **Part 2: Nutrition**
Introduction to Nutrition, Nutrients, and Balanced Diet
- **Part 3: Introduction to Obesity**
Introduction to Obesity, Hazards of Obesity, Prevention of Obesity
- **Part 4: Assessment Approach and Management of Weight Problems**
Assessment of Obesity, Dietary Management, Introduction to Advanced Technology Machines, Counselling Skills, Ayurveda Approach, and Health Assessment during Weight Loss

Module

3

Practical Massage Therapy

- **Part 1: Introduction**
Introduction to Energy Concept in China, India. Introduction to Yoga, Chakra, Marma and Ayurveda, Basics of Chemistry
- **Part 2: Anatomy**
Introduction to basic cells and tissues of the body, Basic System of Anatomy, Introduction to Special Senses
- **Part 3: Nutrition**
Basics of Nutrition, Introduction to Carbohydrates, Proteins, Fats, Vitamins, Minerals and Water, Study of Anti-nutrients
- **Part 4: Massage Therapy**
Basics of Massage Therapy, Health Maintenance of Massage Therapists
- **Part 5: Types of Massage**
Types of Massages (Swedish, Deep tissue, Hot stone, Thai etc.)
- **Part 6: Managing & Marketing**
Marketing Strategies, Career in Massage Therapy

Module

4

Certified Wellness Coach

- **Part 1: Body Language**
- **Part 2: Communication**
- **Part 3: Marketing**
- **Part 4: Wellness**
- **Part 5: Core Selling Skills**
- **Part 6: Computer Applications**

Features Of This Course



Instructor led Online and Classroom Training for uninterrupted learning environment



Excellent course content including course books and DVD



Offline learning through Interactive Training videos for hassle-free, self-paced learning



A life time support to students through email & off-line chats

Discover Wellness is a center for nurturing skills in the field of weight management, massage therapy, dietetics & nutrition, wellness center management and development of wellness coaches. Our courses are designed to provide professional training and employment prospects to individuals for one of the fastest growing industry in the world – Health & Wellness.



Discover Wellness Obesity and Control Weight Management is a one-off course that enables you to lead the clients to a successful long-term weight management. This comprehensive course also prepares you to start your own Weight Management Center.



Discover Wellness Nutrition and Dietetics Course is an amalgamation of traditional and contemporary food science, developed after a thorough research. It offers the right knowledge of diet, and nutrition, and its usage for therapeutical or general health purposes.



Acupressure is nature's own health science based on the concept of life energy which flows through "meridians" in the body. **Discover Wellness Acupressure** Course will dispel the mystery of this ancient science and art, explaining in clear and easy terms its origins, theory and practice.



Discover Wellness Sports Nutrition Course is specially designed to acquaint individuals, nutritionists, personal trainers, or fitness experts with knowledge required to prescribe diets for active, exercising individuals and sportsmen.



The health and wellness management centers today strive to provide maximum services under one roof. **Discover Wellness - Wellness Center Management** Course gives you the right credentials to run a weight loss center, wellness center, or spa as an employee or an entrepreneur.



Discover Wellness Practical Massage Therapy is the only comprehensive training program that provides hands-on training on widely followed massage practices in the world. India is the fastest growing spa market in the world and a certified massage therapist is hugely sought after to meet the demand created in this segment.

DISCOVER
Wellness Pvt. Ltd.

Discover Wellness Pvt Ltd

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