



 achology

Prospectus

2025
/26

Learning isn't just acquiring knowledge – it's about blending it into your life. With Achology's innovative approach, you'll experience the powerful impact of shared growth and collective learning.

Navigation

- 2/3** Navigation Page and Courses
- 4** Welcome Note from the Founder
- 5/7** About Us & What We Stand For
- 8** Our Achology Online Campus
- 9/11** 10 Reasons to Join Achology
- 12/14** Experiential Learning with Achology
- 15** Infusing Education with CPD Accreditation
- 16** Achology Certification and Accreditation
- 17** What is the Member Journey set to Achieve?
- 18** The Member Journey for Accreditation
- 19** What Will Your Member Journey Look Like?
- 20/21** The 2025/2026 Achology Manifesto
- 26/29** The School for Neuro-Linguistic Programming (NLP)
- 30/34** The School for Cognitive and Behavioral Psychology (CBP)
- 35/38** The School of Life Coaching and Professional Helping
- 39/43** The School of Person Centered Counselling & Psychology
- 44/47** The School of Mindfulness, Applied Insight and Wisdom
- 48/51** The School for Mental Health, Wellness & Emotional Resilience
- 52/57** The School for Personal Growth and Self-Improvement
- 58/118** All Courses and Enrolment Fees (Full Achology Price List)



Our Curriculum of 28 Courses

Diploma Training Course in Modern Applied Psychology (DiMAP)	62/63
An In-Depth Introduction to Neuro-Linguistic Programming (NLP)	64/65
NLP Practitioner Training Course (Neuro-Linguistic Programming)	66/67
NLP Master Practitioner Course (Neuro-Linguistic Programming)	68/69
NLP Mindset, Mental Wellness and Emotional Resilience Training	70/71
An In-Depth Introduction to Cognitive-Behavioural Therapy (CBT)	72/73
Cognitive Behavioural Therapy Practitioner Training Course (CBT)	74/75
Cognitive Psychology for Mental Health and Emotional Mastery	76/77
Life Coaching Practitioner Course (Beginner to Advanced)	78/79
Life Coaching Fundamentals: Core Skills and Competency Training	80/81
The Skilled Helper Training Course (with Prof. Gerard Egan PhD)	82/83
The Skilled Helper Practitioner Course (Advanced to Expert)	84/85
Hypnotherapy & Hypnosis Practitioner Course (Beginner to Advanced)	86/87
Counselling Skills Practitioner Course (Beginner to Advanced)	88/89
Mindfulness Practitioner Certification Course (Beginner to Advanced)	90/91
Mindfulness Training for Mental Wellness and Cultivating Inner Peace	93/93
Mindfulness in Management: Power-Up Your Leadership Presence	94/95
Mental Health and Wellness Practitioner Certification Course	96/97
The Assertiveness, Self-Esteem & Emotional Intelligence Masterclass	98/99
Identity Dynamics: An Authentic Confidence & Self-Esteem Masterclass	100/101
Master Your Emotions and Revolutionise Your Interpersonal Skills	102/103
The Ultimate Guide to Motivation, Laser Focus, and Productivity	104/105
An Essential Guide to Goal Setting, Action Planning and Productivity	106/107
The Communication Skills and Social Intelligence (SiQ) Masterclass	108/109
Clarity: A Guide to Purpose, Productivity and Personal Effectiveness	110/111
The Mental Toughness, Inner Strength, Grit and Resilience Course	112/113
A Guide to Building Healthy Marriages & Long-Term Relationships	114/115
The Business, Innovation and Entrepreneurship Start-Up Guide	116/117



Welcome!

Welcome to Achology! Whether you're discovering us for the first time as your partner in learning or returning, we're delighted to have you here!

Our mission is to provide a high-quality training and learning experience that equips self-driven learners to reach their full potential for personal growth and professional competency within the applied psychology-based helping disciplines.



Personal growth is a lifelong journey, and our mission is to empower individuals every step of the way. We offer a diverse range of insightful training programs, all delivered within the dynamic, collaborative learning space of our innovative online Achology campus.

What makes Achology unique is our community. Our diverse community brings together people from all walks of life, offering a rich exchange of perspectives and insights. This environment fosters shared learning, where everyone has something to both share and gain.

Since 2014, I have had the privilege of leading the creation of our 28-course curriculum, something I've seen transform many peoples lives. With a community of 750K learners, over 350K have shared their feedback, underscoring the deep impact these courses have made.

Achology redefines traditional education by challenging the need for classrooms. We believe that learning becomes even more impactful when it happens within a community. Our 24/7 online community brings your learning to life, transforming knowledge into lasting mastery.

Our priority centres around providing experiential, applied psychology-based training that enables people to grow in self-knowledge, deepen their self-awareness, and ability to positively connect with, and influence other people. That's why our courses are designed to equip our learners with the tools and insights needed to create real change in their lives.

With weekly live in-person learning sessions and discussion groups, the value you'll gain from being part of our learning community will surpass what you learn from the courses alone. Over time, you may even achieve the status of Master Achologist, representing the Achology community as a skilled expert in our global online directory of professionals.

I hope you find the information in our prospectus valuable, and I look forward to the opportunity to welcome you in person as one of our students in the near future.

Kein Ramsay

Founder and Curriculum Architect



About Achology & What We Stand For

Achology, established in 2018, provides a digital platform for self-directed learners to develop psychological wisdom & life skills to become socially acute role models.

Achology is a learning hub for self-driven individuals seeking personal and professional growth through the study of timeless psychological principles and people skills. By fostering self-knowledge and growth, we enable individuals to uncover their purpose and make meaningful contributions to society.

Our core mission is to equip learners with the self-awareness, psychological wisdom and social skills necessary to influence positive cultural change in their communities and beyond. We firmly believe that self-knowledge is the foundation for positively influencing others and society and shaping a better future for the next generation.

Our Philosophy

Empowerment lies in the ability to inspire and educate others. It means having the ability and wisdom to lead others towards their own growth potential.

Our philosophy is embodied in the adage: "Give a man a fish and he eats for a day; teach him to fish and he eats for a lifetime. But teach him to teach others to fish, and he begins to end world hunger." This ethos drives our aim to impart psychological wisdom in a way that equips our learners to teach others, fostering self-awareness and a spirit of contribution rather than mere consumption.

By nurturing this mindset in our students, we lay a grounds for creative thinking and mental well-being. Our courses are designed to help learners grow in their understanding of themselves and others, and to leverage this knowledge to make meaningful contributions to society.

In doing so, we aim to nurture a global community of principled individuals who are motivated by the collective betterment of the world, rather than just their own individual or career advancement.



Our Core Values

Integrity, discipline and resilience are virtues that equip people to navigate life's challenges with wisdom. Hence, they are central to everything we teach.

At Achology, we respect the impact that psychological insight and awareness have on peoples' lives. We adhere to these values through the learning experience we offer. We view integrity, discipline, and resilience as virtues that empower people to navigate life's challenges with wisdom. We value everyone's ability to direct their own lives.

We extend our values into a collaborative learning community that nurtures collective growth and fosters a spirit of lifelong learning. Our courses offer comprehensive life knowledge and practical soft skills, equipping our learners to positively impact their communities.

By emphasizing responsible thinking, ethical behavior, and wisdom, Achology seeks to inspire individuals to become change-makers in both personal and societal spheres.



Our Manifesto

Our manifesto serves as a declaration of the high standards of personal and professional excellence we invite all our staff, members, students, and partners to exemplify.

It addresses the social challenges introduced by the 21st century to people of every age and demographic, setting an example of socially responsible behavior.

As traditional notions of family and community weaken, it is essential that wise adults rise to act as role models within society. Our manifesto assumes learning to be a continuous lifelong journey rather than a singular event.

We believe all people have the ability to better themselves. Our manifesto seeks to enlighten you with this perspective.



Ethical Standards

The Achology community adheres to a code of ethics, ensuring all practice is governed by integrity and wisdom.

We embrace a code of ethical standards that are rooted in character traits, virtue, and timeless principles. Aligned with Aristotle's teachings on virtue, this system equips our members to make wise choices in ethical dilemmas.

We invite learners to embody traits of honesty, integrity, and wisdom in their lives. This promotes moral excellence, wise decisions, and a commitment to the pursuit of truth.

Our code promotes unwavering ethical standards, unquestionable morality, and integrity in our members. By adhering to these principles, learners can maintain trust, build robust relationships, and make decisions to thrive as professionals and responsible citizens.



Member Roadmap

Our education model offers members a journey that begins with focused study and ends in professional competency.

Achology hosts a unique learning journey where students direct their own study paths. Members can practice freely within our online learning portal, benefit from coaching or mentoring, and progress learning at their own pace.

This system ensures learners develop the knowledge, understanding and competency, and wisdom to use their knowledge when tackling real-world challenges. It promotes self-directed learning and practical application, preparing them for diverse scenarios they may encounter.

Members who reach Master Achologist can apply for entry into the Achology marketplace, to promote services, deliver workshops and earn money. This progression solidifies their expertise while opening doors to new career possibilities and personal growth within our vibrant community.

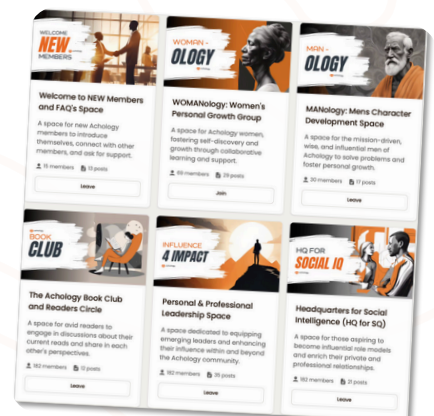
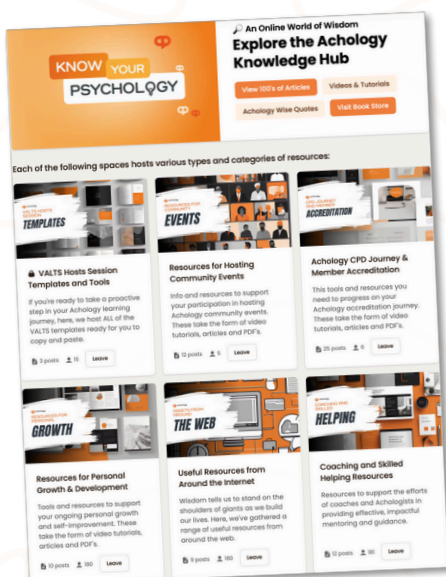
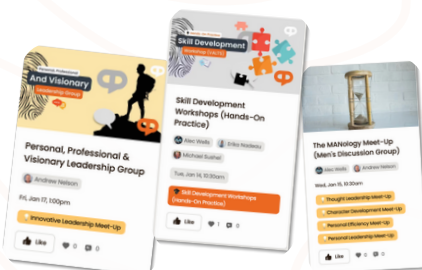
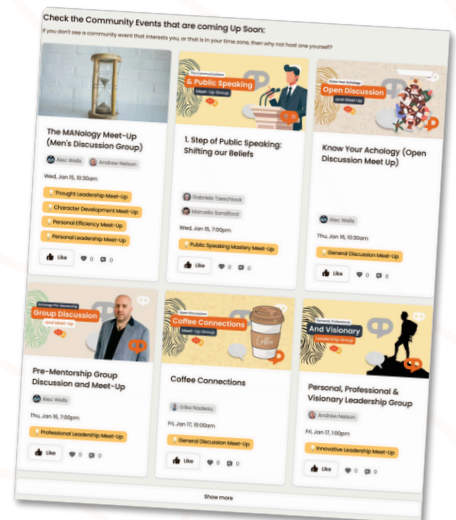
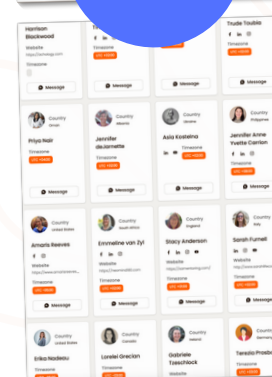
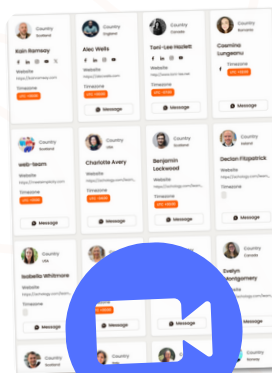
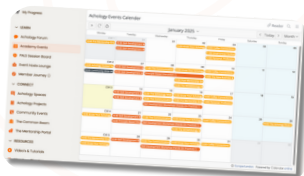
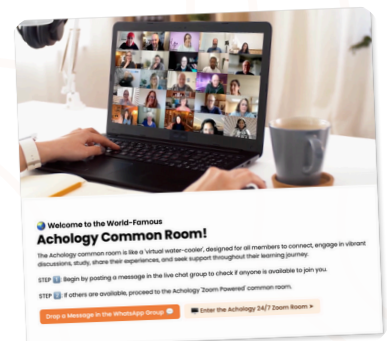


Our Unique Online Campus

The Achology campus is a completely online learning platform designed to empower our learners and members to grow and develop at their own pace.

Whether you're looking to acquire new skills, deepen your self-knowledge and understanding, or pursue personal growth and development, our Achology online campus offers the flexibility to learn on your own terms. With 24/7 access to a supportive global community of like-minded others, you can connect with others, share insights, and collaborate whenever you need it.

Achology ensures that learning fits into your schedule and lifestyle, making personal and professional growth more affordable and accessible than ever before.





Navigating Growth: My Achology Learning Journey

In June 2022, I embarked on a transformative journey within Achology by diving into the CPD program, a decision that would shape the trajectory of my coaching business in ways I did not foresee. At that point, I was already making strides in the skilled helping industry, but little did I know how this structured and comprehensive professional development program would propel my initiative to new heights.

The initial stages of my coaching business were marked by progress, but I sensed the need for a more refined skill set to truly make an impact. Enter the Achology CPD journey, a path that not only honed my facilitating skills but also provided me with a platform to extend my influence beyond my immediate clientele and support fellow members in engaging with the diverse offerings within the Achology community.

One of the most profound aspects of the CPD journey was the sense of community it fostered. In celebrating the achievements of my peers and witnessing the hard work they put into their respective areas, I built deeper connections within the community.

The camaraderie and shared commitment to personal and professional growth were palpable, creating an environment where success was not just solo but collective. This sense of belonging became a driving force in my journey, pushing me to elevate my own standards and contribute even more meaningfully to the Achology community.

The CPD journey, with its rigorous requirements, was a testament to the commitment required for mastery. Achieving and exceeding the status of a master achologist demanded an impressive number of client hours, highlighting that this was not a mere formality but a substantial challenge. It required determination, consistency, and perseverance - qualities that not only shaped my professional journey but also became integral to my personal growth.

Alec Wells, UK. Master Achologist.





10 Reasons to Choose Achology

Achology Courses are Truth-Based

At Achology, we pride ourselves on providing high-quality training courses that discuss psychological truths opposed to merely academic theories. Our curriculum design team regularly update our course content to ensure that you're getting the most valuable information.



Access to On-Demand Community

When you study with Achology, you become part of a community who share your passion for personal growth. This community provides an environment for you to connect with others, share your experiences, and gain insights from those who have completed the courses.



Flexible Online, On-Demand Learning

Everyone has different schedules and learning preferences. That's why we offer flexible on-demand learning with our self-paced courses. We use zoom to make virtual classrooms and discussion rooms available for all who like to collaborate.



Achology Member Accreditation Journey

It will be impossible for you to actively participate in our exclusive Achology member accreditation journey and not be a competent expert upon completion. You will receive the opportunity to engage in unlimited skill development events, and even host your own once you're ready to.



Community of Sensible Human Beings

We avoid making grandiose claims about our own perfection. Instead, we commit to cultivating a community of reflective human beings who are devoted to two pursuits: bettering themselves and contributing positively to the world around them.



6



Collaborative Community Learning

Traditional classrooms often lack the flexibility needed for mature learners. Learning with Achology offers a personalized experience that allows students to study anytime, while fostering a sense of community, critical thinking and an enlightening education.

7



Personal Growth and Self-Improvement

Whether you're looking to improve your mental health, become a better leader, upgrade your people skills or cultivate a growth mindset, Achology courses cater to all areas of personal growth & development. Our courses are designed to help you unlock your potential & become the best version of you possible.

8



Build New Relationships & Friendships

Achology comprises of learners from all around the world, creating a diverse learning environment. Our training courses let you connect with like-minded others and build meaningful relationships to last a lifetime.

9



Affordable Courses & Payment Options

We believe in financially accessible psychology education. That's why our courses are priced affordably with payment options available. We want to ensure that anyone who is dedicated to self-knowledge and personal growth can access our courses without high financial barriers.

10



Engage in Monthly Mentorship Sessions

All members can join the monthly mentorship sessions led by Achology's seasoned mentors and teachers. These sessions offer wisdom and tailored guidance to help you navigate your growth journey with greater confidence and reach your future goals more efficiently.





Experiential Learning with Achology

Experiential Learning with Achology

Our mission is to equip learners with the self-knowledge, awareness, psychological wisdom and social skills to influence positive change in their communities and beyond. We believe that self-knowledge is the key to positively influencing others throughout society and shaping a significantly better future for the emerging generations.



3 Reasons Why Our Achology Members Stick Around

"Being part of Achology is a great experience and continues to be huge for my growth. Through participating in events most days, I've challenged my thinking, gained new perspectives, and developed skills for myself and my career. Achology isn't just a learning platform – it's a space for deep learning, growth and friendship." – **Gaby T, Ireland.**



"Since 2020, Achology has been my 'go-to' for authentic community, deep-learning, and friendship. During and after the Covid lockdowns, this community provided me (and many others) with a lifeline of on-demand connection, allowing me to engage with like-minded others from around the world who share my passion for self-improvement, coaching skills, personal and professional growth." – **Alec W, UK.**

"Being in Achology is been life-changing. It's given me the tools to practice, grow, and launch a business. The options for skill development and collaboration have helped me design workshops and coaching packages that generate income. I'm grateful for the opportunities and motivation Achology has provided." – **Cosmina L, Romania.**



Experiential Learning with Achology

From interactive workshops and webinars to self-paced courses, mentorship & collaborative study groups, each learning opportunity is designed to elevate your personal growth.

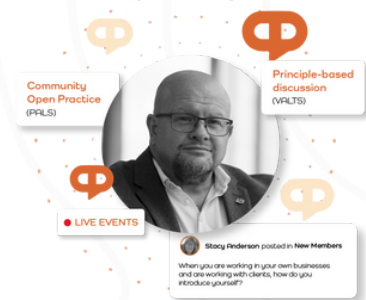
Below, you'll see the variety of learning activities available to you as an Achology member. Whether you're looking to deepen your understanding of principles or explore new areas of growth, Achology offers a environment where you can thrive and achieve your learning goals.



Infusing Education with CPD Accreditation

At Achology, we combine a thoughtful education curriculum with an innovative, community-centered approach that goes beyond traditional education and removes the need for academic testing.

Our main focus is on empowering students to grow, develop themselves and become skilled experts in their fields. As you'll soon discover, studying a course with Achology is just the starting point.



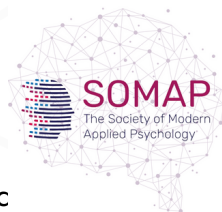
Step 1: Select Your First Achology Learning Pathway

The first stage of your learning journey with Achology is choosing a training course, or a bundle of courses that you can begin studying at your own time and pace.



Step 2: Develop Real-World Competency

Immerse yourself in the learning community to get hands-on experience and build up competencies. When you enroll in an Achology training course, you'll also receive 3, 6, or 12 months community access. This is what enables you to engage in group training events, skill sessions, free coaching, and even host your own workshops & events.



Step 3: Deliver Expert Professional Services

Apply for entry into our exclusive directory to showcase your expertise as an Master Achologist. Meeting our rigorous competency standards allows you to apply for entry into our WiserPeople directory. Within this network of coaches, trainers, and mentors, you can promote your services, host events, deliver tutorials, and potentially start earning income.



Achology Certification and Accreditation

In today's professional landscape, where the value of certification often takes precedence over the development of competency and insight, rigorous accreditation is essential. The Achology Accreditation and Learning Continuity Framework has this knowledge at its core.

Excellence in the field of professional helping is achieved through an approach that blends theoretical knowledge and hands-on experience. Our framework guides our learners towards achieving industry-leading standards, ensuring that they possess the necessary skills, expertise, and ethical foundations to make a meaningful impact in their respective fields.

Here at Achology, we take pride in our in-house accreditation process, that we know from experience is amongst the most rigorous in the industry. We use the following skill development experiences to elevate our learners knowledge and expertise:



1. Virtual Achologist Led Training Sessions (VALTS)

VALTS enable learners to bridge the gap between psychological theory and real-world application, highlighting the relevance of these concepts in practice. Designed to foster experiential learning, VALTS nurture leadership skills through immersive, hands-on activities that inspire deep learning in all participants.



2. Peer-Peer Applied Learning Sessions (PALS)

Achology empowers learners to turn theoretical knowledge into practical wisdom by applying their skills to real-world scenarios. Through the PALS program, members collaborate with peers to hone their abilities while deepening their understanding of the principles, methodologies, and models they study.



3. Competency Improvement Practice Sessions (CIPS)

CIPS are central in the accreditation process. These sessions allow achologists to gain hands-on experience by working directly with individuals facing real-life challenges and pursuing growth. Although demanding, CIPS offer a unique opportunity for Achologists to deepen their competence in their field.

