MINI MBA · TRAINING PROGRAMME

Psychological Coaching (For Psychologists and Psychology students)

hygge
Organizational Mental Health Promotion Project
By João Paulo Pereira

50 HOURS / IN PERSON OR ONLINE

Deepen psychological coaching through theoretical foundations, reflective practice and ethical care. Support goals and development while clearly distinguishing coaching, psychotherapy and other interventions.

Objectives

- Understand psychological models relevant to coaching.
- Define contracts, objectives and competence boundaries.
- Apply reflection, self-regulation and change techniques.
- Evaluate the process and recognise referral needs.

Themes and training dynamics

360 min	**Psychological coaching foundations**	Analyse models and cases; distinguish coaching from psychotherapy.
420 min	**Ethics and contracting**	Workshop on consent, confidentiality, objectives and referral.
540 min	**Self-awareness and self-regulation**	Exercises on values, beliefs, emotions and personal resources.
540 min	**Coaching techniques and conversations**	Triad practice in questioning, reframing and action planning.
600 min	**Practice lab**	Simulations with observation, critical reflection and structured feedback.
540 min	**Project and assessment**	Present a coaching pathway, indicators and final reflection.

Develop a coaching project; training does not award a degree or authorise activities reserved for psychologists.

Support change responsibly.

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