



SCHOOL OF EXECUTIVE EDUCATION  
AND LIFELONG LEARNING

# Mental Wellness Coaching Skills for Managers and HR Practitioners

Support your Employees' Mental Wellness Needs Through  
Coaching Skills for Managers and HR Practitioners

Program starts in April 2024



# Mental Wellness Coaching Skills for Managers and HR Practitioners

Support your Employees' Mental Wellness Needs  
Through Coaching Skills for Managers and HR Practitioners

## OVERVIEW

In these uncertain times post-pandemic, employees are in a constant barrage of concerns both at work and outside of work. The back-to-office directive or hybrid setup has seen varying responses from workers.

The work environment is changing. Decades ago, Gen X and Baby Boomer problems were solved through sheer grit and just needing to “suck it up.” The work environment has transformed with the entry of Millennials and Gen Zers. The younger generations of workers require a different style of guidance to help them thrive.

A Time Magazine Report showed the prevalence of stress. Although 37% of Gen Zers reported receiving help from a mental health professional, only half said they felt they did enough to manage their stress. Nearly three-quarters also said they could have used more emotional support over the past year.

Social media doesn't seem to be helping, either. Forty-five (45%) percent of respondents said social media made them feel judged, and 38% said it made them feel bad about themselves. About 20% of survey respondents said they have difficulty coping with stress and didn't do enough to manage their stress.

According to the International Coach Federation's Global Consumer Awareness Study, coaching for Gen Zers results in improved communication skills (37%), increased productivity (36%), and increased self-confidence (36%), all of which can lead to long-term success for both employees and employers. Corporate teams that participated in coaching showed improved team communication, productivity, and overall culture — a trait that stability-seeking Gen Z is sure to appreciate.

Mental Wellness Coaching Skills for Managers and HR Practitioners equips leaders to guide their teams through work and life challenges that affect their productivity and happiness at work.

Coaching is not just about guiding an employee towards better productivity. On a deeper level, it is a company's way of expressing genuine care for the employees. Coaching helps employees feel the company truly values them.

Mental Wellness Coaching aims to achieve the following:

- Cultivate a safe, confidential space for the coachee
- Empower the coachee to sense what truly is the biggest challenge
- To equip the coachee to self-reflect on ways to address their challenges
- Empower the individual to take action towards change.

Through this specific coaching technique, the coach guides the coachees through a process where the coachees can find a resolution in the privacy of their own minds. Coachees are not required to divulge details of the situation.



FOR INQUIRIES:  
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123 Paseo de Roxas, Makati City Philippines 1229  
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## PROGRAM SCHEDULE

April 12, 19, 26, May 3, 10 2024  
1:30 PM to 5:00 PM (GMT+08) on all dates

## PROGRAM FORMAT

Delivered online via live virtual interactive sessions in Zoom

With special inclusion of role plays via the interactive breakout sessions

## PROGRAM FEE

PHP 25,990.00 or USD 473.00\*

\*The prevailing exchange rate at the date of payment may apply.

## YOUR PROGRAM FACULTY



Edwin S. Soriano  
Adjunct Faculty  
Asian Institute of Management

To find out how you can participate, contact us at [SEELL@aim.edu](mailto:SEELL@aim.edu) or visit <https://go.aim.edu/seellinquiries>

Download our latest program calendar at <https://go.aim.edu/seellprogramcalendar>



## PROGRAM OBJECTIVES

By the end of the program, participants will be able to:

- Create a safe space with rapport, connection, and empathy
- Develop a safe space so coachees can express themselves, their thoughts, and feelings
- Experience firsthand the Mental Wellness Coaching technique
- Apply and practice the coaching processes during the class
- Identify which coaching process may work best for various situations
- Learn to let go of ego and unconscious biases and empower the coachee to identify solutions with the help of the coachee's subconscious

## WHAT YOU WILL LEARN

- Intentional Rapport
- Coaching for the Conscious and Subconscious Mind
- Perceptual Positions
- Developing Congruence Within
- Shifting to Empowering Perspectives
- Future Pacing

## KEY BENEFITS

- Leaders will feel equipped to provide a space to discover genuinely meaningful solutions
- Proven Coaching Techniques that do not require extended analysis or extended conversations
- Internally congruent solutions that make a lasting impact on the coachee's life.
- Breakthroughs in every coaching conversation.
- Quicker turn-around for coachees, from identifying the challenge to discovering the solution within

## WHO SHOULD ATTEND

The program is recommended for all people managers, leaders, and HR Practitioners, regardless of level or experience, who are committed to improving their leadership skills and mental wellness in the organization.





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## Your Program Faculty



Edwin S. Soriano  
Adjunct Faculty  
Asian Institute of Management

As an alumnus of AIM for the Master in Development Management (2005), he once again joined the institute as Adjunct Faculty. Edwin has been Coaching Executives for various Asian Institute of Management programs since 2017.

Edwin S. Soriano discovered his calling for coaching in 2007 when he experienced the transformative power of Life Coaching at a rock-bottom time in his life. Since then, he has developed his Coaching toolkit through Co-Active Coaches Training (PSI), NLP Practitioner Training and New Code NLP Practitioner Training (Asia Pacific Council of NLP), Transformative Coaching (Coach Masters Academy Approved Coach Specific Training by the International Coach Federation), NLP Master Certification Training (Sure Success Global) and NLP Global Trainers Training (NLP Academy by Co-Creator John Grinder, Carmen Bostic St. Claire and Michael Carroll, UK).

Edwin leads a team of coaches in Winning Coaching, conducting training and life coaching for companies needing support in their Mental Wellness programs.



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## Earning a SEELL Postgraduate Certificate and Diploma

SEELL offers Postgraduate Stackable Certificate Courses in various areas of concentration and discipline, which build an individual's qualifications and distinguish their professional value. It enables professionals to develop their proficiency in diverse areas of concentration in a personalized and more manageable manner.

By successfully completing SEELL's programs, credentials can be earned over time, stacked towards earning a Postgraduate Certificate in an area of their choice and, ultimately, a Post-Graduate Diploma in Management. These credentials lead to more career opportunities, advancement, and potentially high-paying jobs.

### EARNING CREDENTIALS

Completing the program earns participants One (1) unit, which can be credited to the following:

- Postgraduate Certificate in Leadership and Management
- Postgraduate Certificate in Human Resource Management

\*Postgraduate Certificates require five (5) units earned within two (2) years.

Participants will also earn One (1) unit, which can be credited to the Postgraduate Diploma in Management.

\*The Postgraduate Diploma in Management requires a total of twenty (20) units earned within three (3) years.

### ELIGIBLE PROGRAMS

For guidance on other eligible programs for Postgraduate Certificates and designing your learning journey with SEELL, please email us at [SEELL@aim.edu](mailto:SEELL@aim.edu) or visit our website at <https://executiveeducation.aim.edu>



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