With Achology, you're in the driver's seat.

Our milestones allow you to master skills and knowledge at your own pace.



What is the Member Journey set to Achieve?

► **The Achology member journey is designed to help learners achieve long-term self-development. Primarily, it focuses on fostering self-awareness and personal growth. Members embark on an exploration of their inner selves, gaining deep self-knowledge.**

The journey focuses on honing skills across the psychological disciplines. Participants take courses to refine their communication, emotional IQ, and leadership skills. These skills equip individuals to tackle personal and professional challenges with assurance.

Participation is key in the Achology experience. Members join a network of like-minded others, where they share insights and experiences. This vibrant community fosters collaboration and mutual growth, creating an environment where members thrive.

► **Furthermore, the journey promotes the application of learned skills. Members engage in interactive sessions, workshops, and training events, which bridge the gap between theory and practice. These activities ensure members get to implement their knowledge and skills.**

Professional empowerment lies at the heart of the Achology journey. Our members gain insights on how to harness their skills for career growth and personal satisfaction. Achology provides the tools to cultivate influential leaders and change-makers within their industries.

The journey promotes resilience and adaptability, preparing members to face life's uncertainties. Through mindfulness and character development, members build mental fortitude. This resilience enables them to overcome obstacles and maintain a positive outlook.

► **Achology provides access to a wealth of resources, including expert insights and tutorials. Members stay informed about the latest insights in psychology and personal growth. This knowledge empowers them to make informed decisions and drive meaningful lifestyle changes.**

Ultimately, the Achology member journey creates well-rounded individuals with the skills, knowledge, and mindset to lead fulfilling lives and make a positive impact within their spheres of influence. Some of our brightest members even get invited to join the Achology marketplace to sell and promote their services.



The Member Journey for Accreditation



► To Achieve Achologist Status, Our Members Must;

- Complete 1 Achology Practitioner Certification Course.
- Participate in 6 Virtual Achologist-Led Training Sessions.
- Be a recipient of 6 1-1 Focussed Skilled Helping Sessions.



► To Achieve Achologist Adept Status, Members Must;

- Have completed 2 Achology Practitioner Certification Courses.
- Participated in 8 VALTS and hosted 4 VALTS (different types).
- Have been in receipt of 12 1-1 Skilled Helping Sessions (PALS).
- Have conducted 6 1-1 Skilled Helping Sessions (via PALS board).
- Complete the Achology Code of Ethics training (CoFE) annually.



► To Achieve Senior Achologist (I), Our Members Must;

- Have completed 3 Achology Practitioner Courses (inc. DiMAP).
- Have completed 1 course from the School of Personal Growth.
- Participated in 16 VALTS and hosted 8 VALTS (different types).
- Have conducted 12 1-1 Skilled Helping Sessions (via PALS board).
- Have hosted 6 Peer-Peer Applied Learning Sessions (minimum).
- Complete the Achology Code of Ethics training (CoFE) annually.
- Have successfully offered and delivered a minimum of 10 CIPS.
- Host 1 Peer-Peer Coaching Competency Review Session as helper.



► To Achieve Senior Achologist (II), Our Members Must;

- Have completed 4 Achology Practitioner Certification Courses.
- Have completed 2 courses from the School of Personal Growth.
- Participated in 24 VALTS and hosted 12 VALTS (different types).
- Have conducted 24 1-1 Skilled Helping Sessions (via PALS board).
- Have hosted 12 Peer-Peer Applied Learning Sessions (minimum).
- Complete the Achology Code of Ethics training (CoFE) annually.
- Have successfully offered and delivered a minimum of 24 CIPS.



► To Achieve Master Achologist, Our Members Must;

- Have completed 5 Achology Practitioner Certification Courses.
- Have completed 3 courses from the School of Personal Growth.
- Participated in 30 VALTS and hosted 20 VALTS (different types).
- Have conducted 30 1-1 Skilled Helping Sessions (via PALS board).
- Have hosted 24 Peer-Peer Applied Learning Sessions (minimum).
- Complete the Achology Code of Ethics training (CoFE) annually.
- Have successfully offered and delivered a minimum of 50 CIPS.



► To Maintain Master Achologist Status, Members Must;

- Conduct 8 VALTS annually, hosting at least 1 of each VALTs type.
- Host and deliver 8 Peer-Peer Assisted Learning Sessions (PALS).
- Offer and deliver 8 Competency Improvement practice Sessions.
- Complete the Achology Code of Ethics training (CoFE) annually.

* To maintain Master Achologist status, individuals must demonstrate their compliance with all Achology competency standards annually.



What Will Your Member Journey Look Like?

As you embark on your unique learning journey with Achology, remember that your experience will be unlikely to follow a linear and straightforward path. This is typically true for most of our learners.

During your time with Achology, you will be exposed to a variety of learning tools, models and concepts designed to help you expand your understanding of the human experience. Don't be afraid to experiment with different approaches as you discover what works best for you.

One aspect of effective learning is reflection. Take some time each day to reflect on what you have learned, how it applies to your life, and how you can use it moving forward. This will reinforce your understanding and also help you to retain the information in the long term.

In addition to self-reflection, it is useful to engage with other learners within the Achology community. By sharing your thoughts and insights, as well as listening to others' perspectives, you can deepen your understanding and gain new perspectives on familiar topics.

Remember that learning is a lifelong process and there is always more to discover and explore. Keep an open mind, stay curious, and don't be afraid to challenge yourself. As you continue on your journey with Achology, embrace the opportunities for growth and personal development that come your way. You never know what valuable lessons may be waiting just around the corner.

So, don't be disheartened if you hit roadblocks or struggle with certain concepts. Use these moments as opportunities to push yourself and expand your understanding. With dedication and perseverance, you will see progress and growth in ways that may surprise you.

Finally, remember to celebrate your wins along the way. Every small victory is worth acknowledging and celebrating. This will not only boost your confidence but also serve as motivation to keep pushing forward.

In summary, embrace the journey of learning with Achology and trust in the process. Keep an open mind, reflect on what you learn, engage with others, challenge yourself, and celebrate milestones. Your learning experience will be unique, rewarding, and we are glad to be a part of it!





Navigating Growth: My Achology Learning Journey

For as long as I can remember, my professional life has been centered on mental health, pastoral care, and chaplaincy. A passion for understanding the human psyche and a commitment to helping others has always driven me. Yet, I felt a lingering desire to deepen my qualifications in counseling.

That desire led me to Achology. The experience was like a global symposium without walls, where voices from around the world came together in rich dialogues that fostered growth. It became a platform not only to learn but to lead, as I hosted sessions that challenged me and built my confidence with the support of an encouraging community.

In October 2020, with excitement and trepidation, I left my NHS chaplaincy role to pursue a new chapter in China—a childhood dream come true. The vibrancy of Chinese culture was invigorating, though I missed the sense of purpose chaplaincy had given me. Still, my Achology journey continued, opening doors to new skills in NLP, coaching, and hypnotherapy.

This journey sparked an ambitious idea: I proposed to the Director of the International School I had left. "Teaching is something I can do," I said, "but my heart is in coaching and counseling adults." To my surprise, he had been exploring ways to support teachers more effectively. From this shared vision, a new role emerged: a full-time Wellness Coach for teachers—a concept we believe is unique on a global scale.

My time with Achology transformed more than my skills; it reshaped my mindset. Where self-doubt and cognitive distortions once held me back, I now confidently pursued opportunities. That confidence led to a conversation with the director that blossomed into a new career.

Now, in a country that has captured my heart, I'm thriving in a role perfectly suited to me—a testament to the transformative power of Achology. It's been a journey of learning and becoming, one that continues to shape my life and the lives I touch.

Gary Kennedy, China. Master Achologist.





The 2025 Achology Manifesto

The Achology Manifesto: What It Is & Why It Matters

The Achology Manifesto champions principles of integrity, lifelong learning, and mutual respect. It guides every interaction within the community, fostering an environment where Achologists grow personally and professionally. Members uphold ethical standards and embrace a collaborative spirit in all educational endeavors.



Before each skill development session, group discussion, or community gathering, a member takes a moment to read this document aloud. This meaningful tradition serves as a powerful reminder, keeping the Achology manifesto and purpose at the heart of our community's focus and guiding our active members with clarity and intention.

The Achology Manifesto 2025

We know that all people have the ability to learn, grow, evolve, and reach their potential.

Our aim is to nurture a community that uplifts and empowers skilled helping professionals, facilitating their personal growth and development. We achieve this by fostering a sense of belonging, encouraging peer accountability, and offering unwavering support in their journey.

We recognize that the role of an ACHOLOGIST is to uphold utmost integrity while assisting others in making informed decisions that promote progress and improve their quality of life.

We are convinced in the value of lifelong learning, individual responsibility, experiential training and continuous professional growth. Our goal is to cultivate maturity in character, virtue, and competence, prioritizing personal growth over mere academic achievements.

We believe in the discipling of congruent leadership and setting a positive example for other people to follow. By demonstrating integral leadership within our professions, families, communities, and community groups, we strive to inspire and uplift those around us.

We are committed to upholding the standards of personal accountability, sincerity, decency, transparency, competence, authenticity, consistency, and a fearless, pioneering mindset.

We hold it to be true that every individual is born equal, yet acknowledge that not everyone has the same opportunities in life. Nevertheless, it is our conviction that all individuals possess the right to strive for their utmost potential and realize all that they are capable of becoming.

Our commitment lies in empowering individuals to cultivate exceptional expertise and utilize these skills to make a positive impact on humanity. Our aim is to offer insightful and principled guidance to those who have traditionally been excluded due to high cost barriers.

We are dedicated to assuming increased personal responsibility, as we inspire others to do the same. This commitment fosters personal growth and empowerment, enriching our lives.

We aim to engage with others through the lens of unconditional acceptance, and through utilizing the skill of active listening. Additionally, we place importance on the virtues of honesty, empathy, and transparency, prioritizing them in all of our interactions.

We embrace risk-taking and new experiences. We have the courage to experiment, break down barriers, and step out of our comfort zones. Our goal is to find new ways to serve humanity and support people as they strive to enhance their overall quality of life.

It is our collective duty to pursue growth, excel in our professional pursuits, and master the art of empowering others in a profound and impactful way. We are Achology. We identify as Achologists, and we are driven by a profound mission to improve the world.

 we are achology



The Achology Manifesto 2025

We know that all people have the ability to learn, grow, evolve, and reach their potential.

Our aim is to nurture a community that uplifts and empowers skilled helping professionals, facilitating their personal growth and development. We achieve this by fostering a sense of belonging, encouraging peer accountability, and offering unwavering support in their journey.

We recognize that the role of an ACHOLOGIST is to uphold utmost integrity while assisting others in making informed decisions that promote progress and improve their quality of life.

We are convinced in the value of lifelong learning, individual responsibility, experiential training and continuous professional growth. Our goal is to cultivate maturity in character, virtue, and competence, prioritizing personal growth over mere academic achievements.

We believe in the discipling of congruent leadership and setting a positive example for other people to follow. By demonstrating integral leadership within our professions, families, communities, and community groups, we strive to inspire and uplift those around us.

We are committed to upholding the standards of personal accountability, sincerity, decency transparency, competence, authenticity, consistency, and a fearless, pioneering mindset.

We hold it to be true that every individual is born equal, yet acknowledge that not everyone has the same opportunities in life. Nevertheless, it is our conviction that all individuals possess the right to strive for their utmost potential and realize all that they are capable of becoming.

Our commitment lies in empowering individuals to cultivate exceptional expertise and utilize these skills to make a positive impact on humanity. Our aim is to offer insightful and principled guidance to those who have traditionally been excluded due to high cost barriers.

We are dedicated to assuming increased personal responsibility, as we inspire others to do the same. This commitment fosters personal growth and empowerment, enriching our lives.

We aim to engage with others through the lens of unconditional acceptance, and through utilising the skill of active listening. Additionally, we place importance on the virtues of honesty, empathy, and transparency, prioritizing them in all of our interactions.

We embrace risk-taking and new experiences. We have the courage to experiment, break down barriers, and step out of our comfort zones. Our goal is to find new ways to serve humanity and support people as they strive to enhance their overall quality of life.

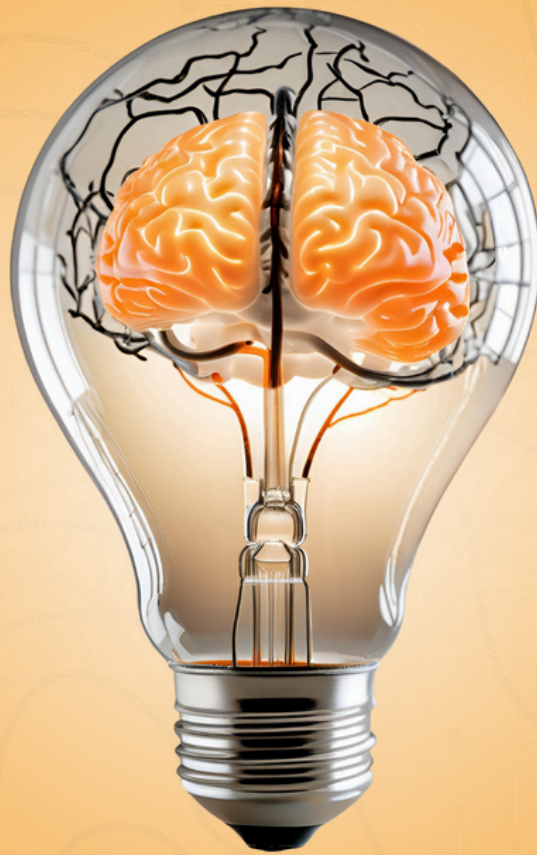
It is our collective duty to pursue growth, excel in our professional pursuits, and master the art of empowering others in a profound and impactful way. We are Achology. We Identify as Achologists, and we are driven by a profound mission to improve the world.



Achology's Seven Schools



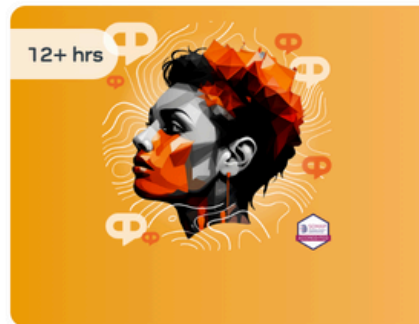
**One Academy, Seven Schools, and 28
Courses to Impact Your World**



The School for Neuro-Linguistic Programming (NLP)

The School for Neuro-Linguistic Programming (NLP)

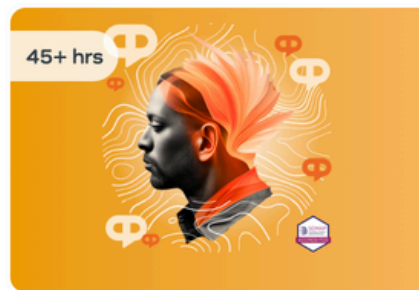
Start your learning journey with the School of Neuro-Linguistic Programming (NLP) and unlock FIVE in-depth training courses, taking you from understanding the basics to expert-level insights.



12+ hrs

NLP Mindset, Mental Wellness and Emotional Resilience Training

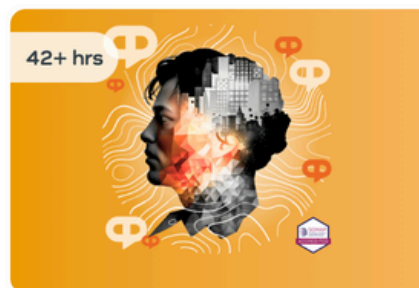
Enlightening Neuro-Linguistic Programming Principles | Deepen Your Emotional Intelligence | Grow in Self-Knowledge and | Improve your Relationship with Yourself | Discard Unproductive Habits



45+ hrs

NLP Master Practitioner Course (Neuro-Linguistic Programming)

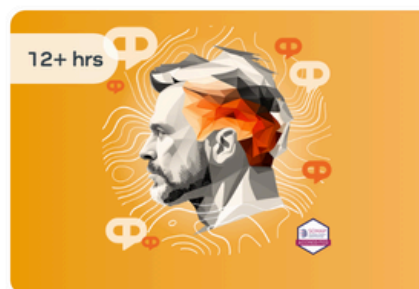
Advanced Neuro-Linguistic Programming Processes | Mindset Development | Advanced Communication Skills | Outcome Focused Goal Setting | Personal Leadership Development



42+ hrs

NLP Practitioner Training Course (Neuro-Linguistic Programming)

Understand Your Psychology | Increase Emotional IQ | Build Up Your Influence | Elevate Your Personal Productivity | Learn Goal Setting Strategies, Communication & Language Skills + More!



12+ hrs

An In-Depth Introduction to Neuro-Linguistic Programming (NLP)

Understand Your Psychology | Increase Emotional IQ | Build Up Your Influence | Elevate Your Personal Productivity | Learn Goal Setting Strategies, Communication & Language Skills + More!



51+ hrs

Diploma Training Course in Modern Applied Psychology (DiMAP)

Know Yourself from the Inside-Out | Learn Modern Applications of Psychology | Learn About Human Cognition | Elevate Your Self-Knowledge and Emotional IQ | Understand Other People



The School for Neuro-Linguistic Programming (NLP)

The School of Neuro-Linguistic Programming (NLP) offers comprehensive training designed to help you master the art of communication, personal growth, and behavioral change. Whether you're looking to enhance your professional skills, foster better relationships, or achieve personal growth, our programs provide practical wisdom and processes grounded in NLP principles. Explore the power of language and the mind to create meaningful, lasting change.

NLP was first founded in the 1970s by Richard Bandler and John Grinder, who studied successful therapists and effective business leaders to understand how they created change within their clients. The main ideas propagated by NLP include the power of language and its impact on our perceptions, beliefs, emotions, and behaviors. It also emphasizes the importance of understanding one's own thinking patterns and using them to create desired life outcomes.

Studying NLP equips you with mental skills to navigate life's unexpected turns. Life often doesn't go as planned, leading us down unforeseen paths. While we can't always control our circumstances, NLP teaches us to manage our attitude and responses. By growing in awareness and emotional IQ, you become more resilient, adaptable, and better prepared to handle life's challenges.



5 Course Bundle

Understand Your Psychology | Grow in Emotional IQ | Increase Your Ability to Influence Others | Elevate Your Personal Productivity | Learn Expert Goal-Setting Strategies, Powerful People and Communication Skills + Much, Much MORE!



38k
Excellent
Reviews



162+
Hours of
Teaching



162k
Students
Enrolled



LEARN MORE



The School for Neuro-Linguistic Programming (NLP)

NLP blends together life skills, psychological insights, and the wisdom that's required to mature your thinking and develop strong moral character. This approach ensures that each aspect of your personal growth reinforces the others, setting a basis for achieving meaningful future goals. Mastering NLP will equip you to handle setbacks and challenges with wisdom. The journey of personal growth becomes richer and more fulfilling with these insights at your disposal.

Enrolling in the Achology School for Neuro-Linguistic Programming (NLP) grants you life access to 5 training courses. However, the real value lies in the 12 months of Achology membership included with your enrollment. Within this community, you'll engage in group discussions, participate in practice events, access coaching and mentorship programs, and have the chance to host your own workshops or events!

Know Yourself from the Inside-Out | Learn Modern Applications of Psychology | Learn About Human Cognition | Elevate Your Self-Knowledge and Emotional IQ | Understand Other People



Achology practitioner courses certified by the Academy of Modern Applied Psychology



Achology's CPD framework operates under the SOMAP's oversight and guidance.

Courses Included with this Achology School



1 NLP Practitioner Training Course (Neuro-Linguistic Programming)



2 NLP Master Practitioner Course (Neuro-Linguistic Programming)



3 An In-Depth Introduction to Neuro-Linguistic Programming (NLP)



4 NLP Mindset, Mental Wellness and Emotional Resilience Training



5 Diploma Training Course in Modern Applied Psychology (DiMAP)

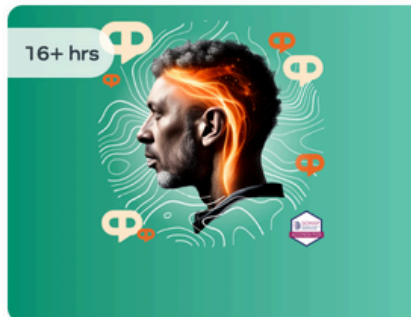




The School for Cognitive and Behavioral Psychology (CBP)

The School for Cognitive & Behavioral Psychology (CBP)

Start your learning journey with the School of Cognitive Behavioural Psychology (CBP) and unlock FIVE in-depth training courses, taking you from understanding the basics to expert-level insights.



