

Mental Wellness Hub

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Active Listening: The Basics

Online Course

Lectures	Details	Activities + Additional Readings
Lecture 1: An Introduction	<ul style="list-style-type: none">- What is Active Listening- Dale's Cone of Experience- All About Active Listening	Yes
Mini Lecture #1	<ul style="list-style-type: none">- Listening vs Hearing	-
Mini Lecture #2	<ul style="list-style-type: none">- Different Listening Styles	-
Lecture 2	<ul style="list-style-type: none">- Core Principles of Active Listening	Yes
Mini Lecture #3	<ul style="list-style-type: none">- Barriers to Effective Listening	-
Lecture 3	<ul style="list-style-type: none">- How to use Active Listening in a Crisis- How to use Active Listening in Coaching	Yes
Lecture 4	<ul style="list-style-type: none">- Benefits of Active Listening	Yes
Lecture 5	<ul style="list-style-type: none">- Active Listening to Parents	Yes

Assessments

- Two Quizzes must be completed and passed.

Certificate Information

- Upon successful completion, a certificate will be e-mailed to the student. An additional \$50 fee is incurred if the student would like a hardcopy delivered. This course is internationally accredited by the International Practitioners of Holistic Medicine (IPHM).

Payment Procedures

- Payment Options:
 - Online Bank Transfer/Bank Deposit to our Account (details will be sent privately to each student)

Disclaimer

- This course can be used for personal and continuing professional development.