

Life Coaching & Career Counseling Certification

Program Duration

2 Months | Sunday Classes | 3 Hours per Day

Course Fee

PKR 15,000 per month

Timing: 3:00 PM - 6:00 PM

Certifying Bodies

Skill Development Council Karachi (SDC)

A Project of the Ministry of Federal Education & Professional Training, Government of Pakistan

AASAAN CAREER – Institute of Mind Sciences & Personal Development

PROGRAM STRUCTURE

(Competency-Based Professional Model)

The curriculum follows an internationally aligned structure consisting of:

1. Theoretical Foundations
2. Applied Techniques
3. Supervised Skills Practice
4. Ethical & Legal Framework
5. Competency-Based Assessment

TRAINER

Syed Muhammad Qadeer ul Haque (S.M. Qadeer)

Mind Science Expert | Master Trainer | Transformational Personality Coach

SECTION I: CAREER COUNSELING

<p>Masterclass 1: The Science of Career Decision-Making (Personality & IQ Mapping)</p> <ul style="list-style-type: none">• Career development theories (Holland Model – applied format)• Personality type systems• Multiple Intelligence theory• Cognitive strength mapping• Career-personality compatibility framework	<p>Masterclass 2: Emotional & Spiritual Intelligence in Career Success (EQ & SQ Integration)</p> <ul style="list-style-type: none">• Emotional intelligence framework• Emotional barriers in decision-making• Values and purpose alignment• Career-life integration model
<p>Masterclass 3: Professional Career Assessment & Profiling</p> <ul style="list-style-type: none">• Career interview structure• Student profiling tools• SWOT-based career planning• Academic pathway mapping• Emerging market trends	<p>Masterclass 4: Advanced Counseling & Case Handling</p> <ul style="list-style-type: none">• Advanced questioning skills• Parent counseling strategies• Ethical boundaries• Structuring professional counseling services• Mock session evaluation

Outcome: Participants are prepared to independently conduct structured career counseling sessions.

SECTION II: LIFE COACHING

Masterclass 1: Foundations of Professional Coaching <ul style="list-style-type: none">• Coaching vs. mentoring vs. therapy• Core coaching competencies• Belief systems and mindset work• Building coaching presence	Masterclass 2: GROW Coaching Model <ul style="list-style-type: none">• Goal• Reality• Options• Will / Way Forward• Structured accountability frameworks
Masterclass 3: OSKAR & Solution-Focused Coaching <ul style="list-style-type: none">• Outcome• Scaling• Know-How• Affirm & Action• Review• Strength-based and scaling techniques	Masterclass 4: Advanced Coaching Models & Practice <ul style="list-style-type: none">• CLEAR Model• WOOP Framework• SMART Goals• Wheel of Life Tool• Designing coaching packages• Professional positioning

Outcome: Participants develop structured, goal-oriented, and monetizable coaching practices.