16+ hrs

Cognitive Psychology for Mental Health and Emotional Mastery

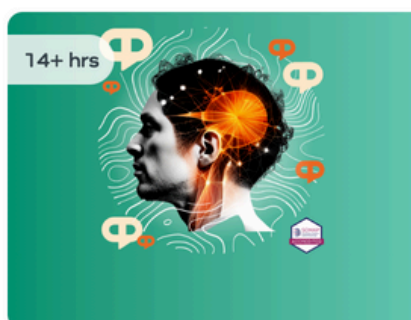
Master the Psychology of Mental Health | Develop Profound Self-Awareness and Insight | Gain Practical Wisdom for Personal Growth | Delve into the Principles of Emotional Intelligence (EQ)



31+ hrs

Cognitive Behavioural Therapy Practitioner Training Course (CBT)

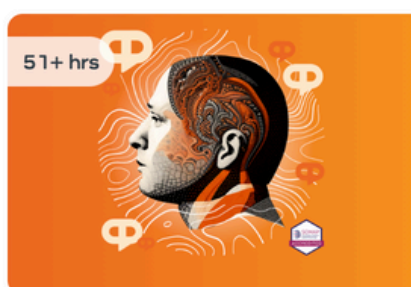
Learn Cognitive and Behavioural Psychology | Grow in Self-Knowledge and Awareness | Learn Useful Helping Strategies for Influencing People | Understand Human Motivation and Mindset



14+ hrs

An In-Depth Introduction to Cognitive-Behavioural Therapy (CBT)

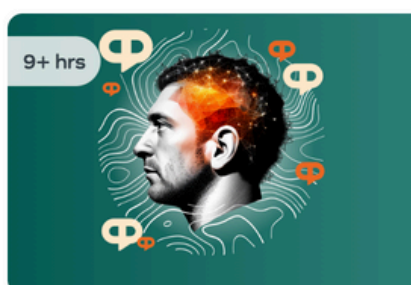
Learn Cognitive and Behavioural Psychology | Grow in Self-Knowledge and Heighten Your Self-Awareness | Learn Strategies for Influencing People | Understand Human Motivation and Mindset



51+ hrs

Diploma Training Course in Modern Applied Psychology (DiMAP)

Know Yourself from the Inside-Out | Learn Modern Applications of Psychology | Learn About Human Cognition | Elevate Your Self-Knowledge and Emotional IQ | Understand Other People



9+ hrs

The Strategic Goal Setting, Action Planning and Productivity Course

Master Short-Term and Long-Term Goal Setting | Design Your Future with a Clear Blueprint | Strategic Planning for Taking Action | Time-Proven Productivity Guidance and Techniques



The School for Cognitive & Behavioral Psychology (CBP)

The School of Cognitive Behavioural Psychology (CBP) focuses on understanding how thoughts, feelings, and behaviors interact and influence one another. Rooted in evidence-based principles, CBP explores how negative or unhelpful thought patterns can contribute to emotional distress and problematic behaviors. The goal is to equip individuals with practical tools to identify and challenge these patterns, promoting healthier ways of thinking and acting.

CBP is widely applied in therapeutic settings, particularly in Cognitive Behavioural Therapy (CBT), which is used to treat conditions like anxiety, depression, and stress. It emphasizes the importance of self-awareness, problem-solving, and developing coping skills to manage challenges in everyday life effectively. This school of thought is grounded in the belief that by altering how we think, we can change how we feel and behave, ultimately improving overall well-being.

Emerging in the early 19th century, CBP has evolved into a comprehensive framework for self-improvement, offering insights into the complexities of the mind. This discipline laid the groundwork for Cognitive Behavioral Therapy (CBT), developed by influential thinkers like Aaron Beck and Albert Ellis, who applied these principles to promote mental health and well-being.



5 Course Bundle

Deepen Your Knowledge of the Mind and Cognition | Grow in Self-Knowledge and Awareness | Learn Expert Strategies for Influencing People's Motivation | Learn Powerful Communication Skills and Language Patterns + Much MORE!



45k
Excellent
Reviews



123+
Hours of
Teaching



123k
Students
Enrolled



LEARN MORE



The School for Cognitive & Behavioral Psychology (CBP)

Cognitive psychology teaches us that thoughts influence emotions. By managing our thoughts, we can control how we feel and behave. This concept highlights the potential for self-regulation, emphasizing that we can shape our emotional landscape via disciplined thinking habits. Although many institutions recommend pursuing 'professional' support for emotional issues, experts in CBP emphasize that self-discipline is essential for fostering lasting inner resilience.

When you join the School for Cognitive and Behavioral Psychology, you gain lifetime access to 5 high-impact training courses. However, the true value lies in the 12 months of complimentary Achology membership that you also receive. For it's within this community that you benefit from group discussions, practice events, coaching and mentorship programs, and the opportunity to even host your OWN workshops or events!

Deepen Your Knowledge of the Mind | Grow in Self-Knowledge and Awareness | Learn Strategies for Influencing People's Decisions | Impactful People Skills and Language Patterns + Much, Much MORE!



Achology practitioner courses certified by the Academy of Modern Applied Psychology



Achology's CPD framework operates under the SOMAP's oversight and guidance.

Courses Included with this Achology School



An In-Depth Introduction to Cognitive-Behavioural Therapy (CBT)



Cognitive Behavioural Therapy Practitioner Training Course (CBT)



Cognitive Psychology for Mental Health and Emotional Mastery



An Essential Guide to Goal Setting, Action Planning and Productivity



Diploma Training Course in Modern Applied Psychology (DiMAP)





Navigating Growth: My Achology Learning Journey

In recent years, my experience with Achology has been nothing short of transformative, bringing profound changes to both my personal and professional life. What began in September 2020 as a quest to find tools to help my children transition back to school after the lockdowns quickly evolved into a deeply enriching journey of self-discovery and growth.

When I first joined, I was trapped in a victim mindset, constantly seeking recognition and validation for my efforts. Over time, however, I experienced a deep transformation. I began to recognize the limitations of my comfort zone and took deliberate steps to push beyond them. This shift in perspective proved to be a pivotal moment in my personal growth journey.

One of the most significant changes I made was letting go of habits like vaping and drinking, while embracing a more mindful approach to my diet and lifestyle. Though initially challenging, these shifts became pivotal in my personal growth journey, empowering me to take control of my decisions and shape a healthier, more intentional path forward.

My journey of growth within Achology has been deeply shaped by my involvement in VALTS and one-to-one sessions—challenges that once felt far beyond my abilities. However, with persistence and dedication, I gradually built both confidence and competence, overcoming the initial fear that accompanied these tasks. The CPD process has been an invaluable resource, empowering me to develop skills and self-assurance along the way.

I have undergone training to run Accountability Clubs and have facilitated two clubs within the community. Achology has been an invaluable platform for gaining experience and serves as my foundational resource. However, the greatest outcome of my time with Achology has been the clarity and direction it provided for my journey. I am in the process of launching my own venture as a Mentor and Achologist—a vision that didn't exist when I first joined.

Looking ahead, I'm filled with deep excitement for the possibilities that lie on the horizon!

Stacey Anderson, England. Master Achologist.

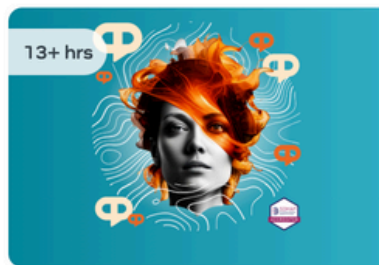




The School of Life Coaching and Professional Helping

The School of Life Coaching and Professional Helping

Start your learning journey with the School of Life Coaching and Professional Helping to unlock SIX in-depth courses, from the basics to expert-level insights.



13+ hrs

The Skilled Helper Practitioner Course (Advanced to Expert)

Complete Demonstrations of the Skilled Helper Model | Goal Setting and Personal Growth | Communication Skills and Interpersonal Dynamics | Problem Solving and Future Planning



31+ hrs

Life Coaching Fundamentals: Core Skills and Competency Training

Witness Coaching Process from Start to Finish | Learn to Help People Define their Priorities and Set Goals | Practical Action Planning | Develop Expert Communication and People Skills



38+ hrs

Life Coaching Practitioner Course (Beginner to Advanced)

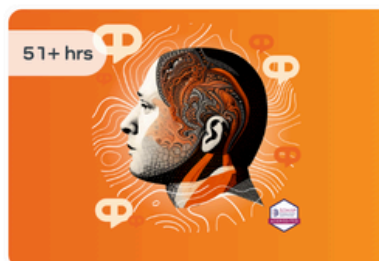
Learn Expert Life Coaching Skills | Grow in Self-Knowledge and Awareness | Understand the Heart of Human Motivation | Learn Expert Interpersonal Skills | How to Inspire and Empower People



7+ hrs

The Skilled Helper Training Course (with Prof. Gerard Egan PhD)

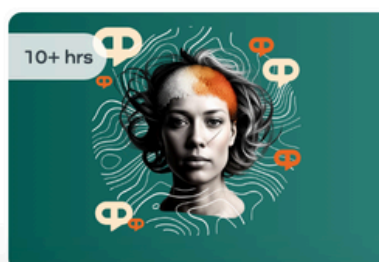
Learn an Impactful Counseling Methodology | Goal Setting and Personal Development | Communication Skills and Interpersonal Dynamics | Problem Solving and Future Planning



51+ hrs

Diploma Training Course in Modern Applied Psychology (DiMAP)

Know Yourself from the Inside-Out | Learn Modern Applications of Psychology | Learn About Human Cognition | Elevate Your Self-Knowledge and Emotional IQ | Understand Other People



10+ hrs

Clarity: The Purpose, Productivity & Personal Effectiveness Course

Clarify Your Life's Purpose | Master the Art of Purpose-Driven Goal Setting and Peak Efficiency | Elevate Your Effectiveness with Intentional Planning | Achieve Unwavering Productivity



The School of Life Coaching and Professional Helping

The School of Life Coaching and Helping empowers individuals with the knowledge and skills to guide others toward personal growth and fulfillment. It highlights the importance of personal responsibility in achieving meaningful outcomes and improving overall quality of life. Built on the belief that everyone possesses the potential for growth, the school provides practical insights and techniques to inspire positive change and lasting transformation.

Life coaching and professional helping encompass a range of strategies and methodologies designed to help people set and achieve goals, grow in self-awareness, and develop practical soft skills to navigate life's challenges wisely. These approaches emphasize the importance of active listening, effective communication, and empathy to establish a supportive and collaborative relationship between coaches or helpers and their clients.

Life coaching focuses on the present and future, helping individuals identify and break through false beliefs and negative patterns that restrict them from reaching their potential. Skilled life coaches will typically help people to develop accurate ways of thinking and communicating, leading to healthier relationships, increased confidence, and heightened efficiency.



6 Course Bundle

Learn Time-Proven Coaching Methodologies | Grow in Self-Knowledge and Awareness | Master Expert Coaching Skills for Influencing People | Understand Human Motivation | Learn the Principles of High-Impact Goal Setting + MORE!



51k
Excellent
Reviews



150+
Hours of
Teaching



150k
Students
Enrolled



LEARN MORE



The School of Life Coaching and Professional Helping

The journey to becoming an effective coach starts with a profound understanding of oneself. At Achology, the focus is on you for a purpose: your self-awareness, skills, integrity, consistency, and interpersonal abilities are vital to your success as a life coach or skilled professional helper. This comprehensive approach ensures you are thoroughly equipped to guide individuals in making informed decisions that enable them to reach their goals and lead fulfilling lives.

When you join the School of Life Coaching and Professional Helping, you gain lifetime access to SIX high-impact training courses. However, the true value lies in the 12 months of complimentary Achology membership that we also provide. For it's within this community that you benefit from group discussions, practice events, coaching and mentorship programs, and even the opportunity to host your OWN workshops or events!

**Learn Time-Proven Coaching Methodologies |
Grow in Self-Knowledge and Awareness | Master
Expert Coaching Skills for Influencing People |
Understand Human Motivation | Learn the
Principles of High-Impact Goal Setting + MORE!**



Achology practitioner courses
certified by the Academy of
Modern Applied Psychology



Achology's CPD framework
operates under the SOMAP's
oversight and guidance.

Courses Included with this Achology School



1

Life Coaching Practitioner Course
(Beginner to Advanced)



2

Life Coaching Fundamentals: Core
Skills and Competency Training



3

The Skilled Helper Training Course
(with Prof. Gerard Egan PhD)



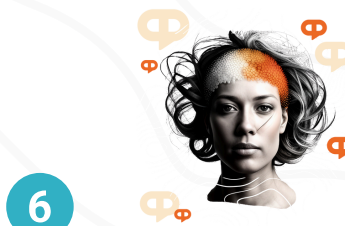
4

The Skilled Helper Practitioner
Course (Advanced to Expert)



5

Diploma Training Course in Modern
Applied Psychology (DiMAP)



6

Clarity: A Guide to Purpose,
Productivity & Personal Effectiveness





The School of Person Centered Counselling and Psychology

School of Person Centered Counselling and Psychology

Start your learning journey with the School of Person Centered Counselling and Psychology to unlock FIVE in-depth training courses, taking you from understanding the basics to expert-level insights.

27+ hrs



Hypnotherapy and Hypnosis Practitioner Course (Beginner to Advanced)

Become Expert in Conversational Hypnosis | How to Influence and Help People | Learn People Skills | The Psychology of Hypnotherapy | Grow in Self-Knowledge and Emotional IQ

44+ hrs



Counselling Skills Practitioner Course (Beginner to Advanced)

Understand Yourself from the Inside-Out | Learn About Empathy, Communication and Listening Skills | Grow in Self-Knowledge and Emotional IQ | Build Empowering Relationships

7+ hrs



The Skilled Helper Training Course (with Prof. Gerard Egan PhD)

Learn an Impactful Counseling Methodology | Goal Setting and Personal Development | Communication Skills and Interpersonal Dynamics | Problem Solving and Future Planning

51+ hrs



Diploma Training Course in Modern Applied Psychology (DiMAP)

Know Yourself from the Inside-Out | Learn Modern Applications of Psychology | Learn About Human Cognition | Elevate Your Self-Knowledge and Emotional IQ | Understand Other People

16 hrs



The Communication Skills and Social Intelligence (SiQ) Masterclass

Elevate your Interpersonal Communication Skills | Build Confidence in Social Settings | Master the Art of Meaningful Interaction and Connection | Learn to Become an Active and Empathic Listener



The School of Person Centered Counselling & Psychology

The School of Person Centered Counselling and Psychology offers a humanistic approach to personal growth, focusing on creating a helpful environment for people to evaluate their thoughts, feelings, and behaviors. It was developed in the 1950s by Carl Rogers. The main idea propagated by this field of study is the importance of the relationship between professional and beneficiary, as well as the belief in each person's unique potential for growth.

Person-centered counselling and psychology is widely used today. It encourages people to tap into their inner resources and take responsibility for their growth and well-being. With its focus on the individual's unique experiences and needs, this school of thought supports personal empowerment and self-discovery. Overall, it aims to help individuals live more authentic, fulfilling lives by fostering a deeper understanding of themselves and their potential for growth.

At Achology, we believe that every individual has the inherent ability to grow, mature in character, and cultivate a compelling vision for their future. Our philosophy is grounded in the understanding that people possess an innate drive toward self-actualization. As Carl Rogers famously noted, "The curious paradox is that when I accept myself just as I am, then I can change."



5 Course Bundle

Know Yourself from the Inside-Out | Learn About Empathy, Communication and Listening Skills | Grow in Self-Knowledge and Emotional Awareness | Build Empowering Social Relationships | Master the Art of Positively Influencing People + Much MORE!



20k
Excellent
Reviews



145+
Hours of
Teaching



145k
Students
Enrolled



LEARN MORE



The School for Neuro-Linguistic Programming (NLP)

Listening skills and open-mindedness are fundamental to our programs, offering a structured framework for person-centered psychology and interpersonal communication. These vital skills equip learners to forge meaningful relationships with those they engage with. By emphasizing active listening, open questions, and reflective feedback, we empower learners to create a safe space where individuals can express themselves and explore their inner worlds.

When you enroll in the School of Person Centered Counselling & Psychology, you gain life access to 5 high-impact courses. However, the true value lies in the 12 months of complimentary Achology membership that we provide. For it's within this vibrant community that you benefit from group discussions, practice events, coaching and mentorship programs, and even the opportunity to host your OWN workshops or events!

Understand Yourself Inside-Out | Learn About Empathy, Communication and Listening Skills | Grow in Self-Knowledge and Emotional Awareness | Build Empowering Relationships | Master the Process of influencing People + MORE!



Achology practitioner courses certified by the Academy of Modern Applied Psychology



Achology's CPD framework operates under the SOMAP's oversight and guidance.

Courses Included with this Achology School



Hypnotherapy and Hypnosis Practitioner Course (Beginner to Advanced)



Counselling Skills Practitioner Course (Beginner to Advanced)



The Skilled Helper Training Course (with Prof. Gerard Egan PhD)



The Communication Skills and Social Intelligence (SiQ) Masterclass



Diploma Training Course in Modern Applied Psychology (DiMAP)





Navigating Growth: My Achology Learning Journey

Two things surprised me when I joined Achology in 2019 - firstly that there was a community of people who genuinely wanted to make the world a better place, and secondly that many of these aspiring coaches said I was good at listening during practice sessions. Today, these fellow Achologists are my role models and friends.

At the end of 2023 I reached Master Achologist level after completion of more than 100 hours of coaching practice inside and outside of Achology. My biggest doubts that I would be useless as a coach and unable to hold conversations with strangers. Regular practice inside and outside of Achology provides evidence to the contrary.

Somebody recently said that a 45 minute conversation with me had given more clarity than six months of executive coaching. Their greater clarity will make them a more effective leader. That is the sort of thing that defines success for me, the ripple effect of effective coaching reaching wider and wider circles.

For the last few years I've mixed with the climate change and sustainability circles. I set up as a business sustainability consultant with the aim to make a difference with evidence-based action. This is admirable but Kain and the Achology community have made me reflect at a deeper level. Are there enough eco activists and consultants already? Is this career choice making the best use of my skill set and experience?

Now I use my coaching skills in every conversation. These skills are helping me make an impact in all my areas of interest - advanced technology and exponential businesses, genuine sustainability, personal growth, local community action and my three generation family. I've never been at more peace with myself as I consider every action I take through the lens of my core values of truth and courage.

Jonathan Frost, England. Master Achologist.

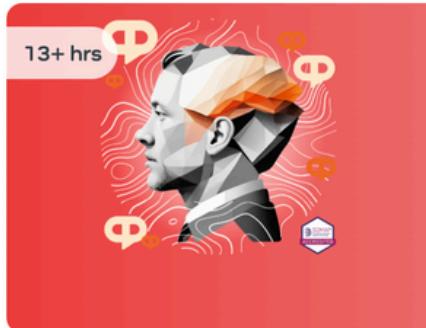




The School of Mindfulness, Applied Insight and Wisdom

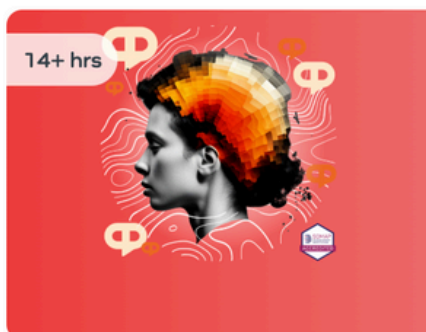
The School of Mindfulness, Applied Insight and Wisdom

These FIVE courses come included with the Achology School of Mindfulness, Insight and Wisdom. You will tap into timeless wisdom and psychological insights to unlock deep self-awareness, emotional IQ, and enlightenment within you.



Mindfulness in Management: Power-Up Your Leadership Presence

Cultivate Mindful Leadership Wisdom | Elevate Your Personal Presence and Self-Awareness | Lead Your Team with Emotional Intelligence and Congruence | Make Factually Sound Decisions



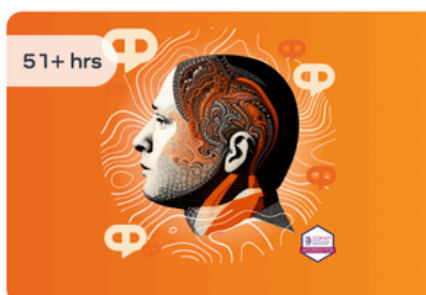
Mindfulness Training for Mental Wellness and Cultivating Inner Peace

Grow in Self-Knowledge and Awareness | Understand How Your Mind Naturally Functions | Learn How to Become Disciplined in Your Thinking | Improve Your Mental Flexibility and Resilience



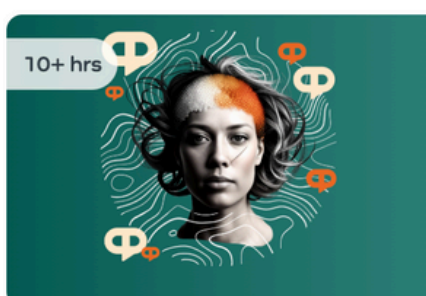
Mindfulness Practitioner Certification Course (Beginner to Advanced)

Cultivate Deep Self-Awareness and Knowledge | Timeless Mindfulness Practices and Wisdom | Achieve Balance in Every Aspect of Your Life | Lead Others in Practicing Mindfulness



Diploma Training Course in Modern Applied Psychology (DiMAP)

Know Yourself from the Inside-Out | Learn Modern Applications of Psychology | Learn About Human Cognition | Elevate Your Self-Knowledge and Emotional IQ | Understand Other People



Clarity: The Purpose, Productivity & Personal Effectiveness Course

Clarify Your Life's Purpose | Master the Art of Purpose-Driven Goal Setting and Peak Efficiency | Elevate Your Effectiveness with Intentional Planning | Achieve Unwavering Productivity



The School of Mindfulness, Applied Insight and Wisdom

Mindfulness, at the heart of this school, involves knowing oneself, and paying attention to one's thoughts, feelings, and actions with non-judgmental awareness. Applied Insight refers to the practical application of one's understanding and insights gained through the practice of mindfulness. Wisdom, in this context, encompasses the integration of mindfulness and insight into a broader understanding of the true nature of reality and the human experience.

