

Applied Wellbeing Coaching Training

A holistic approach to psychological coaching, underpinned by Collaborative Therapy and Motivational Interviewing.

Applied Wellbeing Coaching addresses how to maintain wellbeing in the face of daily challenges, that at times may seem beyond one's control.

This course will enable you to:

- Apply Collaborative Therapy as a coaching approach
- Utilize Motivational Interviewing skills to support client's with change
- Co-identify strategies with clients for them to pursue meaningful engagement, develop a positive mindset and pave a way forward to achieve their wellbeing goals
- Feel equipped to navigate challenges or roadblocks that may come up and prioritize with clients what they need to experience greater wellbeing and fulfillment

Contact Optimal Health

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Visit www.optimalhealth.org.au for more information about this and other workshops and services



Optimal Health™