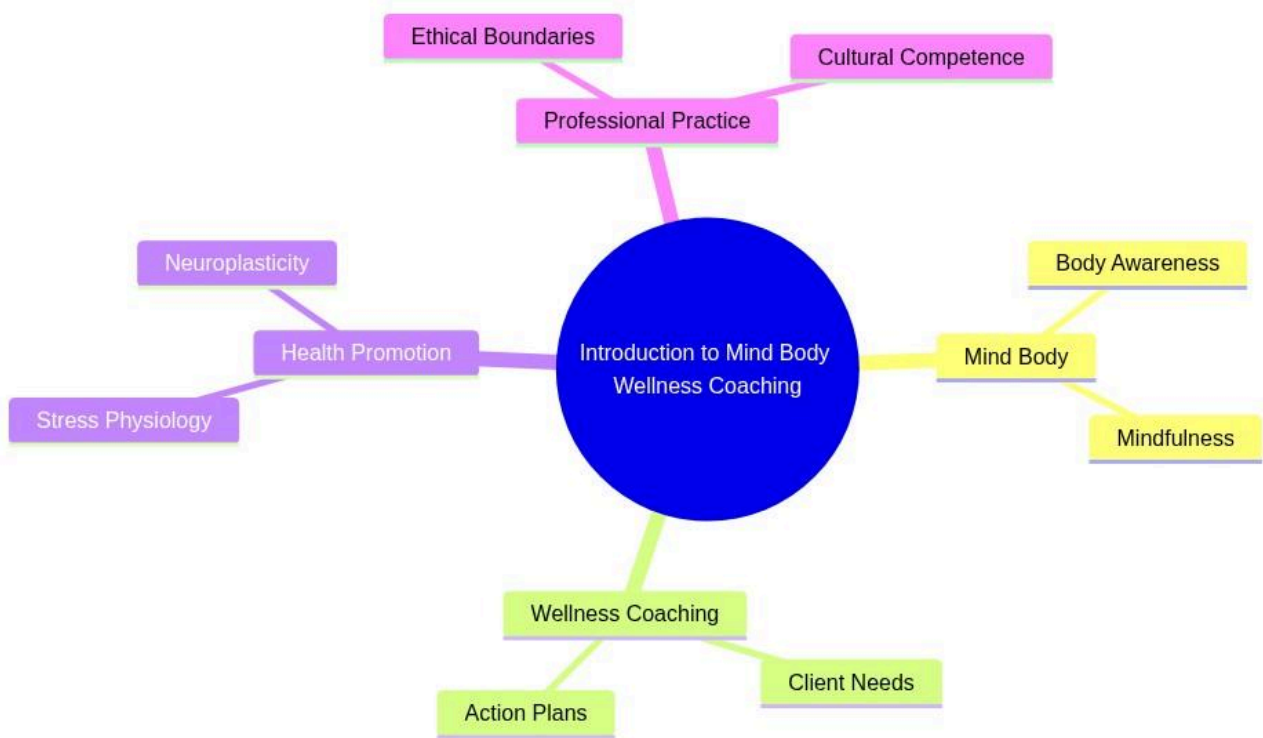


Professional Certificate in Advanced Mind-Body Wellness Coaching

Introduction to Mind-Body Wellness Coaching



mindmap

```

    root((Introduction to Mind Body Wellness Coaching))
      Mind Body
        Body Awareness
        Mindfulness
      Wellness Coaching
        Client Needs
        Action Plans
      Health Promotion
        Stress Physiology
        Neuroplasticity
      Professional Practice
        Ethical Boundaries
        Cultural Competence
  
```