The School of Mindfulness, Applied Insight, and Wisdom offers a pathway for individuals to deepen their self-reflection, expand their awareness, and cultivate a sense of inner peace and fulfillment. Drawing from ancient contemplative traditions and modern psychological insights, this school focuses on developing present-moment awareness, enhancing clarity of perception, the cultivation of wisdom and nurturing a deep understanding of oneself and the world.

At the School of Mindfulness, Insight, and Wisdom, we know the importance of cultivating self-discipline and maturity from within. Our programs will lead you to cultivate critical thinking skills, emotional IQ, a wise mind, and the development of inner reserve. By embracing mindfulness and wisdom, we can find balance and inner peace amidst life's chaotic nature.



5 Course Bundle

Grow in Deep Self-Awareness and Insight | Learn Expert Mindfulness Practices | Learn to Build Timeless Principles into Your Life | Guide Others in Nurturing Mindfulness | Learn the Principles for Sustainable Self-Discipline + MORE!



24k
Excellent
Reviews



122+
Hours of
Teaching



122k
Students
Enrolled



LEARN MORE



The School of Mindfulness, Applied Insight and Wisdom

Discipline in mindfulness cultivates presence and clarity about our thoughts, motivations, and priorities. In a fast-paced world, it's easy to lose sight of ourselves, leading to impulsive behavior. Achology courses counter this by promoting introspection and self-reflection, empowering individuals to understand themselves better and positively impact those around them.

When you enroll in the School of Mindfulness, Applied Insight and Wisdom, you gain lifetime access to FIVE high-impact courses. However, the true value lies in the 12 months of complimentary Achology membership we also provide. For it's within this vibrant community that you benefit from group discussions, practice events, coaching and mentorship programs, and even the opportunity to host your OWN workshops or events!

Grow in Deep Self-Awareness and Insight | Learn Expert Mindfulness Practices | Learn to Build Timeless Principles into Your Life | Guide Others in Nurturing Mindfulness | Learn the Principles for Sustainable Self-Discipline + MORE!



Achology practitioner courses certified by the Academy of Modern Applied Psychology



Achology's CPD framework operates under the SOMAP's oversight and guidance.

Courses Included with this Achology School



Mindfulness Practitioner Certification Course (Beginner to Advanced)



Mindfulness Training for Mental Wellness and Cultivating Inner Peace



Mindfulness in Management: Power-Up Your Leadership Presence



Clarity: A Guide to Purpose, Productivity & Personal Effectiveness



Diploma Training Course in Modern Applied Psychology (DiMAP)

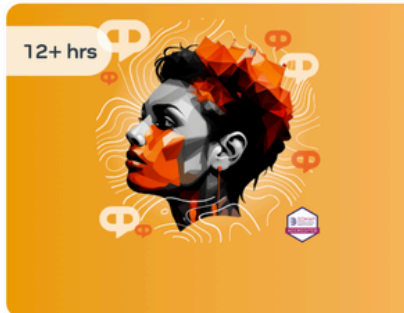




The School for Mental Health, Wellness & Emotional Resilience

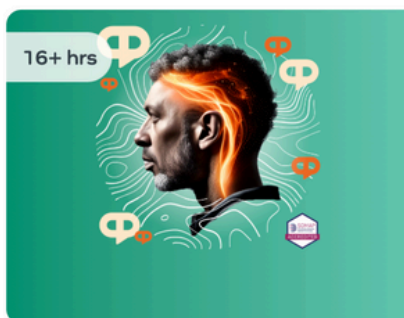
School for Mental Health, Wellness & Emotional Resilience

These FIVE courses are included within the Achology School of Mental Health, Wellness and Emotional Resilience. You will gain the psychological insights and practical life skills to empower you or others in building deep, mental and emotional resilience.



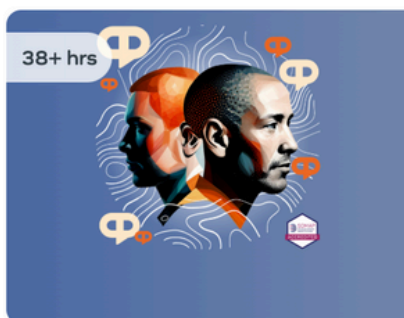
NLP Mindset, Mental Wellness and Emotional Resilience Training

Enlightening Neuro-Linguistic Programming Principles | Deepen Your Emotional Intelligence | Grow in Self-Knowledge and | Improve your Relationship with Yourself | Discard Unproductive Habits



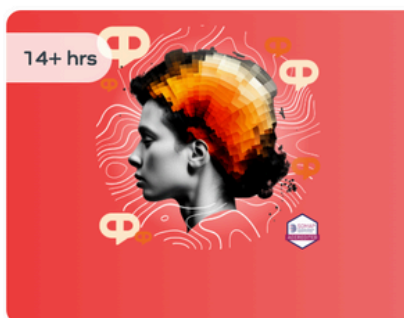
Cognitive Psychology for Mental Health and Emotional Mastery

Master the Psychology of Mental Health | Develop Profound Self-Awareness and Insight | Gain Practical Wisdom for Personal Growth | Delve into the Principles of Emotional Intelligence (EQ)



Mental Health and Wellness Practitioner Certification Course

Master the Psychology of Mental Health | Develop Profound Self-Awareness and Insight | Gain Practical Tools for Supporting Others | Delve into the Principles of Emotional Intelligence (EQ)



Mindfulness Training for Mental Wellness and Cultivating Inner Peace

Grow in Self-Knowledge and Awareness | Understand How Your Mind Naturally Functions | Learn How to Become Disciplined in Your Thinking | Improve Your Mental Flexibility and Resilience



Diploma Training Course in Modern Applied Psychology (DiMAP)

Know Yourself from the Inside-Out | Learn Modern Applications of Psychology | Learn About Human Cognition | Elevate Your Self-Knowledge and Emotional IQ | Understand Other People



School for Mental Health, Wellness & Emotional Resilience

The School of Mental Health, Wellness, and Emotional IQ champions a holistic philosophy that seeks to nurture well-being. Rather than focusing on symptoms, it delves into the deeper causes and influences behind psychological distress. By integrating wisdom from diverse approaches—mindfulness, cognitive-behavioral therapy, neuro-linguistic programming, and emotional IQ – it offers a comprehensive framework for understanding and enhancing mental health.

The goal of this school is to promote mental wellness by equipping individuals with insights and strategies to deepen their self-knowledge and emotional IQ. It focuses on developing skills such as self-awareness, self-regulation, empathy, motivation, and social skills to foster healthy relationships with oneself and others. By empowering individuals to take charge of their well-being, this school aims to create a more mentally resilient and emotionally intelligent society.

Achology's approach to delivering mental health and wellness training emphasizes personal agency and responsibility, rather than a reliance on therapy services for healing. While therapy may provide instant gratification for some people, we advocate an approach that equips people to take control of their lives and make positive behaviour changes and create the life they desire.



5 Course Bundle

Understand the Psychology of Positive Mental Wellness | Build Deep Self-Awareness and Insight | Gain Practical Skills for Helping Others | Learn Expert Communication Skills and the Principles of Emotional Intelligence (EQ) + MORE!



11k
Excellent
Reviews



130+
Hours of
Teaching



130k
Students
Enrolled



LEARN MORE



School for Mental Health, Wellness & Emotional Resilience

The lack of personal maturity and wisdom results in distorted worldviews and chaotic lifestyles for many people. In today's society, there is a pressing need for wise adults to serve as role models and set positive examples. Self-knowledge is the cornerstone of personal growth and development, and Achology training courses are designed to help you cultivate this understanding.

When you enroll in the Achology School for Mental Health, Wellness & Emotional Resilience, you gain life access to FIVE high-impact training courses. However, the true value lies in the 12 months of complimentary Achology membership we also provide. For it's within this vibrant community that you benefit from group discussions, practice events, coaching and mentorship programs, and even the opportunity to host your OWN workshops or events!

Understand the Psychology of Positive Mental Wellness | Build Deep Self-Awareness and Insight | Gain Practical Skills for Helping Others | Learn Expert Communication Skills and the Principles of Emotional Intelligence (EQ) + MORE!



Achology practitioner courses certified by the Academy of Modern Applied Psychology



Achology's CPD framework operates under the SOMAP's oversight and guidance.

Courses Included with this Achology School



1

Mental Health and Wellness Practitioner Certification Course



2

Cognitive Psychology for Mental Health and Emotional Mastery



3

Mindfulness Training for Mental Wellness and Cultivating Inner Peace



4

NLP Mindset, Mental Wellness and Emotional Resilience Training



5

Diploma Training Course in Modern Applied Psychology (DiMAP)

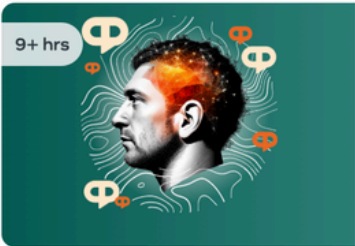




The School for Personal Growth and Self- Improvement

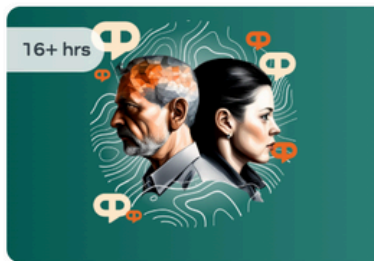
The School for Personal Growth and Self-Improvement

TWELVE courses come included with the Achology School for Personal Growth and Self-Improvement. You will dive into different aspects of personal growth to help you increase your potential for increased efficiency across your full range of life areas.

 16 hrs	The Communication Skills and Social Intelligence (SiQ) Masterclass Elevate your Interpersonal Communication Skills Build Confidence in Social Settings Master the Art of Meaningful Interaction and Connection Learn to Become an Active and Empathic Listener
 9+ hrs	The Strategic Goal Setting, Action Planning and Productivity Course Master Short-Term and Long-Term Goal Setting Design Your Future with a Clear Blueprint Strategic Planning for Taking Action Time-Proven Productivity Guidance and Techniques
 10+ hrs	Clarity: The Purpose, Productivity & Personal Effectiveness Course Clarify Your Life's Purpose Master the Art of Purpose-Driven Goal Setting and Peak Efficiency Elevate Your Effectiveness with Intentional Planning Achieve Unwavering Productivity
 13+ hrs	Master Your Emotions and Revolutionise Your Interpersonal Skills Develop Deep Emotional Intelligence (EQ) Cultivate a Socially Attractive Character Grow in Self-Knowledge and Heighten Your Self-Awareness Enhance Your Personal Presence
 13+ hrs	Identity Dynamics: The Authentic Confidence and Self-Esteem Course Discover Your Genuine Identity Cultivate Deep Self-Knowledge and Understanding Build Unshakable Self-Esteem Rooted in Authenticity Understand Your Own Personality Dynamics
 11+ hrs	The Assertiveness, Self-Esteem & Emotional Intelligence Masterclass Grow in Self-Knowledge and Heighten Your Self-Awareness Cultivate Deep Emotional Intelligence Embrace the Dynamic Nature of Personality and Cultivate a Growth-Focused Identity

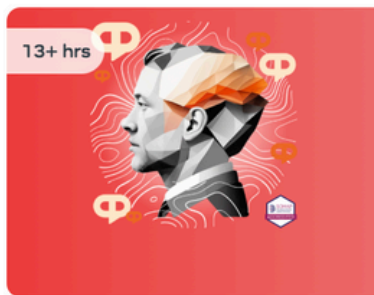


The School for Personal Growth and Self-Improvement



The Business, Innovation and Entrepreneurship Start-Up Guide

Guidance for New Entrepreneurs | Business Start-Up Advice | The Key Elements of Launching a Successful Business | Principles for Long-term and Short-term Business Planning



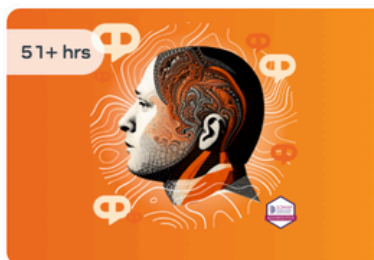
Mindfulness in Management: Power-Up Your Leadership Presence

Cultivate Mindful Leadership Wisdom | Elevate Your Personal Presence and Self-Awareness | Lead Your Team with Emotional Intelligence and Congruence | Make Factually Sound Decisions



The Mental Toughness, Inner Strength, Grit and Resilience Course

Training for Mental Toughness | Learn to Cultivate Inner Strength | Strategies for Solving Problems and Overcoming Challenges | Develop Emotional Resilience and Mental Endurance (Grit)



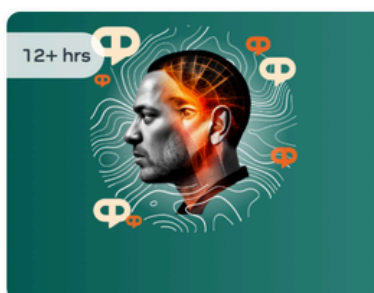
Diploma Training Course in Modern Applied Psychology (DiMAP)

Know Yourself from the Inside-Out | Learn Modern Applications of Psychology | Learn About Human Cognition | Elevate Your Self-Knowledge and Emotional IQ | Understand Other People



A Course on Building Healthy Marriages and Long-Term Relationships

Improve Your Interpersonal Skills | Learn How to Build Emotional Intimacy | Navigate Common Relationship Challenges | Implement Healthy Boundaries and Build Complimentary Partnerships



The Ultimate Guide to Motivation, Hyper Focus and Productivity

Uncover Your True Inner Motivation | Get Clarify on Your Long-Term Priorities | Sharpen Your Focus | Establish Purposeful Goals and Milestones | Learn How to Achieve Optimum Productivity



The School for Personal Growth and Self-Improvement

The School for Personal Growth recognizes that personal growth is a lifelong journey, and there is always room for improvement. This school embraces a growth mindset, where individuals are encouraged to seek out new challenges and opportunities for learning and development. Through various methods such as self-reflection, goal-setting, and seeking feedback from others, this school aims to help individuals reach their full potential in all areas of life.

The School champions a holistic approach to personal growth, drawing from diverse disciplines such as mindfulness, person-centered counseling, psychology, and mental wellness. By offering practical, actionable insights, it empowers individuals to take charge of their development, fostering a life of greater purpose and intention. In an ever-evolving world, prioritizing personal growth is not just beneficial—it is essential for thriving both personally and professionally.

This is where the School of Personal Growth steps in. Our mission is to offer you an accessible and more effective path to personal enhancement. Our expert-led courses will guide you to understand your values, know your psychology, transform your outlook, set goals, cultivate self-confidence, build strong relationships and make proactive choices to create the life you want.



5 Course Bundle

Deepen Your Self-Knowledge and Awareness | Develop Wise Goal Setting Skills and the Ability to Perform under Pressure | Achieve Healthy Work/Life Balance | Learn Influential People Skills, Mindset Disciplines + MORE!



23k
Excellent
Reviews



185+
Hours of
Teaching



185k
Students
Enrolled



LEARN MORE



The School for Personal Growth and Self-Improvement

You will access 100's of tutorials to help you navigate life's hurdles and realise how your strengths can be embraced to solve problems and bring balance into all areas of your life. By blending timeless life wisdom with self-knowledge and people skills, you'll grow to understand that while you can't control your circumstances, you can always change yourself!

When you enroll in the School for Personal Growth and Self-Improvement, you get access to TWELVE high-impact training courses. However, the true value lies in the 12 months of complimentary Achology membership we also provide. For it's within this vibrant community that you benefit from group discussions, practice events, coaching and mentorship programs, and even the opportunity to host your OWN workshops or events!

Deepen Your Self-Knowledge and Awareness | Develop Wise Goal Setting Skills and the Ability to Perform under Pressure | Achieve Healthy Work/Life Balance | Learn Influential People Skills, Mindset Disciplines + MUCH MORE!

Courses Included with this Achology School



1

The Assertiveness, Self-Esteem & Emotional Intelligence Masterclass



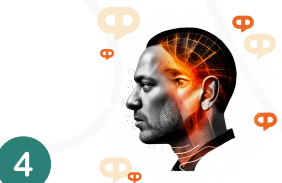
2

Identity Dynamics: An Authentic Confidence & Self-Esteem Masterclass



3

Master Your Emotions and Revolutionise Your Interpersonal Skills



4

The Ultimate Guide to Motivation, Laser Focus, and Productivity



5

The Mental Toughness, Inner Strength, Grit and Resilience Course



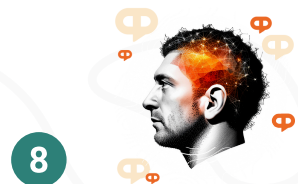
6

Clarity: A Guide to Purpose, Productivity & Personal Effectiveness



7

The Communication Skills and Social Intelligence (SiQ) Masterclass



8

An Essential Guide to Goal Setting, Action Planning and Productivity



9

A Guide to Building Healthy Marriages & Long-Term Relationships



10

The Business, Innovation and Entrepreneurship Start-Up Guide



11

Mindful Management: Power-Up Your Leadership Presence



12

Diploma Training Course in Modern Applied Psychology (DiMAP)





Navigating Growth: My Achology Learning Journey

While at university, I started exploring psychology out of curiosity, which gradually grew into a passion for personal growth and its applications. To understand myself and others, I began taking offline courses as part of my training. However, wanting to deepen my knowledge further without committing to time-intensive offline programs, I turned to Achology's online courses. This transformed my learning experience and proved to be a game-changer.

Driven by a fascination with psychology and a passion for helping others achieve growth, I embarked on a journey of Continuous Professional Development (CPD) through the Achology online platform. Over the years, I have completed extensive training and hands-on practice in key disciplines, including Neuro-Linguistic Programming (NLP), Cognitive Behavioral Therapy (CBT), Life Coaching, Mindfulness, Hypnotherapy, Counseling, and Skilled Helping.

My Achology journey has been enlightening, as I've deepened my understanding of how to help others realize their potential. Through NLP, I learned to see communication as a tool for building meaningful connections. Key lessons included systems thinking, recognizing behavior patterns, and honing the art of reframing perspectives. One of the most valuable skills I've gained is the ability to anchor positive states that lead to life changes—a practice that continues to inspire me every day.

I found that the life coaching course and the practice sessions in Achology tied everything together. With extensive reading, role plays, demonstration videos and practice sessions for all of the taught skills, I honed the ability to listen deeply, ask useful questions, offer objective feedback and assist others in achieving their personal goals and professional ambitions.

None of this would have been possible without the CPD opportunities I gained in Achology. Their programs provided me with invaluable knowledge and hands-on experience, equipping me with the tools I needed to thrive as a Coach. I'm thrilled to embark on this new chapter, where I can apply what I know to help others achieve growth and build healthier relationships.

Tina Saxina, Italy. Master Achologist.





On-Demand Learning with Achology

Achology courses are designed with YOU in mind! We believe every course should help you grow and gain a deeper understanding of yourself. Achology provides valuable insights that are relevant to everyone, including you. So, where will your journey begin?

Master Your Mind: Courses in Mental Health, Wellness, and Emotional IQ

Begin a transformative journey of self-discovery with our courses in Mental Health, Wellness, and Emotional Intelligence. Designed to offer deep insights and practical life skills, these programs equip you to foster lasting growth, balance, and fulfillment in your life.



12+ hrs

NLP Mindset, Mental Wellness and Emotional Resilience Training

★ 420 reviews
👤 4523 enrolled



16+ hrs

Cognitive Psychology for Mental Health and Emotional Mastery

★ 573 reviews
👤 5838 enrolled



38+ hrs

Mental Health and Wellness Practitioner Certification Course

★ 1194 reviews
👤 6693 enrolled



14+ hrs

Mindfulness Training for Mental Wellness and Cultivating Inner Peace

★ 1295 reviews
👤 7746 enrolled



51+ hrs

Diploma Training Course in Modern Applied Psychology (DiMAP)

★ 8575 reviews
👤 46,444 enrolled



12+ hrs

The Mental Toughness, Inner Strength, Grit and Resilience Course

★ 757 reviews
👤 10292 enrolled



16 hrs

The Communication Skills and Social Intelligence (SiQ) Masterclass

★ 1189 reviews
👤 8538 enrolled



13+ hrs

Identity Dynamics: The Authentic Confidence and Self-Esteem Course

★ 2498 reviews
👤 21094 enrolled



11+ hrs

The Assertiveness, Self-Esteem & Emotional Intelligence Masterclass

★ 3,350 reviews
👤 21,836 enrolled



Transform Your Life: Programs for Personal Excellence and Ongoing Growth

Discover deeper self-awareness, strengthen your self-knowledge, and embrace a journey of continuous personal growth. Our transformative, paradigm-shifting courses are thoughtfully designed to help you elevate all of the most important aspects of your life.



