



**Corporate Stress Management Practitioner Training Course** (Holistic Training and Assessment)  
(min 220 hours) – 35 modules.

Recognised certification: (1) Meditation (2) Holistic counselling skills for meditation teachers (3) Stress Management

**Initials graduates can use:** Mbe.CorpStressprac. (Mind Body Education Corporate Stress Practitioner)

Curriculum Area	Competency	Minimum Hours
Unit One <b>Meditation Teacher Training Course</b> 12 modules	See modules for the Meditation Teacher Training Course.	120 hours
Unit two Holistic Training and Assessment 19 modules	<ul style="list-style-type: none"> <li>● Introduction</li> <li>● Before you teach</li> <li>● Your teaching space</li> <li>● Integrity and intentions</li> <li>● Setting the scene</li> <li>● Creating strong foundations</li> <li>● Learning styles</li> <li>● Teaching styles</li> <li>● Delivery techniques</li> <li>● Student management</li> <li>● Teaching online</li> <li>● Teaching via Zoom</li> <li>● Maintaining your cool</li> <li>● Counselling and coaching skills for trainers and assessors</li> <li>● Assessments</li> <li>● Designing workshops</li> <li>● Working from home</li> <li>● Marketing your training and assessment courses</li> </ul>	20 hours

<p>Unit three Certificate in Corporate Stress Management 4 modules</p>	<ul style="list-style-type: none"> <li>● Corporate stress management and what a corporate stress management consultant does</li> <li>● Understanding your corporate stress management students and clients.</li> <li>● How to market your corporate stress management services and attract clients to your business.</li> <li>● Conduct Corporate Stress Management consultations to assess your prospective clients' needs.</li> <li>● Assess and analyse your corporate clients' needs.</li> <li>● Design Corporate Stress Management proposals and provide quotes.</li> <li>● Calculate fees and costs for your services.</li> <li>● Source and book suitable venues for workshops when onsite workshops are not an option.</li> <li>● Design class plans for corporate stress management courses and workshops</li> <li>● Materials and equipment for conducting corporate stress management courses and workshops</li> <li>● Holistic counselling for corporate clients</li> <li>● Teach stress management and meditation to executives and upper management</li> <li>● Tools and procedures for corporate clients</li> <li>● Workplace health and safety</li> <li>● Managing difficult and unwilling participants</li> <li>● Assessing and reporting on productivity in the workplace</li> <li>● Facilitating corporate retreats</li> <li>● Providing ongoing programs</li> <li>● Developing your professional reputation and public image</li> <li>● Creating an online presence</li> <li>● Developing confidence and professionalism</li> </ul>	<p>80 hours</p>
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## Course Fees

### Upfront payment:

Total \$1,850 **SAVE \$350**

### Payment plan:

Initial \$400 deposit

6x \$300 monthly deposits

Total \$2,200