

**MENTARISE**

CERTIFIED

WELLBEING  
& HAPPINESS

COACH



# Overview

## **What is Wellbeing & Happiness Coaching Program?**

CWHC offers a comprehensive education to empower coaches to improve others' lives while fostering their personal wellbeing and career growth.

It's a specialized training course designed to equip individuals with the knowledge, skills, and tools necessary to become a professional coach in the areas of happiness and wellbeing. This program focus on human psychology, personal growth, emotions of happiness, and wellness strategies, enabling coaches to help others lead happier, healthier, and more balanced lives.



# Course Outlines

- ✓ Module 1: Foundations of Wellbeing
- ✓ Module 2: Wellbeing Assessment Tools
- ✓ Module 3: Coaching Foundations and Core Competencies
- ✓ Module 4: Emotional Health and Regulation
- ✓ Module 5: Managing Stress and Anxiety
- ✓ Module 6: Workplace Wellbeing and Positive Organizational Behavior



# About The Facilitator

**Mai Diab** is an **ICF Certified Professional Coach (PCC)** with **over 15 years of experience** as an educator. Mai holds a BSc of pharmacy, and she has always been passionate about personal development and education. She has **numerous certifications in Positive Psychology, NLP and Coaching**. In this program, Mai will be guiding participants to not only discover their own path to happiness and wellbeing but also to become a certified coach who can bring that same transformation to others.



**Dr. Mai Diab**

# About The Facilitator

**Aya** is an experienced **People and Culture Manager**, who has implemented innovative systems to enhance employee engagement and performance, believing wholeheartedly that personal well-being is key to organizational success.

Aya holds a **Doctorate in Employee Wellness in Business Administration and a Master's Degree in Human Resources**, she also combined the academic knowledge with **certifications in Positive Psychology, Training, NeuroLinguistics and 10 years of coaching experience**. Aya's mission is to empower individuals to navigate life's challenges, fostering resilience and a positive mindset.



**Dr. Aya Hamza**



# Program Information



**70 ICF**  
Accredited hours



Delivery  
**Online** (Zoom)



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Date  
**2 July - 10 Sep 2025**



Schedule  
Sunday & Tuesday  
**7 - 10 PM EEST**

# Payment Methods

- ✓ Bank Transfer
- ✓ Visa / Master Card
- ✓ Vodafone Cash
- ✓ Cash

## Learn Now, Pay Later

- ✓ \* 
- ✓ Direct Installment  
with Mentarcise



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