The Business, Innovation and Entrepreneurship Start-Up Guide

★ 385 reviews
👤 3,033 enrolled



Mindfulness in Management: Power-Up Your Leadership Presence

★ 484 reviews
👤 7103 enrolled



NLP Master Practitioner Course (Neuro-Linguistic Programming)

★ 4537 reviews
👤 48,225 enrolled



NLP Practitioner Training Course (Neuro-Linguistic Programming)

★ 24,797 reviews
👤 97,561 enrolled



The Mental Toughness, Inner Strength, Grit and Resilience Course

★ 757 reviews
👤 10292 enrolled



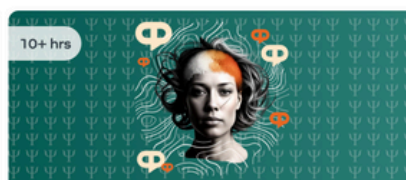
The Ultimate Guide to Motivation, Hyper Focus and Productivity

★ 1260 reviews
👤 7392 enrolled



The Strategic Goal Setting, Action Planning and Productivity Course

★ 1801 reviews
👤 8422 enrolled



Clarity: The Purpose, Productivity & Personal Effectiveness Course

★ 1100 reviews
👤 9612 enrolled



Master Your Emotions and Revolutionise Your Interpersonal Skills

★ 1907 reviews
👤 16643 enrolled



Enable Others: Applied Psychology Practitioner Courses for Change-Makers

Do you have a passion for helping others gain deeper self-awareness and unlock their true potential? Achology's Applied Psychology Practitioner Courses are thoughtfully designed to provide you with the knowledge and skills you need to make a meaningful impact.



13+ hrs

**The Skilled Helper Practitioner Course
(Advanced to Expert)**

★ 748 reviews

👤 3,639 enrolled



38+ hrs

**Mental Health and Wellness Practitioner
Certification Course**

★ 1194 reviews

👤 6693 enrolled



45+ hrs

**NLP Master Practitioner Course (Neuro-
Linguistic Programming)**

★ 4537 reviews

👤 48,225 enrolled

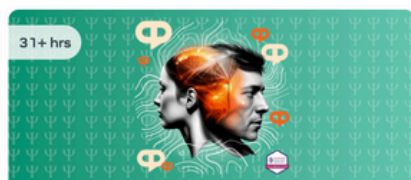


42+ hrs

**NLP Practitioner Training Course (Neuro-
Linguistic Programming)**

★ 24,797 reviews

👤 97,561 enrolled



31+ hrs

**Cognitive Behavioural Therapy Practitioner
Training Course (CBT)**

★ 33,896 reviews

👤 161,418 enrolled



38+ hrs

**Life Coaching Practitioner Course (Beginner to
Advanced)**

★ 36,521 reviews

👤 153,342 enrolled



27+ hrs

**Hypnotherapy and Hypnosis Practitioner
Course (Beginner to Advanced)**

★ 2887 reviews

👤 17,471 enrolled



33+ hrs

**Mindfulness Practitioner Certification Course
(Beginner to Advanced)**

★ 12,849 reviews

👤 90,353 enrolled



44+ hrs

**Counselling Skills Practitioner Course
(Beginner to Advanced)**

★ 6856 reviews

👤 34,594 enrolled



LEARN MORE





Diploma Training Course in Modern Applied Psychology (DiMAP)



Students and Learners

Students aiming to develop a deep understanding of human behavior and cognitive processes.



Business Professionals

Business professionals can leverage psychological insights to improve organizational dynamics.



Personal Growth Enthusiasts

Individuals interested in deepening their knowledge of human behavior and cognitive processes.



Responsible Parents

Parents seeking to understand their children and help them mature into responsible young people.



Mental Health Workers

Mental health and wellness workers who want to learn new cognitive disciplines for helping others.



Teachers and Mentors

Teachers seeking to enhance their teaching methods and foster supportive learning environments.



Self-Directed Learners

Individuals aiming to enhance their interpersonal relationships and deepen their self-understanding.



Coaches and Therapists

Coaches and therapists wanting a deeper understanding of the psychological human experience.



Diploma Course in Modern Applied Psychology (DiMAP)



Training Course Description

This Diploma in Applied Psychology offers a deep exploration into the fascinating world of psychology, blending key ideas, theories, and wisdom from all schools of psychological thought. It stands as a comprehensive program for those seeking to gain a deep understanding of psychological concepts and their application in today's world.

The course aims to contextualize the evolving landscape of psychology by providing an in-depth examination of the works and contributions of over 100 distinguished psychologists. These influential figures have developed groundbreaking theories and conducted pioneering research that have collectively paved the way for modern psychological practice.

Students will explore seminal concepts from key figures such as Sigmund Freud, Carl Jung, B.F. Skinner, Abraham Maslow, John Watson, Carl Rogers, Jean Piaget, and many others who have shaped the narrative of modern psychological discourse. Through this exploration, the course provides a balanced view of both historical and contemporary perspectives.

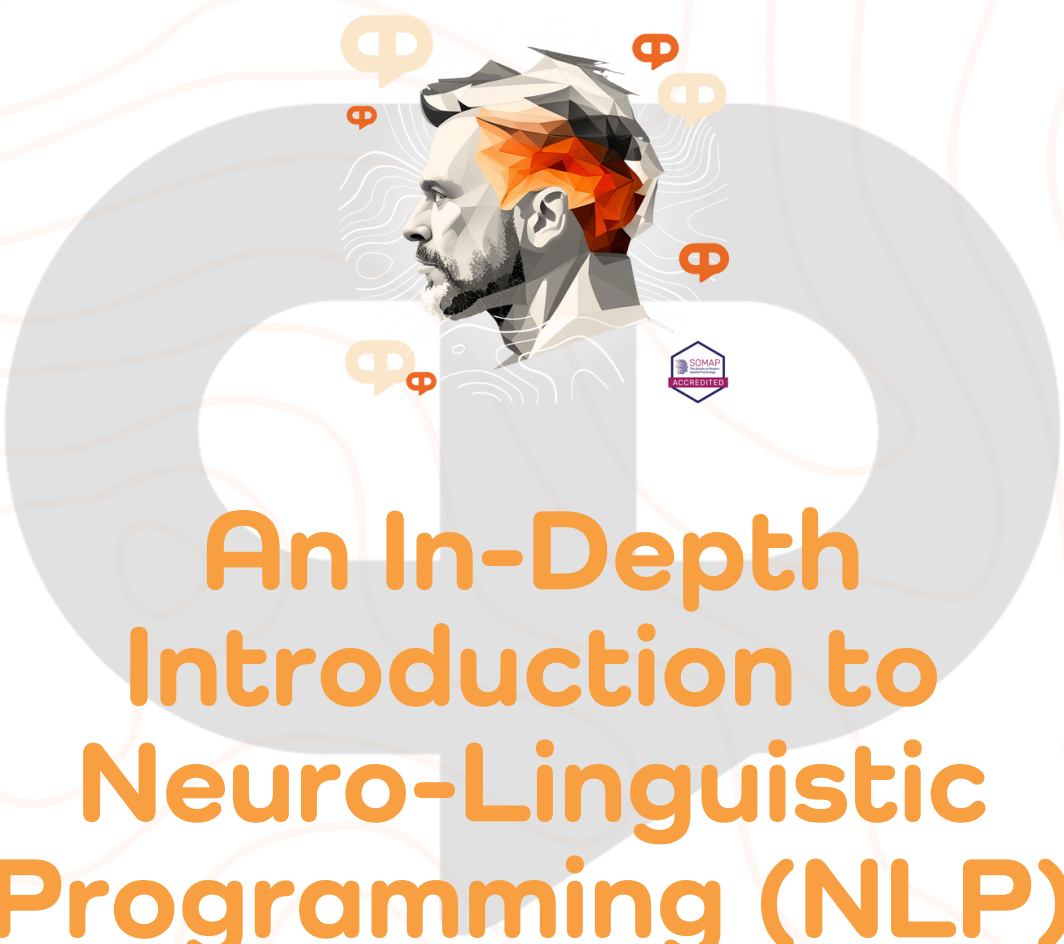
The mind is a complex entity, with over 150 years of research barely scratching the surface of its mysteries. This training transcends academic textbooks, offering a blend of timeless psychological theories, philosophical principles, and practical wisdom. It will equip you with a deep understanding of the subject matter, enhancing both your knowledge and insight.

This approach ensures that students acquire not only theoretical knowledge, but also the wisdom to apply psychological context in all aspects of their life. On completion, students will have a profound understanding of how human beings think, feel, and interact with the world, empowered by insights that can lead to enhanced personal and professional growth.

- 51+ Hours of 4K Video Tutorials
- 3 Months Psychology Membership
- LIFETIME Access to this Course
- 1-to-1 Mentorship Opportunities
- MP3 Version of Course Included
- PDF Workbooks and Resources
- Join LIVE Events & Conferences
- Accreditation and CPD Options

**Not sure if this course is for you?
Test it out with 90+ minutes of free
lessons and decide for yourself!**





An In-Depth Introduction to Neuro-Linguistic Programming (NLP)



Self-Directed Learners

Individuals aiming to deepen their self-knowledge, awareness and mature their outlook on life.



Responsible Parents

Parents looking to understand their children and help them grow into mentally responsible adults.



Teachers and Mentors

Teachers seeking to enhance their value to students and foster supportive learning environments.



Counsellors & Psychologists

Counsellors and Psychologists looking to deepen their ability to empathically relate with clients.



Self-Help Enthusiasts

Individuals interested in deepening their knowledge of mental health and the human experience.



Healthcare Professionals

Mental health & wellness workers who want to learn impactful new disciplines for helping people.



Coaches and Therapists

Coaches and therapists wanting a deeper understanding of the psychological human experience.



Business Professionals

Business leaders or managers seeking to integrate personal growth into their company culture.



An Introduction to Neuro-Linguistic Programming (NLP)

Training Course Description



In this paradigm-shifting Neuro-Linguistic Programming online course, we will delve into the paradigm-shifting principles, practices, and disciplines of Neuro-Linguistic Programming. These powerful insights will elevate your self-awareness, raise your emotional IQ, strengthen your personal leadership, and maximize your personal productivity.

Neuro-Linguistic Programming explores the impact of language on our thoughts & actions. By recognizing language and behavior patterns, we can foster positive changes in ourselves and others with greater ease. This guide will concentrate on leveraging NLP strategies to effectively enhance personal productivity and ongoing professional development.

Learners will delve into psychological theories and frameworks, drawing upon the work of key figures such as Virginia Satir, Milton Erickson, Albert Ellis, Abraham Maslow, and others who influenced early NLP concepts. This exploration aims to equip students with a nuanced understanding of 'change dynamics', tailored to help students apply what they learn.

Our curriculum covers NLP concepts such as anchoring, reframing, and timeline techniques. You'll learn to identify and modify limiting beliefs, enabling deep personal change. Through practical exercises and real-world applications, you will gain hands-on experience that ensures practical understanding and competency in applying these transformative methods.

In today's fast world, understanding the intricacies of human behavior and social interaction is more crucial than ever. At its core, NLP focuses on the internal dialogue that shapes our interactions with the external world, emphasizing the conscious and unconscious mental processes that influence our interpretations of the experiences we encounter everyday.

- 12+ Hours of 4K Video Tutorials
- 3 Months Achology Membership
- LIFETIME Access to this Course
- 1-to-1 Mentorship Opportunities
- MP3 Version of Course Included
- PDF Workbooks and Resources
- Join LIVE Events & Conferences
- Accreditation and CPD Options

**Not sure if this course is for you?
Test it out with 90+ minutes of free
lessons and decide for yourself!**





NLP Practitioner Training Course (Neuro-Linguistic Programming)



Life Coaches and Mentors

Coaches aiming to enhance their client engagement and boost success rates in their practice.



Business Leaders & Managers

Business leaders looking to improve team communication & enhance group dynamics effectively.



Personal Growth Enthusiasts

Individuals seeking to achieve personal growth and enhance self-awareness throughout their lives.



Healthcare Professionals

Healthcare professionals striving to improve patient care and foster stronger patient relationships.



Professional Therapists

Therapists seeking to grow their therapeutic repertoire and develop new skills for better results.



Teachers & Training Architects

Teachers seeking to learn innovative language patterns for improving learning and student outcomes.



Professional Consultants

Consultants wanting problem-solving tools & innovative approaches to challenges.



Sports People & Creatives

Sportspeople seeking to discipline their mindset and better understand their intrinsic motivations.



NLP Practitioner Training Course (Neuro-Linguistic Programming)



Training Course Description

Developed by Achology, this thought-provoking and enlightening training offers an in-depth exploration of Neuro-Linguistic Programming (NLP), a modern expression of Psychology that's devoted to equipping motivated learners with deep self-knowledge, awareness, emotional intelligence, and the ability to positively influence other people.

Neuro-Linguistic Programming is an approach to communication, personal growth, and psychotherapy that focuses on the connection between neurological processes (neuro-), language (linguistic), and behavioral patterns learned through experience (programming). It has been widely utilized in various fields such as business, education, sports, and therapy.

Learners will delve into psychological theories and frameworks, drawing upon the work of key figures such as Virginia Satir, Milton Erickson, Albert Ellis, Abraham Maslow, and others who influenced early NLP thinking. This exploration aims to equip students with a nuanced understanding of 'change dynamics', tailored to help students share NLP with others.

Our Neuro-Linguistic Programming Practitioner Training takes you far beyond the basics, providing an enlightening pathway to integrate NLP principles into every facet of your life. The philosophy of NLP revolves around the idea that our perceptions, beliefs, emotions, behaviors, attitudes, and communication styles are directly linked to our outcomes in life.

By the end of this course, you will have a deep understanding of NLP models that can be applied to enhance your personal and professional life. You will receive an internationally recognized certification as a Neuro-Linguistic Programming Practitioner, demonstrating your expertise in this powerful tool for self-improvement and influencing others.

- 42+ Hours of 4K Video Tutorials
- 3 Months Achology Membership
- LIFETIME Access to this Course
- 1-to-1 Mentorship Opportunities
- MP3 Version of Course Included
- PDF Workbooks and Resources
- Join LIVE Events & Conferences
- Accreditation and CPD Options

**Not sure if this course is for you?
Test it out with 90+ minutes of free
lessons and decide for yourself!**





NLP Master Practitioner Course (Neuro-Linguistic Programming)



Life Coaches and Mentors

Coaches aiming to enhance their client engagement and boost success rates in their practice.



Business Leaders & Managers

Business leaders looking to improve team communication & enhance group dynamics effectively.



Personal Growth Enthusiasts

Individuals seeking to achieve personal growth and enhance self-awareness throughout their lives.



Healthcare Professionals

Healthcare professionals striving to improve patient care and foster stronger patient relationships.



Professional Therapists

Therapists seeking to grow their therapeutic repertoire and develop new skills for better results.



Teachers & Training Architects

Teachers seeking to learn innovative language patterns for improving learning and student outcomes.



Professional Consultants

Consultants wanting problem-solving tools & innovative approaches to challenges.



Sports People & Creatives

Sportspeople seeking to discipline their mindset and better understand their intrinsic motivations.



NLP Master Practitioner Course (Neuro-Linguistic Programming)



Training Course Description

Presented by Achology, this unparalleled training offers an advanced and in-depth exploration of Neuro-Linguistic Programming, a modern expression of Applied Psychology that's devoted to equipping individuals with the deep self-knowledge, wisdom, self-knowledge, emotional intelligence, and ability they need to positively influence others.

Participants will immerse themselves in a curriculum that covers a range of topics including self-knowledge, behavioral habits, and the art of influence. The course is designed to show learners how to apply psychological wisdom to their own real-life scenarios. By doing so, learners will end the course with experiential wisdom, instead of just head knowledge.

Students delve deep into advanced NLP concepts, building on their foundational knowledge. One key area of focus is advanced language patterns, including the Meta and the Milton Model, which refine communication skills for greater precision and influence. Learners also explore the nuances of submodalities to manipulate common sensory experiences.

Another topic is the exploration of deep belief and value systems, allowing for profound shifts in personal and professional contexts. The course includes modeling excellence by analyzing and replicating the behaviors and thought processes of successful individuals. Also, students are trained in advanced anchoring techniques to enhance state management.

Completing this NLP training will equip you with the knowledge to foster positive change in yourself and others. Like all quality self-improvement courses, this training is designed to deepen your understanding of your own psychology, grow in self-awareness, and cultivate personal growth, ultimately guiding you to become a better human being in the process.

- 43+ Hours of 4K Video Tutorials
- 3 Months Achology Membership
- LIFETIME Access to this Course
- 1-to-1 Mentorship Opportunities
- MP3 Version of Course Included
- PDF Workbooks and Resources
- Join LIVE Events & Conferences
- Accreditation and CPD Options

**Not sure if this course is for you?
Test it out with 90+ minutes of free
lessons and decide for yourself!**





NLP Mindset, Mental Wellness and Emotional Resilience Training



Self-Directed Learners

Learners seeking to mature their self-knowledge, awareness and their outlook on life.



Personal Growth Seekers

People eager to enhance their self-esteem and understand their psychological make-up.



Aspiring Entrepreneurs

Individuals learning to assertively express ideas and make emotionally sound decisions.



Parents and Caregivers

People aiming to model confidence and emotionally intelligent parenting or caregiving.



Career Transitions

Professionals building the mental strength needed to manage career transitions wisely.



Stressed Professionals

Professionals eager to manage workplace stress while improving focus and adaptability.



Teens & Young Adults

Individuals improving mental readiness and emotional clarity for life's important decisions.



Wellbeing Advocates

Individuals determined to champion mental health & emotional wellness in their communities.



NLP Mindset, Mental Wellness and Emotional Resilience Training



Training Course Description

This Neuro-Linguistic Programming (NLP) training will equip you with a cognitive framework for understanding your own psychological make-up. The course is structured in a way that'll lead to towards completely understanding how NLP principles can be embodied and applied to strengthen your mindset and develop deep emotional intelligence.

NLP is a psychological approach to communication, personal growth, and coaching that focuses on the connection between neurological processes (neuro-), language (linguistic), and behavioral patterns learned through experience (programming). It has been widely utilised in various fields such as business, entrepreneurship, high-level sports, and coaching.

This training addresses key questions such as: How can NLP impact mental health and emotional IQ? What role does language play in shaping our inner dialogue? How can we transform self-limiting narratives and contribute to personal and professional growth? How do we harness emotional intelligence to navigate complex social and work environments?

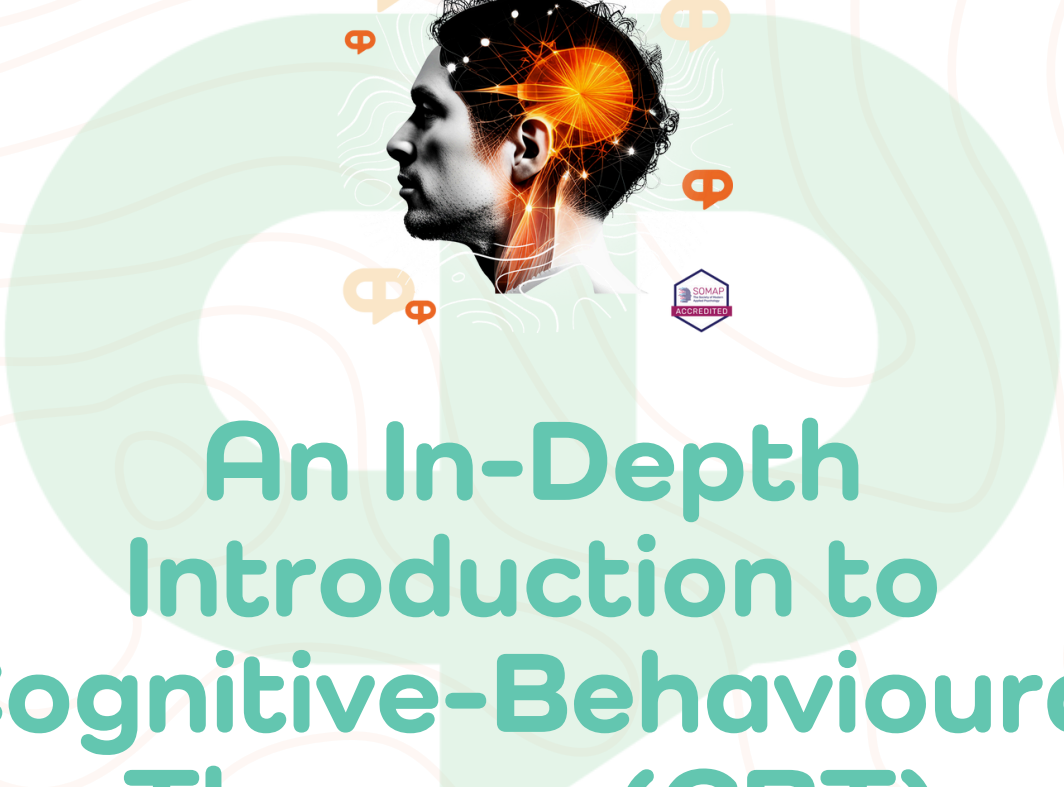
This course offers an insightful journey into how thoughts, beliefs, and behaviors shape your emotions and affect your wellbeing. Through practical exercises and examples, you'll discover how to apply NLP techniques to rewire unproductive thought patterns, effectively manage stress, and establish a personal culture of emotional resilience from deep within.

By the end of this course, you will know how to regulate your emotions, upgrade your interpersonal skills, and foster a mindset geared towards mental fitness. Through exercises and real-world applications, you'll learn to reframe negative thoughts, build empowering beliefs, and develop strategies for maintaining emotional balance in various situations.

