

MENTARCISE



CERTIFIED

WELLBEING
& HAPPINESS

COACH

Round 3



Overview

What is Wellbeing & Happiness Coach 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.



Program Outlines

✓ **Module 1: Foundations of Wellbeing and Happiness**

- Introduction to Wellbeing
- The Four Domains of Wellbeing
- The Interconnectedness of the Domains
- The Relationship Between Wellbeing and Quality of Life
- Defining Happiness
- Common Barriers to Wellbeing and Happiness

✓ **Module 2: Wellbeing and Happiness Assessments & Tools**

- Introduction to Assessments
- Key Assessment Tools
- Interpreting Results
- Coaching Tools and Techniques
- Future-Focused Coaching
- Key Message for Coaches

✓ **Module 3: Coaching Foundations**

- The Core Competencies
- ICF code of ethics

✓ **Module 4: Emotional Health and Regulation**

- Purpose and Importance of Emotions
- Understanding Emotions
- Managing Emotions
- Anger and Emotional Signals
- Building Resilience

Program Outlines

✓ **Module 5: Managing Stress and Anxiety**

- Understanding Stress
- Regulating Stress
- Managing Stress for Clients
- Building Resilience
- Understanding Anxiety
- Managing Anxiety

✓ **Module 6: Workplace Wellbeing and Positive Organizational Behavior**

- Workplace Wellbeing
- Business Case for Wellbeing
- Positive Organizational Behavior (POB)
- Coaching in POB
- Leadership's Impact
- Supportive Work Environment
- Evaluating Wellbeing Initiatives
- Practical Strategies



About The Facilitator

Dr. Aya Hamza, PCC

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 Wellbeing in Business Administration and a Master's Degree in Human Resources**, she also combined the 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.



About The Facilitator

Dr. Mai Diab, PCC

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.



Program Information



70 ICF
Accredited hours



Delivery
Online (Zoom)



Date
5 Jan – 27 Apr 2026



Schedule
20 Training session Monday & Wednesday
7 – 10 PM (Cairo Time)

Jan 2026

Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Feb 2026

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

Mar 2026

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

April 2026

Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Program Reviews



Yasmine Gomaa

2 reviews



★★★★★ 3 months ago

I'm doing NLP course and Certified Well-being & happiness course too. Also signed up for Positive Psychology. I'm learning a lot and it feels like Mentarcise is a safe learning space, all the T.A's and Coaches are extremely nice, well mannered, very intellectual and have great energy. Although its online, it feels like we're in a real classroom.... For me it's and amazing learning journey that I'm experiencing so much from. Big thanks to everyone in Mentarcise, each of you have a different input and I really appreciate it!



Hover to react



Menna Tallah Adel

2 reviews



★★★★★ 2 months ago

من Mentarcise Happiness & wellbeing انا حضرت برنامج ال

وهو تجربة جميلة جدا جدا الحمد لله وكوتش آية وكوتش مى ، رافعين ومعلمين ويشرحون من قلوبهم ويتفاعلون معنا بملئهم الأجر والجمال ، وينبذونا

مساحة جميلة ومريحة للتفكير والتساؤل ويجاوبونا دائما

حقيقى من أحلى التجارب التى مررت بيها ، انضمائى للبرنامج ده



[See translation \(English\)](#)



Hover to react



esraa shaheen

3 reviews



★★★★★ 2 months ago

It's really great experience

I'm enrolled in Wellbeing & Happiness Coaching program & I'm enjoying this Course so much ❤️



Hover to react



Program Reviews



Samar Elkady

1 review · 6 photos



★★★★★ Edited 8 months ago

I'm so happy and proud to be a Life Coach & NLP certified graduate from Coach School, thanks to the amazing guidance of Eng. Mohamed Moamen and his incredible team. ... [More](#)



Hover to react



Nessreen Ragheb

3 reviews · 2 photos



★★★★★ 4 weeks ago

Very professional and supportive instructors, great administrative team and they care about our development in each step of the way 🙌👥



Hover to react



Certificate Sample



Certificate of Completion

This is to certify that

Name Here

has completed 70 hours of ICF (International Coaching Federation) accredited training and has fully participated in all instructional modules and academic coursework encompassed within the program. The recipient is hereby awarded and formally recognized as a

**CERTIFIED WELLBEING & HAPPINESS
COACH**

2 July - 10 Sep 2029



Mai Diab
Coach Instructor

Aya Hamza
Coach Instructor

M.Moamen El Magedy
President

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**PEOPLE
EMPOWERING
PEOPLE**