

# HEALTH AND WELLNESS COACH

**Lobna Adi**

HAS SUCCESSFULLY COMPLETED HEALTH AND WELLNESS COACH

## Course Content

Module 1: LEARNING TO DO A BALANCE SHEET

Module 2: POSITIVE THOUGHTS AND EMOTIONS

Module 3: HEALTHY AND BALANCED NUTRITION, FOOD REBALANCING

Module 4: HEALTH BENEFITS OF PHYSICAL ACTIVITY, AND ADAPTED PROGRAMS

Module 5: REDUCE STRESS FOR A MORE FULFILLED LIFE

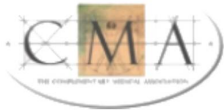
Module 6: BUILDING POSITIVE HUMAN RELATIONSHIPS

Module 7: SPIRITUAL DEVELOPMENT

Module 8: PERSONAL VALUES AND ALTRUISM

Module 9: SLEEP, RISK BEHAVIOURS AND OTHER HEALTH STRATEGIES

Module 10: DETAILED 11-WEEK COACHING PROGRAM



Date: *27 December, 2024*

Certificate ID: *24-02023*