- 12+ Hours of 4K Video Tutorials
- Enlightening 4K Video Tutorials
- 3 Months Achology Membership
- LIFETIME Access to this Course
- 1-to-1 Mentorship Opportunities
- MP3 Version of Course Included
- PDF Workbooks and Resources
- Join LIVE Events & Conferences
- Accreditation and CPD Options

**Not sure if this course is for you?
Test it out with 90+ minutes of free
lessons and decide for yourself!**





An In-Depth Introduction to Cognitive-Behavioural Therapy (CBT)



Mental Health Workers

Mental health and wellness workers who want to learn new cognitive disciplines for helping others.



Healthcare Professionals

Healthcare professionals striving to improve patient care and foster stronger patient relationships.



Personal Growth Seekers

Individuals seeking to achieve personal growth and enhance self-awareness throughout their lives.



Professional Therapists

Therapists seeking to grow their therapeutic repertoire and develop new skills for better results.



Self-Directed Learners

Individuals looking to improve their communication, leadership, and interpersonal leadership skills.



Parents and Caregivers

Parents and Caregivers seeking to support young people in their personal development journeys.



Management & Leadership

Business leaders looking to improve team communication & enhance group dynamics effectively.



Life Coaches & Mentors

Coaches aiming to enhance their client engagement and boost success rates in their practice.



An In-Depth Introduction to Cognitive-Behavioural Therapy (CBT)

Training Course Description



This Introduction to Cognitive Behavioural Therapy (CBT) training blends two of today's most popular fields of psychology to emphasise the ability of all people to achieve mental clarity and health. Unlike traditional psychiatry, which focuses more on human pathology, this course provides a framework for leveraging cognition to enable positive life changes.

Students will dive into an enlightening curriculum that covers vital themes such as self-awareness, personality, human identity, timeless life wisdom, and interpersonal skills. The course is crafted to help learners apply psychological insights to real-life situations, ensuring they gain practical, experiential understanding rather than just theoretical knowledge.

Founded in the 19th century, this field has undergone major advancements, providing deep insights into the mind and behavior. Our cognitive-psychology curriculum covers key CBT concepts like cognitive restructuring, behavioral activation, and problem-solving techniques. You'll learn to identify and challenge negative thought patterns, promoting lasting change.

Students explore multiple cognitive and behavioral models, to understand themselves first, before seeking to understand others. One area of focus is mindset, including the different types of belief system that lead people into unhelpful emotional states. Learners also explore the cognitive distortions that lead many people towards unhelpful decision making.

The training unpacks the foundational principles of CBT with a focus on cultivating deep inner resilience, emotional intelligence, and fostering an attitude that's geared towards continuous self-improvement. The curriculum is designed to equip learners with actionable strategies to facilitate their personal growth journey and achieve optimal personal growth.

- 14+ Hours of 4K Video Tutorials
- 3 Months Achology Membership
- LIFETIME Access to this Course
- 1-to-1 Mentorship Opportunities
- MP3 Version of Course Included
- PDF Workbooks and Resources
- Join LIVE Events & Conferences
- Accreditation and CPD Options

Not sure if this course is for you?
Test it out with 90+ minutes of free lessons and decide for yourself!





Cognitive Behavioural Therapy Practitioner Training Course (CBT)



Mental Health Workers

Mental health and wellness workers who want to learn new cognitive disciplines for helping others.



Healthcare Professionals

Healthcare professionals striving to improve patient care and foster stronger patient relationships.



Personal Growth Seekers

Individuals seeking to achieve personal growth and enhance self-awareness throughout their lives.



Professional Therapists

Therapists seeking to grow their therapeutic repertoire and develop new skills for better results.



Self-Directed Learners

Individuals looking to improve their communication, leadership, and interpersonal leadership skills.



Parents and Caregivers

Parents and Caregivers seeking to support young people in their personal development journeys.



Management & Leadership

Business leaders looking to improve team communication & enhance group dynamics effectively.



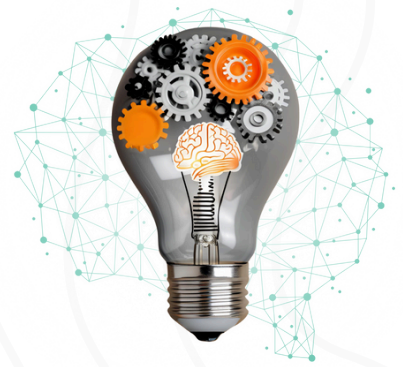
Life Coaches & Mentors

Coaches aiming to enhance their client engagement and boost success rates in their practice.



Cognitive Behavioural Therapy Practitioner Training Course (CBT)

Training Course Description



This complete Cognitive Behavioural Therapy (CBT) practitioner training blends two of today's popular fields of psychology to emphasise the ability of all people to achieve mental wellness. Unlike traditional psychiatry, that focus on human pathology, this course offers a positive framework for leveraging cognition to make positive life changes.

Participants will immerse themselves in a curriculum that covers a range of topics including self-knowledge, timeless life wisdom, and people skills. The course is designed to show learners how to apply psychological wisdom to their own real-life scenarios. By doing so, learners will end the course with experiential insights, instead of just theoretical knowledge.

Students will delve into cognitive and behavioral psychology, to understand themselves first, before trying to understand others. One key area of focus is mindset, including the different types of belief patterns that lead people into unhelpful emotional states. Learners also explore the cognitive distortions that lead many people towards making poor decisions.

Participants will explore the foundational principles of CBT with a focus on cultivating resilience, enhancing emotional intelligence, and fostering a mindset geared towards continuous self-improvement. The curriculum is designed to equip learners with actionable strategies to facilitate their personal growth journey and achieve optimal mental wellness.

From fostering awareness to boosting productivity, CBT provides an empowering foundation for learners to set goals and live purpose-driven lives. Enroll in this course and learn a practical process for leading people toward sustainable lifestyle changes. Start your journey towards becoming a skilled CBT practitioner and make a lasting difference in people's lives.

- 31+ Hours of 4K Video Tutorials
- 3 Months Achology Membership
- LIFETIME Access to this Course
- 1-to-1 Mentorship Opportunities
- MP3 Version of Course Included
- PDF Workbooks and Resources
- Join LIVE Events & Conferences
- Accreditation and CPD Options

**Not sure if this course is for you?
Test it out with 90+ minutes of free
lessons and decide for yourself!**





Cognitive Psychology for Mental Health and Emotional Mastery



Self-Directed Learners

Individuals aiming to deepen their self-knowledge, awareness and mature their outlook on life.



Parents & Caregivers

Individuals seeking to model confidence and emotionally intelligent parenting or caregiving.



Teachers and Mentors

Coaches and therapists wanting a deeper understanding of the psychological human experience.



Community Leaders

Leaders aiming to serve their community by advocating for mental wellness best practices.



Self-Help Enthusiasts

Individuals interested in deepening their knowledge of mental health and the human experience.



Healthcare Professionals

Mental health & wellness workers who want to learn impactful new disciplines for helping people.



Counsellors & Psychologists

Coaches and therapists wanting a deeper understanding of the psychological human experience.



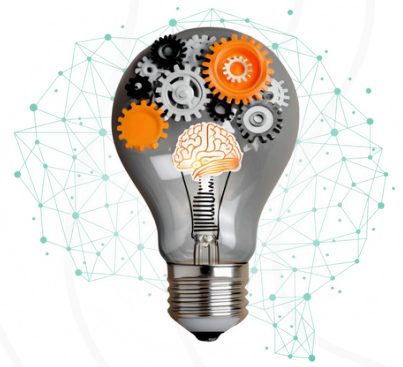
Mental Health Champions

Employees or managers seeking to implement mental health resources within their teams.



Cognitive Psychology for Mental Health and Emotional Mastery

Training Course Description



Embark on an eye-opening journey into your mental landscape with this enlightening psychology training. Gain the cognitive tools necessary to enhance your mental health and well-being. Rather than relying on anecdotal methods, this course delves into the essential principles of cognitive psychology, and more importantly, how to embody them.

Understanding one's psychology is essential for growing in self-awareness and emotional IQ. This course is designed to guide you through the key ideas of cognitive psychology, tailored specifically to foster better mental health. You will be introduced to various psychological theories and applications that help you navigate personal life challenges more effectively.

This course aims to elevate your awareness by helping you identify your cognitive patterns and reduce negative mental habits. During the program, you'll explore the various cognitions, biases, and worldviews that impact your thoughts, emotions, and behaviors. By the end, you'll be equipped with a robust toolkit to foster mental resilience and emotional stability.

Students will explore their thought patterns, challenge limiting beliefs, and align their worldview with their core values. With expert guidance, you will develop the skills to build emotional resilience, manage stress, and transform your mental state into one of focused clarity, empowering you to engage with the world purposefully and with intention.

Cognitive psychology is not a 'quick fix solution' for mental health issues, but rather, an approach to help you to identify and overcome negative thought patterns without medical intervention. It teaches you how to manage your mind, regulate your emotions, practice discipline, maintain composure in challenging situations and achieve meaningful goals in life.

- 16+ Hrs of On-Demand Learning
- 3 Months Achology Membership
- LIFETIME Access to this Course
- 1-to-1 Mentorship Opportunities
- MP3 Version of Course Included
- PDF Workbooks and Resources
- Join LIVE Events & Conferences
- Accreditation and CPD Options

**Not sure if this course is for you?
Test it out with 90+ minutes of free
lessons and decide for yourself!**





Life Coaching Practitioner Course (Beginner to Advanced)



Aspiring Life Coaches

Aspiring life coaches eager to launch a rewarding and successful career in the field of coaching.



Experienced Coaches

Experienced coaches seeking to upgrade their interpersonal skills and coaching methodology.



Holistic Therapists & Mentors

Holistic therapists wishing to integrate a life coaching process into their existing practice.



HR & Business Professionals

HR professionals & business mentors who to boost employee engagement or performance.



Teachers & Educators

Teachers seeking to create more collaborative environments that encourage student development.



Personal Growth Enthusiasts

Individuals dedicated to self-improvement, personal growth and helping others to achieve success.



Leaders and Management

Business leaders looking to improve team communication and enhance group dynamics effectively.



Parents and Consultants

Parents and consultants wanting a process for helping people to set goals and solve problems.



Life Coaching Practitioner Course (Beginner to Advanced)



Training Course Description

Life coaching has historically been a mysterious industry with many myths and much confusion surrounding it. The purpose of this life coaching certification training course is to provide you with the experiential knowledge, skills and understanding you need to become a competent life coach that people will take seriously, listen to, and trust.

Whether you're exploring life coaching for the first time or seeking to enhance your skills with a psychology-based approach to helping people, this thought-provoking course offers a great opportunity. By enrolling, you'll master an enlightening life coaching process that can lay the groundwork for a fulfilling and impactful career as a life coach.

This training dives beneath the surface of human behaviour, and explores the mindset patterns, attitudes, belief systems and worldviews that prevent people from being effective in their life pursuits. While this training isn't specifically intended to teach you about human psychology, you will by default, grow to understand yourself far better through this process.

Participants in this Life Coach training will also learn effective communication skills, goal-setting strategies, and how to develop meaningful personalized coaching plans. The course covers timeless insights and principles that can be applied to understand and motivate clients, helping them overcome obstacles and achieve their personal and professional goals.

This Life Coaching Practitioner Course places a primary emphasis on your personal growth and professional development. Your self-awareness, character, and people skills are the key to your effectiveness as a coach. You cannot genuinely lead others toward positive life, career, or relationship outcomes if you haven't overcome significant challenges for yourself.

- 38+ Hours of 4K Video Tutorials
- 3 Months Achology Membership
- LIFETIME Access to this Course
- 1-to-1 Mentorship Opportunities
- MP3 Version of Course Included
- PDF Workbooks and Resources
- Join LIVE Events & Conferences
- Accreditation and CPD Options

Not sure if this course is for you?
Test it out with 90+ minutes of free lessons and decide for yourself!





Life Coaching Fundamentals: Core Skills and Competency Training



Aspiring Life Coaches

Aspiring life coaches eager to launch a rewarding and successful career in the field of coaching.



Holistic Therapists & Mentors

Holistic therapists wishing to integrate a life coaching process into their existing practice.



Parents and Consultants

Parents and consultants wanting a process for helping people to set goals and solve problems.



Leaders and Management

Business leaders looking to improve team communication and enhance group dynamics effectively.



Experienced Coaches

Experienced coaches seeking to upgrade their interpersonal skills and coaching methodology.



HR & Business Professionals

HR professionals & business mentors who to boost employee engagement or performance.



Teachers & Educators

Teachers seeking to create more collaborative environments that encourage student development.



Personal Growth Enthusiasts

Individuals dedicated to self-improvement, personal growth and helping others to achieve success.



Life Coaching Fundamentals: Core Skills and Competency Training



Training Course Description

Whether you are beginning your journey in life coaching or seeking to deepen your existing knowledge, this course offers an enriching experience. It delves into a practical life coaching process, emphasizing the transformation of mindsets. You'll explore models that not only enable personal growth, but also foster meaningful change in others.

Contrary to popular belief, a life coach is not a 'fixer' of people. Instead, reputable life coaches provide structured support and accountability to individuals pursuing personal growth and enhanced productivity. This Life Coaching Core Skills and Competency Training transcends textbook learning, offering a cohesive life coaching process from start to finish.

This training delves into the intricacies of human behavior, examining the mindset patterns, attitudes, belief systems, and worldviews that may hinder one's effectiveness in life pursuits. Although the primary aim isn't to teach human psychology directly, you will naturally gain a deeper understanding of yourself, and how to relate to others through the learning process.

This course also provides useful tools and techniques to help learners overcome challenges and achieve their desired goals. The advanced life coaching training program goes beyond traditional coaching methods by incorporating a cutting-edge coaching approach to create a powerful and effective approach in helping clients reach their full life potential.

In this insightful and enriching training, you will learn how to guide people through challenging life transitions, including career changes, relationship difficulties, and personal growth journeys. You will develop skills in asking powerful questions, listening actively, and providing honest feedback, equipping others to gain clarity and move confidently toward their goals.

- 31+ Hours of 4K Video Tutorials
- 3 Months Achology Membership
- LIFETIME Access to this Course
- 1-to-1 Mentorship Opportunities
- MP3 Version of Course Included
- PDF Workbooks and Resources
- Join LIVE Events & Conferences
- Accreditation and CPD Options

**Not sure if this course is for you?
Test it out with 90+ minutes of free
lessons and decide for yourself!**





The Skilled Helper Training Course (with Prof. Gerard Egan PhD)



Mental Health & Wellness Workers
Mental health and wellness workers who want to learn new cognitive disciplines for helping others.



Healthcare Professionals
Healthcare professionals striving to improve patient care and foster stronger patient relationships.



Personal Growth Enthusiasts
Individuals seeking to achieve personal growth and enhance self-awareness throughout their lives.



Management & Leadership
Business leaders looking to improve team communication & enhance group dynamics effectively.



Individuals Seeking Self-Awareness
Individuals looking to improve their communication, leadership, and interpersonal leadership skills.



Life Coaches & Mentors
Coaches aiming to enhance their client engagement and boost success rates in their practice.



Teachers, Parents & Helpers
Teachers, Parents and Helpers seeking to support young people in their self-development journey.



Professional Therapists
Therapists seeking to grow their therapeutic repertoire and develop new skills for better results.



The Skilled Helper Training Course (with Prof. Gerard Egan PhD)



Training Course Description

Elevate your counseling and communication skills with the Skilled Helper Model. This course, based on the bestselling book, is led by the late Prof. Gerard Egan, and provides a practical framework for effective problem-solving, meaningful communication, and shaping interpersonal dynamics. You'll develop skills in active listening, empathy, and intervention techniques, empowering you to lead others expertly through change and growth.

Originally inspired by Carl Rogers, Egan devised an approach to helping people that aligns closely with person-centered counselling. By employing active listening skills, this method enables coaches and counselors to deeply understand their clients' primary concerns and challenges. It also aids clients in identifying and addressing their core issues effectively.

The Skilled Helper Model is a widely recognized and respected approach to counseling that has been used by professionals around the world for over 40 years. This model emphasizes the importance of building strong relationships with clients, understanding their unique perspectives and needs, and empowering them to create positive changes in their lives.

In this course, you will learn to apply the key principles of the Skilled Helper Model in various contexts, including personal development, therapy, coaching, and leadership. Through case studies and practical exercises, you will gain a deeper understanding of the stages of change and how to facilitate growth and problem resolution for yourself and others.

The skills taught in this course can be applied to many situations, whether working with clients, coworkers, family members, children or friends. You will learn to ask 'helpful' questions, listen actively and empathetically, and provide wise support and guidance. You will receive a useful strategy for effectively leading others towards growth and success.

- 7+ Hours of 4K Video Tutorials
- 3 Months Achology Membership
- LIFETIME Access to this Course
- 1-to-1 Mentorship Opportunities
- MP3 Version of Course Included
- PDF Workbooks and Resources
- Join LIVE Events & Conferences
- Accreditation and CPD Options

Not sure if this course is for you?
Test it out with 90+ minutes of free lessons and decide for yourself!





The Skilled Helper Practitioner Course (Advanced to Expert)



Management Consultants

Consultants wanting tools for effective problem-solving and innovative approaches to challenges



Parents and Helpers

Individuals dedicated to self-improvement, personal growth and helping others to achieve success.



Professional Therapists

Therapists seeking to grow their therapeutic repertoire and develop new skills for better results.



Teachers and Faculty

Teachers seeking to create more collaborative environments that encourage student development.



Coaches and Mentors

Coaches aiming to enhance their client engagement and boost success rates in their practice



Personal Growth Enthusiasts

Individuals dedicated to self-improvement, personal growth and helping others to achieve success.



Experienced Coaches

Experienced coaches looking to enhance their interpersonal skills and coaching methods.



Thought Leaders

Thought leaders seeking a process for problem-solving and innovative approaches to challenges.



The Skilled Helper Practitioner Course (Advanced to Expert)



Training Course Description

All people experience problems throughout life, but it is how we overcome them that defines who we are. Whether facing financial struggles or dealing with personal relationships, everyone has a unique set of difficulties to navigate. The Skilled Helper Practitioner training will equip you with a time-proven methodology for handling these challenges effectively.

Building on the foundation of the Skilled Helper training with Prof. Gerard Egan, the Skilled Helper Practitioner training takes a deeper dive into the principles that equip coaches and counselors to understand their clients' challenges and opportunities for personal growth and progression. This unique training includes six full demonstrations of skilled helping in action.

Skilled helping is a methodical process that supports people as they define their issues, take responsibility for their challenges, identify avenues for growth, and set meaningful goals to achieve them. This training provides an in-depth understanding of the three stages of the Skilled Helper model and equips you to facilitate impactful conversations with people in need.

Delving into the principles of person-centered counseling and emphasizing advanced communication skills such as active listening, this thoughtful program offers insights for creating a solution-oriented environment for others. By mastering these skills, you will be able to guide people towards their goals and enable positive growth throughout their lives.

In this course, you will be shown how to apply the key principles of Skilled Helping in various contexts, including personal growth, goal setting, coaching, and leadership. Through case studies and hands-on demonstrations, you will gain a deeper understanding of the stages of change and how to facilitate growth and problem resolution for yourself and others.

- 13+ Hrs of On-Demand Learning
- Enlightening 4K Video Tutorials
- 3 Months Achology Membership
- Join LIVE Events & Conferences
- LIFETIME Access to this Course
- 1-to-1 Mentorship Opportunities
- MP3 Version of Course Included
- Accreditation and CPD Options

**Not sure if this course is for you?
Test it out with 90+ minutes of free
lessons and decide for yourself!**





Hypnotherapy and Hypnosis Practitioner Course (Beginner to Advanced)



Applied Psychologists

Applied psychologists who intend to incorporate hypnotherapy into their repertoire of people skills.



Seasoned Counsellors

Experienced counsellors looking to deepen their psychological insight and approach with clients.



Students and Learners

Students aiming to develop a deep understanding of human behavior and cognitive processes.



Mental Health Workers

Teachers seeking to enhance their teaching methods and foster supportive learning environments.



Healthcare Professionals

Healthcare professionals looking to enhance their ability to connect with people with hypnotherapy.



Coaches and Therapists

Coaches and therapists wanting a deeper understanding of the psychological human experience.



Responsible Parents

Parents seeking to understand their children and also help them to better understand themselves.



Self-Directed Learners

Individuals aiming to enhance their interpersonal relationships and deepen their self-understanding.



Hypnotherapy & Hypnosis Practitioner Course (Beginner to Advanced)



Training Course Description

This Hypnotherapy and Hypnosis training provides an in-depth exploration into the world of therapeutic hypnosis. This course blends key ideas, principles and theories with established hypnotherapy practices, making it ideal learning experience for those seeking apply an understanding of hypnosis in both personal or professionally settings.

For centuries, hypnosis has served as a useful conversational process, allowing people to explore their subconscious minds, gain clarity, and identify opportunities for positive lifestyle improvements. This thought-provoking and honest training takes a sensible approach to hypnosis, demystifying a topic that's long been shrouded in uncertainty and showmanship.

This course delivers a cohesive learning framework for understanding the core methods in hypnotherapy. It draws on the contributions of various pioneering hypnotherapists and psychologists whose innovations have historically influenced the field. These insights are crucial for effective hypnosis sessions and empowering individuals towards personal growth.

