



**OIPD
INTERNATIONAL**

ACCREDITED MENTAL WELLNESS COUNSELLOR & LIFE COACH

A PROFESSIONAL CERTIFICATION
PROGRAM ACCREDITED BY THE OXBRIDGE INSTITUTE
OF PROFESSIONAL DEVELOPMENT (OIPD), UK
LEVEL 7-RQF-UK

5 days (40hours physical class & 2 assignments within 60 days)



**CAMBRIDGE GLOBAL
LEARNING (CGL) UK**



What is Mental Wellness and the Role of Counselling and Coaching?

An internal state and resource that helps people think, feel, connect and function well. It is an active process that builds human resilience, growth and development. It is the opposite of mental illness. It is associated with psychological and physiological well-being, which includes self-acceptance, growth, purpose, autonomy and mastery of our environment.



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