



BROCHURE

CERTIFIED WELL-BEING

COACH





PROGRAM SUMMARY

A transformational journey designed to equip coaches with the tools, mindset, and confidence to support holistic well-being.

Rooted in positive psychology and practical application, this program empowers you to cultivate balance, resilience, and meaningful change, within yourself and in the lives of those you serve.

Program Description

The role of a Well-Being Coach represents a modern and evolving direction in the coaching field. It integrates principles of positive psychology, enhancing emotional and mental well-being, and behavioral change strategies. More than providing support, the coach empowers individuals to cultivate a holistic sense of wellness across their mental, physical, social, and professional dimensions—helping them become the healthiest version of themselves.

The core message of this program is:

- Every person deserves a good life—one filled with ease, joy, and inner peace.
- We either intentionally shape our internal world...or unconsciously allow it to shape us.
- This program empowers you to become a catalyst for that change for yourself and for the people you serve.



Program Objectives



1- Ethics, Coaching Mindset, Agreements

2- Trust, Safety and Active Listening

3- Understanding Self, Identity & Motivation

4- Forward Progress and Facilitating Growth

5- Non-Violent Communication & Ethical Boundaries

6- Professional Identity & Mastery

7- Conducting a complete coaching session based on ICF's competencies

Week 1



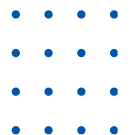
Foundations of Well-Being, and Coaching

Module 1:

Ethics, Coaching Mindset, Agreements

Topics Covered:

- Ethical Practice and Coaching Mindset (ICF)
- Introduction to well-being Coaching
- Science of well-being: PERMA, WHO model, holistic perspectives
- Establishing Coaching Agreements
- Awareness Psychology: Metacognition and Emotional Regulation



Week 2



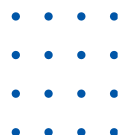
Emotional, Physical, and Mental Well-Being

Module 2:

Trust, Safety and Active Listening

Topics covered:

- Emotional Intelligence and Awareness
- Mind–Body Connection in Coaching
- Stress Response and Neurobiology
- ACT Concepts: Acceptance, Defusion, Present Moment Awareness
- Empathy and Attunement in ICF Coaching



Week 3



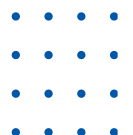
Identity, Values, Strengths, and Motivation

Module 3 :

Understanding Self, Identity & Motivation

Topics Covered:

- Identity Formation and Behavior
- Strengths Based Coaching
- Values and Intrinsic Motivation
- Narrative Self and Meaning
- Cognitive Patterns and Belief Systems



Week 4



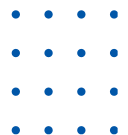
Behavior Change, Resilience, and Habit Formation

Module 4::

Forward Progress, Facilitating Growth

Topics Covered:

- Habit Loop and Behavior Change
- Resilience: Hope Theory and Protective Factors
- Transtheoretical Model of Change
- Cognitive Behavioral Coaching
- Self Compassion for Sustainable Change



Week 5



Integrated Well-Being Coaching Applications

Module 5 :

Full Session Coaching, NVC & Ethical Boundaries

Topics Covered:

- Designing Coaching Plans
- Coaching Presence and Intuition
- Boundaries and Ethical Decision Making
- Conducting Full Coaching Sessions
- Non- Violent Communication in Coaching:
Needs, Feelings, empathy and trust



Week 6



Mastery, Assessment, and Professional Identity

Modules 6:

Professional Identity & Mastery / Final Assessment and Certification

Topics Covered:

- Integrated well-being Coaching
- Developing Your Coaching Identity
- Ethical Scope and Referrals
- ICF Mastery Demonstration





DURATION:

- **Virtual: 6 Weeks**
(36 Training Hours)
- Every Monday and Wednesday from 6 to 9 pm



ABOUT US:

Growth Coaching Academy (GCA), an ICF Approved Coaching Education, is at the forefront of empowering professionals with the essential soft skills needed in today's fast-paced work environment. Our mission is to unlock the potential within each employee and manager, fostering an atmosphere of growth, efficiency, and enhanced interpersonal dynamics. Specializing in a wide array of soft skills training, we equip individuals with the tools necessary for impactful leadership, coaching skills, effective communication, peak performance, social intelligence, building trust, among others.

Program Director

Nawal H. H. Dashti

Professional Biography



Nawal H. H. Dashti is a Professional Certified Coach (PCC) accredited by the International Coaching Federation (ICF) and a Master Certified Trainer (MCT) accredited by the Chartered Management Institute (CMI–UK). With over 200 hours of specialized education in coaching and psychological training, she integrates advanced coaching techniques with evidence-based therapeutic methodologies, including Cognitive Behavioral Therapy (CBT) and Acceptance and Commitment Therapy (ACT). Her approach is grounded in positive psychology and structured coaching frameworks, empowering individuals and organizations to strengthen resilience, foster growth, and build sustainable well-being.





CONTACT INFORMATION

For Information and Registration

+965 9962 6256

www.groathcoachingacademy.com