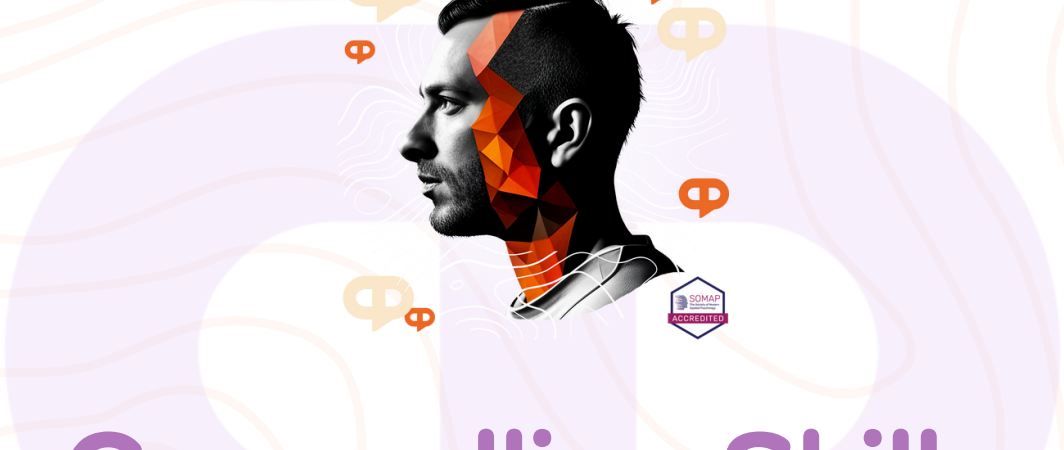
Learners will delve into key theories and frameworks, drawing upon the work of figures such as Milton Erickson, James Braid, Franz Mesmer, and others who have contributed to the evolution of hypnosis. This exploration aims to equip students with a nuanced understanding of interpersonal dynamics, tailored to suit varied client backgrounds and needs.

This methodology ensures students gain not only theoretical knowledge but the practical wisdom required to apply hypnotherapy solutions in various life aspects. By the end of the course, students will have gained a deep understanding of trance states, suggestibility, and the human psyche, leveraging insights to deliver truly enlightening hypnotherapy sessions.

- 27+ Hours of 4K Video Tutorials
- 3 Months Achology Membership
- LIFETIME Access to this Course
- 1-to-1 Mentorship Opportunities
- MP3 Version of Course Included
- PDF Workbooks and Resources
- Join LIVE Events & Conferences
- Accreditation and CPD Options

Not sure if this course is for you?
Test it out with 90+ minutes of free lessons and decide for yourself!





Counselling Skills Practitioner Course (Beginner to Advanced)



Students and Learners

Students aiming to develop a deep understanding of human behavior and cognitive processes.



Mental Health Workers

Mental health and wellness workers who want to learn new cognitive disciplines for helping others.



Responsible Parents

Parents seeking to understand their children and also help them to better understand themselves.



Seasoned Counsellors

Experienced counsellors looking to enhance their counselling abilities and approach with clients.



Coaches and Therapists

Coaches and therapists wanting a deeper understanding of the psychological human experience.



Teachers and Mentors

Teachers seeking to enhance their teaching methods and foster supportive learning environments.



Business Professionals

Business professionals can leverage psychological insights to improve organizational dynamics.



Self-Directed Learners

Individuals aiming to enhance their interpersonal relationships and deepen their self-understanding.



Counselling Skills Practitioner Course (Beginner to Advanced)



Training Course Description

This thought-provoking training offers an in-depth exploration into the fascinating world of counselling psychology. This course blends key ideas, principles and theories with a proven counselling methodology, making it ideal learning experience for those seeking to exercise their knowledge of counselling psychology in personal or career settings.

This course delivers a cohesive framework for understanding and applying the core principles of person-centered counseling. It draws on the insights and experiences of varied historical counseling professionals whose theories and practices have significantly shaped the field. These contributions are vital for effective communication and empowering individuals.

Learners will delve into key theories and frameworks, drawing upon the work of influential figures such as Carl Rogers, Albert Ellis, Abraham Maslow, and others who have driven innovation in counseling approaches. This exploration aims to equip students with a nuanced understanding of counseling dynamics, tailored to suit varied client backgrounds and needs.

This approach ensures that students acquire theoretical knowledge, and also the wisdom to apply it in various aspects of their life and work. On completion, students will have developed a profound understanding of how human beings think, feel, and interact with the world, empowered by insights that can lead to the delivery of an exceptional counseling practice.

This online counselling training course delivers an actionable approach to counselling, and includes two full counselling process demonstrations. By blending together theory, life principles, and influential people skills into an undirected dialogue, this self-guided training will equip you to support people in positive transformations in their thought processes.

- 44+ Hours of 4K Video Tutorials
- 3 Months Achology Membership
- LIFETIME Access to this Course
- 1-to-1 Mentorship Opportunities
- MP3 Version of Course Included
- PDF Workbooks and Resources
- Join LIVE Events & Conferences
- Accreditation and CPD Options

**Not sure if this course is for you?
Test it out with 90+ minutes of free
lessons and decide for yourself!**





Mindfulness Practitioner Certification Course (Beg - Advanced)



Self-Directed Learners

Individuals aiming to deepen their self-knowledge, awareness and mature their outlook on life.



Personal Growth Enthusiasts

Individuals interested in deepening their knowledge of mindfulness and the human experience.



Responsible Parents

Parents seeking to understand their children and help them grow into responsible young people.



Healthcare Professionals

Mental health and wellness workers who want to learn mindfulness disciplines for helping others.



Teachers and Mentors

Teachers seeking to enhance their teaching methods and foster supportive learning environments.



Coaches and Therapists

Coaches and therapists wanting a deeper understanding of the psychological human experience.



Counsellors & Psychologists

Counsellors and Psychologists looking to deepen their ability to connect meaningfully with clients.



Business Professionals

Business professionals seeking to leverage principled life wisdom to improve organizational culture.



Mindfulness Practitioner Certificate Course (Beginner to Advanced)



Training Course Description

This Mindfulness practitioner training offers a deep exploration of the discipline of wise and mindful living. Designed to integrate key ideas, attitudes, and practical wisdom, this course equips learners with a structured approach to elevating their awareness and developing a wise outlook on life that's essential in all personal and career settings.

This course presents a framework for understanding the core principles of mindfulness. Drawing on the work of timeless philosophical traditions, it highlights insights crucial for deepening your self-understanding and enabling inner tranquility. Whether you're a beginner or have some mindfulness experience, this course offers tools to deepen and enrich your life.

Learners will explore the foundational teachings and methodologies of mindfulness, informed by the legacies of key figures such as Jon Kabat-Zinn, Thich Nhat Hanh, and Pema Chödrön, among others. This exploration aims to provide students with a deep appreciation of timeless wisdom, and how it can be applied to enrich life everyday experiences and challenges.

You'll journey into the depths of human consciousness and learn to incorporate mindfulness principles into your daily routine. You'll learn disciplines to train your mind, manage stressful situations, and cultivate equanimity. Mindfulness is a continuous journey fostering clear thinking and serenity. In the midst of modern life's hustle, it helps you find the stillness within.

This approach ensures students gain not only theoretical wisdom but also insights to apply mindfulness in various aspects of their life. By the course's conclusion, learners will have developed an in-depth understanding of the human capacity for growth, enlightenment, embodying wisdom, and living one's life in a emotionally grounded and balanced way.

- 33+ Hours of 4K Video Tutorials
- 3 Months Achology Membership
- LIFETIME Access to this Course
- 1-to-1 Mentorship Opportunities
- MP3 Version of Course Included
- PDF Workbooks and Resources
- Join LIVE Events & Conferences
- Accreditation and CPD Options

**Not sure if this course is for you?
Test it out with 90+ minutes of free
lessons and decide for yourself!**





Mindfulness Training for Mental Wellness and Cultivating Inner Peace



Self-Directed Learners

Learners seeking to deepen their self-awareness and improve their sense of clarity.



Aspiring Entrepreneurs

Individuals striving to maintain calm and balance while making thoughtful decisions.



Stressed Professionals

Workers wanting to manage stress effectively and cultivate peace in their daily lives.



Responsible Leaders

Leaders seeking to deepen their empathy and mindfulness to nurture healthier connections.



Personal Growth Seekers

People eager to boost their emotional resilience and foster meaningful inner harmony.



Parents and Caregivers

People aiming to model patience and nurture emotional well-being in their families.



Wellness Enthusiasts

People passionate about integrating mindfulness practices into an emotionally healthy lifestyle.



Burnout Recoverers

Professionals rediscovering calm by creating disciplines that enable mental wellness.



Mindfulness Training for Mental Wellness and Cultivating Inner Peace



Training Course Description

This enlightening training offers a journey into the depths of your mental landscape, giving you the tools to enhance your mental health and achieve inner peace. Instead of focusing on traditional calming models, this course dives into the wisdom of ancient philosophies, merging them with psychological insights to refine the art of mindful living.

This training is designed to help you achieve crystal-clear clarity on the accuracy of your thoughts and focus. Instead of engaging in breathing or emptying your mind, you'll learn to direct your attention intentionally and think with precision. Through this course, you will learn about your psychological make-up, and how knowing this can enhance your mental health.

You'll journey into the depths of human consciousness and learn to incorporate mindfulness principles into your daily routine. You'll learn disciplines to train your mind, manage stressful situations, and cultivate equanimity. Mindfulness is a continuous journey fostering clear thinking and serenity. In the midst of modern life's hustle, it helps you find the stillness within.

This training course explores crucial questions, including: What is the connection between mindfulness and mental health? How do our beliefs shape our attitudes? How can we build emotional resilience to better handle life's challenges? Where do we draw the line between mindful living and controlling our thoughts and feelings? Is personality fixed or changeable?

Our aim is not to persuade you into a particular belief system, but rather offer a new perspective, with an aim of elevating your awareness. The course will provide opportunities for introspection, guiding you on how to take responsibility for your thoughts and actions. It will help you understand the power of cultivating inner peace through mindful self-discipline.

- 14+ hrs of On-Demand Learning
- 3 Months Achology Membership
- LIFETIME Access to this Course
- 1-to-1 Mentorship Opportunities
- MP3 Version of Course Included
- PDF Workbooks and Resources
- Join LIVE Events & Conferences
- Accreditation and CPD Options

**Not sure if this course is for you?
Test it out with 90+ minutes of free
lessons and decide for yourself!**





Mindfulness in Management: Power-Up Your Leadership Presence



Emerging Leaders

Aspiring managers seeking tools to elevate their leadership presence and build resilience.



Organizational Leaders

Executives prioritizing employee engagement and ethical, mindful organizational growth.



Stress Managers

Leaders looking to handle workplace pressure mindfully while sustaining peak performance.



HR Professionals

Specialists working to improve workplace culture through empathy and thoughtful leadership.



Decision Makers

Professionals aiming to use mindful strategies to make balanced and informed decisions.



Team Coaches

Individuals guiding groups and desiring stronger emotional awareness & communication.



Creative Thinkers

Innovators eager to combine mindfulness with leadership for creative team collaborations.



Career Changers

Professionals transitioning into leadership roles and needing to harness mindfulness skills.



Mindfulness in Management: Power-Up Your Leadership Presence



Training Course Description

This enlightening course on Mindfulness in Management is crafted to empower self-motivated leaders by equipping them with the insights to enhance their presence and navigate leadership complexities with wisdom. It is suitable for leaders at all levels who wish to cultivate a mindful approach that positively impacts their teams and organizations.

Despite over \$46 billion spent annually on leadership training, the world faces a leadership crisis. This course will show you how mindful and self-aware leadership can revolutionize traditional leadership approaches. By redefining effective leadership, this training offers a practical and impactful solution to organizational engagement and execution challenges.

In today's fast world, being an impactful leader requires more than skill; it demands a strong sense of maturity and presence. Our training delves into the heart of aware leadership, which is essential for fostering an environment of trust, collaboration, and innovation. Students will learn how to embody mindfulness to improve their decision-making and resilience.

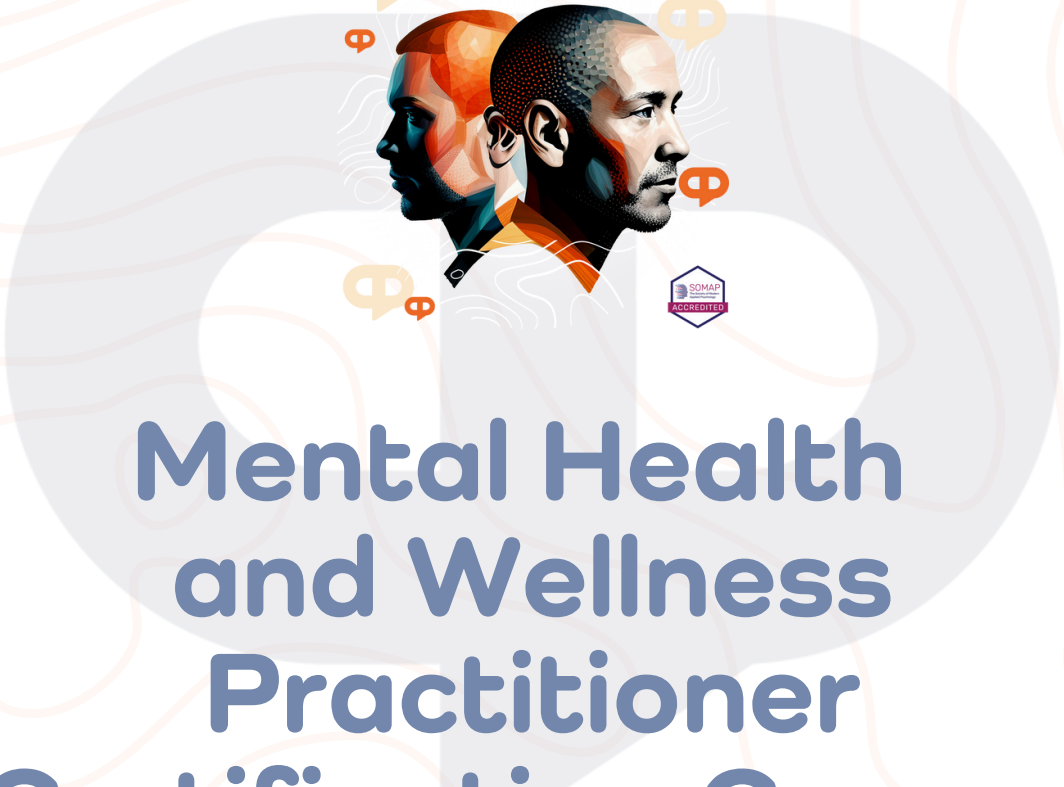
Leadership is not just about influence; it's about embodying the principles you need your team to impart. Leading with mindfulness involves being in tune with yourself and your own motives. This course addresses questions like: How can mindfulness enhance leadership? How do leaders cultivate emotional intelligence to benefit their teams and organizations?

This mindfulness leadership training will equip you to maintain objectivity and a strategic perspective in the face of challenging situations. Mindfulness provides tools for enhancing mental well-being, self-awareness, stress management, and more. When integrated within a leadership framework, this course delivers far beyond just 'another' leadership training.

- 13+ Hrs of On-Demand Learning
- 3 Months Achology Membership
- LIFETIME Access to this Course
- 1-to-1 Mentorship Opportunities
- MP3 Version of Course Included
- PDF Workbooks and Resources
- Join LIVE Events & Conferences
- Accreditation and CPD Options

**Not sure if this course is for you?
Test it out with 90+ minutes of free
lessons and decide for yourself!**





Mental Health and Wellness Practitioner Certification Course



Self-Directed Learners

Learners seeking to expand self-awareness, emotional resilience & mental well-being.



Personal Growth Seekers

Individuals interested in deepening their knowledge of mental health and the human experience.



Parents & Caregivers

People seeking to nurture emotionally healthy environments for the individuals they care for.



Healthcare Professionals

Mental health & wellness workers who want to learn impactful new disciplines for helping people.



Teachers & Mentors

Coaches and therapists wanting a deeper understanding of the psychological human experience.



Mental Health Champions

Employees or managers seeking to implement mental health resources within teams.



Counsellors & Psychologists

Counsellors and Psychologists looking to deepen their ability to empathically relate with clients.



Community Leaders

Community leaders aiming to serve their groups by advocating for mental wellness practices.



Mental Health and Wellness Practitioner Certification Course

Training Course Description



This Mental Health and Wellness training offers an in-depth exploration into the attitudes and positive psychology that enable people to live mentally healthy lives. Rather than focusing on human pathology, this course emphasizes the limitless potential inherent in all people to enhance their lives, develop, mature, and cultivate mental discipline.

Designed for learners passionate about promoting positive mental health, this course equips learners with the necessary understanding, wisdom and skills to support and empower those struggling with mental wellness challenges. Whether you're a beginner or have some experience in this critical area, this course offers insights that transform people's lives.

Students will learn the various applications of positive psychology, cognition, mindfulness, and emotional IQ. Informed by the wisdom of figures such as Gerard Egan, Carl Rogers, Albert Ellis, and Abraham Maslow among others. This study aims to equip students with a deep appreciation of how wisdom can be applied to everyday situations and challenges.

This approach ensures students gain not only theoretical wisdom but also the insights to apply positive psychology in all areas of their life. By the course's conclusion, learners will have an in-depth understanding of the human capacity for growth, enlightenment, applying wisdom, and living one's life in a principled, emotionally grounded and balanced way.

This Mental Health practitioner course offers a fresh perspective on mental health. Instead of offering superficial solutions, it provides in-depth insights into the cognitive patterns that contribute to emotional imbalance. By examining these patterns, you will gain the knowledge to foster personal growth, and effectively guide others in improving their outlook on life.

- 38+ Hrs of On-Demand Learning
- 3 Months Achology Membership
- LIFETIME Access to this Course
- 1-to-1 Mentorship Opportunities
- MP3 Version of Course Included
- PDF Workbooks and Resources
- Join LIVE Events & Conferences
- Accreditation and CPD Options

**Not sure if this course is for you?
Test it out with 90+ minutes of free
lessons and decide for yourself!**





The Assertiveness, Self-Esteem & Emotional IQ Masterclass



Personal Growth Seekers

People eager to enhance their self-esteem & build meaningful, confident connections.



Aspiring Entrepreneurs

Individuals learning to assertively express ideas and make emotionally sound decisions.



Parents and Caregivers

People aiming to model confidence and emotionally intelligent parenting or caregiving.



Helping Professionals

Coaches or mentors wanting to guide others in self-esteem and emotional intelligence.



Relationship Builders

Anyone wishing to communicate better, set boundaries, and strengthen relationships.



Aspiring Leaders

Professionals looking to build confidence, elevate their presence ability to inspire others.



Recent Graduates

Young adults looking to develop self-awareness & improve communication in new careers.



Business Owners

Business owners wanting to develop emotional intelligence for decision-making success.



The Assertiveness, Self-Esteem & Emotional IQ Masterclass



Training Course Description

This empowering training will uncover all the key components of confidence and assertiveness, bolstering your emotional IQ and self-awareness. Through focused habits such as self-reflection, boundary setting, and honest communication, you will learn to navigate social interactions and challenging situations with poise and wisdom.

You will receive practical insights for driving your personal growth and empowerment, rooted in understanding our emotions and how they influence our interactions. This course offers practical strategies that have been applied successfully in various domains including corporate settings, mentorship programs, personal relationships, and community leadership.

Key to this training is fostering self-knowledge. By exploring habit tendencies and thought patterns, we can develop a deep sense of who we are, enabling us to make informed choices that align with our core values and immediate priorities. This growth in self-awareness lays the groundwork for increased confidence and assertiveness in everyday encounters.

Cultivating emotional IQ and becoming clear on who you are is the heart of our training. Emotional IQ involves understanding, and managing emotions, as well as empathizing with the emotions of others. This allows us to navigate social dynamics with tact. The course delves into honing emotional intelligence, and integrating new disciplines into your daily life.

This paradigm-shifting training offers a roadmap for those already engaged in the process of personal growth. It offers timeless wisdom and insights to help you understand yourself deeply, identify your blind spots, master your mind, embrace your imperfections, and achieve the inner serenity that can only come from knowing and making peace with yourself.

- 11+ Hours of 4K Video Tutorials
- 3 Months Achology Membership
- LIFETIME Access to this Course
- 1-to-1 Mentorship Opportunities
- MP3 Version of Course Included
- PDF Workbooks and Resources
- Join LIVE Events & Conferences
- Earn a Certificate of Completion

**Not sure if this course is for you?
Test it out with 90+ minutes of free
lessons and decide for yourself!**





Identity Dynamics: An Authentic Confidence & Self- Esteem Masterclass



Self-Directed Learners

Learners seeking to mature their self-understanding, authenticity, and personal outlook.



Personal Growth Seekers

Individuals who are eager to strengthen their self-knowledge and increase self-awareness.



Parents and Caregivers

People aiming to help children or young people become confident in their genuine identity.



Students and Graduates

Learners cultivating self-esteem to face academic pressures and embrace future opportunities.



Business Professionals

Workers enhancing confidence and authenticity to thrive in fast-paced work environments.



Life Transitioners

Individuals navigating change with the insights to reinforce their self-identity and assurance.



Mentors and Coaches

Guides fostering confidence-building skills to effectively support the growth of other people.



Wellness Practitioners

Health practitioners aligning self-esteem practices with their holistic approach to helping others.



Identity Dynamics: An Authentic Confidence & Self-Esteem Masterclass



Training Course Description

In recent years, the notion of authenticity has been clouded by its overuse in marketing, social platforms, and within style magazines, leading to a widespread misunderstanding of its true essence. Authenticity is not just a label but a quality that signifies genuineness and sincerity. It's about living with complete integrity, conviction and confidence.

