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ICI Standards & Curriculum for:

ICI accredited "Mental Health Coaching (MHC), ICI"

The MHC training and curriculum was conceptually and methodically developed by the "Coach Master Trainer, ICI" President Prof. Reza Omraie Head of NLP& Coaching Academy Prof. Omraie.

Only he has the right to carry out the training and the certificates with an ICI seal. Duration & procedure of the training of the 120 hours/15 days:

- a minimum of 120 hours of training in a minimum of 15 days
- a minimum of 15 hours of supervised Mentoring outside the training facility.

Mental Health Coaching ICI:

Target group: with powerful NLP tools: for students, trainer, coaches, managers, families and all those interested in physical and mental health.

This 15-day health success coaching is about physical and mental health and a successful life. This unique course helps people, while being aware of their physical, and mental health, can help themselves with practical and mental exercises to achieve balance in life and feel happy. Heal past pains and wounds with NLP techniques to increase your energy level and create the necessary tools for a life full of happiness and good feelings.

Module I (40 Hours)

- Successful communication ICI
- Necessary information about your body and its function
- Fluids and their role in body function
- Proper nutrition
- VAKOG
- Sub-modality transfer
- Moment of excellence
- Personal strength based on physical and psychological characteristics
- Balance state
- Self-management and state-management
- Psychosocial health promotion
- Movement training

Module II (40 Hours)

- Coaching Tools according to ICI standard
- Coaching method in theory and practice
- Solution-oriented coaching tools
- Questioning techniques
- NLP techniques in coaching
- Timeline Therapy
- Stress management training
- Self-coaching tools
- Coaching tools in work-life balance
- Mentor Technique
- GROW Model
- SCORE Model

Module III (40Hours)

- Motivation techniques
- Integration of internal conflicts
- Resource Trance
- Success Anchor
- Modelling
- Success factors
- The role of beliefs and values in success
- Mental training recipe for success
- Anxiety management
- Success character
- Modelling of behavior, state, core beliefs, core values, meta-programs
- Written & practical Test
- Certification:
Mandatory attendance at all modules & 10 documented coaching sessions

The following statement is optional for an ICI sealed certificate:

"Because of the high quality of this training it may be recognized as ECTS credit points in academic studies in Psychology with a Focus on Coaching.

For more details, please refer to "<https://omraei.coach/>"