This course is designed to help you understand your true identity, recognize your self-worth, build authentic confidence, and develop resilience in the face of challenges. Through a blend of theory, practical exercises, and real-life examples, it offers valuable insights into your core self while equipping you to foster positive transformation throughout all areas of your life.

If you're seeking to cultivate authentic confidence that lasts, this enlightening journey into the heart of your identity will lead you to make peace with who you are, accept who you're not, making peace with your shortcomings and shed the limiting self-beliefs that breed self-doubt. If there is one subject that deserves a place in every school curriculum, it's this.

Many outlets offer quick-fix techniques and anecdotal solutions, suggesting that confidence can be won instantly. This is not true. If you're seeking easy answers and assume confidence is something that can be learned, be advised that it won't work that way. The **ONLY** way to develop true confidence is by committing to the process of being who you truly are.

This training draws from a range of psychological and philosophical models to guide you on an enlightening journey of growth. By shedding everything false, inauthentic, or superficial, you will uncover your true self. Ultimately, this course aims to help you become secure in who you are and develop lasting confidence and authentic self-esteem that radiates from within.

- 13+ Hours of 4K Video Tutorials
- 3 Months Achology Membership
- LIFETIME Access to this Course
- 1-to-1 Mentorship Opportunities
- MP3 Version of Course Included
- PDF Workbooks and Resources
- Join LIVE Events & Conferences
- Earn a Certificate of Completion

**Not sure if this course is for you?
Test it out with 90+ minutes of free
lessons and decide for yourself!**





Master Your Emotions and Revolutionise Your Interpersonal Skills



Self-Directed Learners

Learners seeking to mature their self-knowledge, awareness and their outlook on life.



Aspiring Entrepreneurs

Individuals learning to assertively express ideas and make emotionally sound decisions.



Relationship Builders

People motivated to improve communication and create more harmonious relationships.



Emerging Professionals

Early-career individuals seeking to refine their social skills and emotional awareness.



Personal Growth Seekers

People eager to enhance their self-esteem & build meaningful, confident connections.



Parents and Caregivers

People aiming to model confidence and emotionally intelligent parenting or caregiving.



Managers and Leaders

Leaders aiming to inspire trust and address workplace dynamics with emotional insight.



Community Builders

Individuals desiring to strengthen emotional bonds and foster inclusivity within groups.



Master Your Emotions and Revolutionise Your Interpersonal Skills



Training Course Description

This transformative course is designed to equip learners with the tools needed to gain control over their emotions and revolutionize their social interactions. Suitable for anyone seeking to improve their interpersonal relationships, this course emphasizes emotional intelligence and empathetic communication to facilitate authentic connections.

In our ever-connected world, emotional IQ is key to building healthy relationships and robust people skills. Our training explores emotional mastery as a key element for building social connections, enabling learners to express themselves openly and authentically. Students will learn to understand, and regulate their emotions to navigate social dynamics effectively.

Effective social skills are not just about interacting with others; they're about communicating with clarity and empathy. Mastering your emotions allows you to respond to others with consideration. This course addresses questions like: How can emotional mastery improve interpersonal communication? How can building resilience benefit your social interactions?

With an increased focus on emotional intelligence globally, the skills to master your emotions and enhance social skills are more critical than ever. This course will demonstrate how understanding and managing your emotions can lead to more effective communication and healthier relationship-building, ultimately transforming interactions in all areas of your life.

Completing this course will help you develop greater intuition, emotional awareness, and social aptitude. You will learn to build genuine, more connected relationships and feel more confident in your daily interactions. This psychology-based training will refine your social skills, enhance your focus, and equip you engage genuinely in your interpersonal exchanges.

- 13+ Hours of 4K Video Tutorials
- 3 Months Achology Membership
- LIFETIME Access to this Course
- 1-to-1 Mentorship Opportunities
- MP3 Version of Course Included
- PDF Workbooks and Resources
- Join LIVE Events & Conferences
- Earn a Certificate of Completion

**Not sure if this course is for you?
Test it out with 90+ minutes of free
lessons and decide for yourself!**





The Ultimate Guide to Motivation, Hyper Focus and Productivity



Self-Directed Learners

Learners seeking to strengthen their focus, drive, and ability to achieve personal goals.



Personal Growth Seekers

People eager to understand their innermost motivations and how to prioritise with wisdom.



Aspiring Entrepreneurs

Individuals learning to sustain their motivation and balance priorities when growing ventures.



Parents and Caregivers

People aiming to model productivity, discipline and instill focus within nurturing environments.



Emerging Leaders

New leaders striving to inspire motivation and efficiently manage time and team goals.



Burnout Recoverers

People passionate about streamlining their focus and workflow for improved efficiency.



Productivity Enthusiasts

People focused on designing strategies to capitalize on their most productive moments.



Goal-Setting Visionaries

Those dedicated to clarifying their ambitions & creating efficient strategies to reach them.



The Ultimate Guide to Motivation, Hyper Focus and Productivity



Training Course Description

To clarify, this is not a typical 'how to be more productive' course. Instead, this training is designed to help you uncover what truly motivates you. By understanding this, you can set meaningful goals and dedicate your time to activities that align with your core values and priorities, allowing you to live and work in harmony with what matters most to you.

The Hyper-Focus, Prioritisation and Productivity Masterclass teaches you to identify your priorities, sharpen your focus, and boost your productivity without extending your work hours or exerting more effort. By blending psychological insights with practical life wisdom, this course unveils the secrets that set highly effective people apart from ordinary achievers.

The course starts by exploring the concept of motivation—what it is and how it impacts our actions and decisions. We then transition to prioritisation, where we learn to identify and rank goals based on personal motivations and values. Following that, we address strategies for improving focus by understanding the distractions that hinder achieving our goals.

Like gazing into a mirror, this course offers insights to deepen your awareness, revealing the source of all motivation. With these insights, you can make choices about your future pursuits. By knowing what drives you, you can develop a congruent strategy to enhance your productivity without risking burnout, overworking, or compromising your health.

In today's fast world, distractions are everywhere and it can be challenging to maintain focus. This course is for anyone who wants to improve their productivity and become more efficient with their time. Whether you're a busy professional, student, or entrepreneur, this course offers insights and strategies that can be applied to any field or industry.

- 12+ Hours of 4K Video Tutorials
- 3 Months Achology Membership
- LIFETIME Access to this Course
- 1-to-1 Mentorship Opportunities
- MP3 Version of Course Included
- PDF Workbooks and Resources
- Join LIVE Events & Conferences
- Earn a Certificate of Completion

Not sure if this course is for you?
Test it out with 90+ minutes of free lessons and decide for yourself!





The Strategic Goal Setting, Action Planning and Productivity Course



Self-Directed Learners

Self-motivated individuals seeking to plan their futures and set purposeful long-term goals.



Aspiring Entrepreneurs

Professionals who want to set goals that align with their immediate priorities, vision and values.



Teens & Young People

Individuals who are disillusioned about the future and who want to choose a meaningful path.



Small Business Owners

Entrepreneurs using goal setting insights to direct their business planning and commitments.



Personal Growth Seekers

People eager to raise self-awareness and develop productivity through structured learning.



Career Changers

Professionals leveraging goal setting strategies to define and achieve new vocational pursuits.



Confidence Builders

Individuals striving to set achievable future goals and reinforce a belief in their own capabilities.



Parents and Caregivers

Individuals passionate about sharing goal setting wisdom with their children or teens.



The Strategic Goal Setting, Action Planning and Productivity Course



Training Course Description

The Goal Setting, Strategic Planning and Productivity Course is your guide to navigating life with precision, efficiency, and purpose. This paradigm-shifting training dives deep into defining clear, measurable objectives that align with your values and aspirations. It's not just about setting goals, it's about 'sharpening-up' your approach to achieving them.

At some point in life, everyone asks themselves the questions, "What do I want to achieve with my life?" This is where goal setting becomes essential. It is a strategic process that allows you to specify what you hope to accomplish in important areas of your life, such as career, relationships, finances, health, personal growth, and your contributions to the world.

This course is about determining why you're doing what you're doing and aligning this with the actions needed to move your life in a clear direction. It will guide you through the process of identifying and setting meaningful goals, developing strategic plans to achieve them, and integrating productivity methods to keep you focused and motivated along the way.

During this training, students will learn to identify their long, medium and short-term goals, break them down into actionable steps, and start pursuing them. The course will also cover the importance of mindset, motivation, and perseverance, giving students the tools to overcome obstacles and stay committed to their objectives with clarity and determination.

This goal setting, strategic planning and productivity course is designed to equip learners with a timeless methodology for setting meaningful goals and creating plans to achieve them. Through a cohesive series of video lessons, you will receive an in-depth understanding of goal-setting and the psychological principles that enhance strategic thinking.

- 9+ Hours of 4K Video Tutorials
- 3 Months Achology Membership
- LIFETIME Access to this Course
- 1-to-1 Mentorship Opportunities
- MP3 Version of Course Included
- PDF Workbooks and Resources
- Join LIVE Events & Conferences
- Earn a Certificate of Completion

**Not sure if this course is for you?
Test it out with 90+ minutes of free
lessons and decide for yourself!**





The Communication Skills and Social Intelligence (SiQ) Masterclass



Self-Directed Learners

Learners seeking to mature their self-knowledge, awareness and their outlook on life.



Personal Growth Seekers

People eager to enhance their self-esteem & build meaningful, confident connections.



Aspiring Entrepreneurs

Individuals learning to assertively express ideas and make emotionally sound decisions.



Parents and Caregivers

People aiming to model confidence and emotionally intelligent parenting or caregiving.



Emerging Leaders

New leaders and managers seeking to nurture trust, clarity, and collaboration within their teams.



Career Transitions

Professionals honing their communication skills to confidently thrive in new fields.



Networking Professionals

Individuals creating authentic professional relationships through skillful interactions.



Team Builders

Leaders aiming to cultivate cooperation and shared vision through improved dialogue.



The Communication Skills and Social Intelligence (SiQ) Masterclass



Training Course Description

This dynamic course empowers learners to significantly boost their social IQ and refine their communication skills. Perfect for anyone eager to excel in both personal or professional interactions, this comprehensive course highlights the importance of clear communication and effective listening to forge healthy, meaningful and lasting relationships.

Effective communication is essential for thriving in social settings. It involves understanding instructions, listening without bias, making humble requests, asking respectful questions, and conveying information clearly and concisely. Mastering these skills is fundamental for building meaningful connections without judgment or unnecessary misunderstandings.

This course focuses on the key elements of effective interpersonal communication, including: How do you communicate clearly and effectively? How can active listening enhance your social interactions? What are the strategies for managing conflicts and disagreements in relationships? How can you build trust and rapport with others through communication?

The course begins by exploring the role of language, attitude, and behaviors in shaping our interpersonal connections. Next, it delves into understanding emotions and creating positive mental states to improve social interactions. Students learn about the impact of Emotional Intelligence on relationships and how self-awareness plays a crucial role in personal growth.

This communication skills and social intelligence course will help you sharpen-up your people skills and equip you to build strong, cohesive relationships. By blending theoretical wisdom with practical applications, this program provides the insights you need to communicate more authentically and expand your social circles with greater confidence and ease.

- 16 Hours of 4K Video Tutorials
- 3 Months Achology Membership
- LIFETIME Access to this Course
- 1-to-1 Mentorship Opportunities
- PDF Workbooks and Resources
- MP3 Version of Course Included
- Join LIVE Events & Conferences
- Earn a Certificate of Completion

**Not sure if this course is for you?
Test it out with 90+ minutes of free
lessons and decide for yourself!**





Clarity: The Purpose, Productivity & Personal Effectiveness Course



Self-Directed Learners

Learners seeking to refine their personal clarity, goals, and efficiency in all areas of life.



Personal Growth Seekers

People eager to establish purpose-driven goals and make meaningful life progress.



Aspiring Entrepreneurs

Individuals seeking to launch purposeful innovations and meaningful new ventures.



Parents and Caregivers

Learn a practical methodology for navigating through major life or career transitions.



Coaches and Mentors

Individuals seeking tools to help others set effective goals and achieve their life purpose.



Practical Insights:

Learn how to set achievable goals and measure the outcomes you hope to achieve.



Life Transitioners

Individuals seeking purpose-driven strategies to thrive through significant life changes.



Productivity Enthusiasts

Individuals seeking to enhance their efficiency in both personal and professional spheres.



Clarity: The Purpose, Productivity & Personal Effectiveness Course



Training Course Description

To thrive in life, three qualities are essential: a clear sense of purpose, well-defined goals, and a strong determination to achieve them. Success relies on knowing your purpose with certainty. This training is designed not to present you with complicated theories, anecdotal techniques or trivial tales but to guide you in committing to a meaningful life path.

This course explores the values that underpin a fulfilling life. Students will learn to identify the values that resonate most deeply, and use them as a compass to guide their decisions. Knowing these values equips people to make choices that align with their priorities. We emphasize values and priorities because such clarity is key for living a purpose-driven life.

When you know what matters most, distractions fade away, and you can channel your energy toward purposeful ends. Our course teaches you to distinguish between urgent tasks and those that contribute to your long-term aims. By aligning your daily activities with your values and priorities, you can lead an intentional life, achieving success on your own terms

In this course, you'll embark on a journey of self-discovery and growth, learning powerful discipline and strategies to enhance your mental clarity, define your unique life purpose, and optimize your personal effectiveness. Through a blend of expert insights, practical exercises, and actionable steps, you'll gain the tools needed to make meaningful changes in your life.

So, if you need to take your life to a higher level, embrace a focused outlook towards life and elevate your mind, this applied psychology-based training course is for you. You'll learn how to be more intuitive, self-aware, and purpose-driven. You'll learn how to define your future ambitions, set congruent goals, and put in place the plans that will allow you to achieve them.

- 10+ Hours of 4K Video Tutorials
- 3 Months Achology Membership
- LIFETIME Access to this Course
- 1-to-1 Mentorship Opportunities
- MP3 Version of Course Included
- PDF Workbooks and Resources
- Join LIVE Events & Conferences
- Earn a Certificate of Completion

Not sure if this course is for you?
Test it out with 90+ minutes of free lessons and decide for yourself!





The Mental Toughness, Inner Strength, Grit and Resilience Course



Self-Directed Learners

Individuals striving to cultivate resilience, inner confidence, and self-discipline in their lives.



Aspiring Entrepreneurs

Individuals cultivating grit to pursue their goals while confidently overcoming challenges.



Career Changers

Individuals motivated to build mental toughness for adapting to new job roles successfully.



Business Professionals

Employees needing to build up resilience to thrive in demanding, high-pressure environments.



Personal Growth Seekers

Individuals striving to build self-confidence and cultivate genuine, empowering relationships.



Parents and Caregivers

Those dedicated to fostering inner strength via consistent, emotionally grounded parenting.



Coaching Enthusiasts

People committed to helping others grow in mental toughness, resilience & inner strength.



Athletes and Performers

Individuals striving to develop mental conviction for peak physical and mental performance.



The Mental Toughness, Inner Strength, Grit and Resilience Course

Training Course Description



The current decade stands out for its unprecedented social disruptions and a widespread feeling of helplessness among individuals and entire people groups. Identity crises are more common than ever before. Additionally, there has never been a time when emotional distress is so prevalent, paired with a noticeable lack of fortitude to handle life's challenges.

Developing mental toughness is key to managing stress and navigating life's hurdles with wisdom. This course is designed to equip you with tools to enhance your ability to bounce back from challenges, cultivate grit, and foster a growth-oriented mindset. You will examine various mental resilience frameworks and practical applications to empower your outlook.

Achieving mental endurance is only possible once you fully understand your psychological makeup. This course is multifaceted and goes beyond merely providing motivation, instead focusing on the essential principles to manage stress, become grounded in the true nature of your identity, increase resilience, and develop unshakeable mental toughness.

This training blends teachings from various disciplines including cognitive psychology, positive psychology, neuro-linguistic programming and mindfulness. As such, it provides a holistic approach to cultivating mental strength and endurance. With these tools at your disposal, you'll be equipped to handle life's ups and downs with confidence and boldness.

Embark on an enlightening learning journey that's designed to help you reframe unhelpful thoughts, build resilience, and drive your personal growth. Dive deep into the realm of human cognition, unlocking new mindsets and cognitive skills. Tailored for those dedicated to self-improvement, this course will empower you to become your strongest, most resilient self.

- 12+ Hours of 4K Video Tutorials
- 3 Months Achology Membership
- LIFETIME Access to this Course
- 1-to-1 Mentorship Opportunities
- Earn a Certificate of Completion
- MP3 Version of Course Included
- PDF Workbooks and Resources
- Join LIVE Events & Conferences

**Not sure if this course is for you?
Test it out with 90+ minutes of free
lessons and decide for yourself!**





A Guide to Building Healthy Marriages & Long-Term Relationships



Engaged Couples

Partners learning to nurture understanding and establish emotional resilience together.



Parents and Caregivers

Couples aiming to model healthy & supportive relationships within their family settings.



Self-Directed Learners

Learners seeking to mature their self-knowledge, awareness and relationship insights.



Personal Growth Seekers

Individuals eager to enrich marital harmony and build lasting relational connections.



Therapists and Coaches

Professionals wanting to lead couples in nurturing enduring, emotionally secure bonds.



Conflict Resolvers

Anyone wishing to improve conflict resolution, set boundaries, and secure partnerships.



Marriage Counselors

Experts seeking to deepen their understanding of nurturing healthy marital relationships.



Faith Leaders

Community leaders looking to support secure, thriving relationships in their congregations.



A Guide to Building Healthy Marriages & Long-Term Relationships



Training Course Description

This guide to marriage and long-term relationships equips students with insights and wisdom to build and maintain a fulfilling long-term partnership. The course is specifically designed for couples who are already married or in long-term relationships and are seeking wisdom to enrich their relationship and remain connected in a meaningful way.

It's human nature to crave healthy relationships. Despite this, many claim their relationships to be a cause of stress and dissatisfaction. Great relationships don't rely on perfect people, but rather on couples who are dedicated to complementing each other. Building a healthy relationship is less about compatibility and more about effectively navigating incompatibility.

Rushing into marriage without a foundation of friendship will hinder a relationship. Investing time and effort is key to creating trust. Our course teaches you to propagate your relationships by implementing boundaries, shared commonality, and humble communication. By practicing these skills, you'll develop a healthy, rewarding connection with your partner.

A relationship doesn't need perfect people; just two partners devoted to growing together. A strong marriage isn't founded on compatibility, but on the ability to manage differences. This course addresses these common questions: Can a marriage be maintained for a lifetime? What is the best way to resolve conflicts? How can intimacy and connection be protected?

Overflowing with timeless wisdom, this course is straightforward and designed to prepare, strengthen, and even heal marriages. It's a practical guide that will challenge and inspire everyone—single, newlywed, or long-married. Whether you're starting out or seeking to reignite your relationship, this course offers insights to foster lasting love and connection.

- 7.5+ Hours of 4K Video Tutorials
- 3 Months Achology Membership
- LIFETIME Access to this Course
- 1-to-1 Mentorship Opportunities
- Earn a Certificate of Completion
- MP3 Version of Course Included
- PDF Workbooks and Resources
- Join LIVE Events & Conferences

Not sure if this course is for you?
Test it out with 90+ minutes of free lessons and decide for yourself!





The Business, Innovation and Entrepreneurship Start-Up Guide



Business Launch Blueprint:
Ideal for aspiring entrepreneurs seeking a comprehensive guide to starting a business.



Startup Success Strategies:
Perfect for early-stage startup founders looking to overcome challenges and achieve growth.



Entrepreneurship Essentials:
Designed for entrepreneurs wanting foundational insights to boldly embark on new ventures.



Business Innovation Wisdom:
Suited for business innovators aiming to drive change and creativity in their business strategies.



Launch and Grow a Business:
Beneficial for new business owners focused on sustainable growth and effective market entry.



New Venture Creation Guide:
Tailored for those planning to transform ideas into successful, operational businesses.



Business Start-Up Essentials:
Best for beginners requiring step-by-step guidance in launching and establishing a business.



Entrepreneurial Journey Guide:
Ideal for individuals embarking on the exciting and challenging path of entrepreneurship.



The Business, Innovation and Entrepreneurship Start-Up Guide

Training Course Description



This Start-Up Guide for Business, Innovation, and Entrepreneurship is designed to arm aspiring entrepreneurs with the crucial insights and skills needed to build sustainable businesses from scratch. Tailored for individuals eager to bring their innovative business ideas to life, this comprehensive course emphasizes long-term success and viability.

Whether you're starting your journey as an entrepreneur or have been in business for years, this training will provide valuable knowledge and practical strategies to help you succeed. You'll learn how to develop a strong business plan, identify market opportunities, incorporate innovation into your business model, and navigate the challenges of entrepreneurship.

By the end of this course, learners will know the key aspects of launching a business, such as business planning, financial strategy, and marketing tactics. The training covers networking, leveraging online for growth, and taking calculated risks. Students will build the confidence to adapt to market shifts and implement innovative solutions that drive business success.

In addition, the course states the importance of ethical innovation and social responsibility. It guides students in creating sustainable business practices that not only meet consumer needs but also contribute positively to communities and the environment. By incorporating these elements into their business models, students can differentiate themselves in the competitive market landscape and achieve sustainable long-lasting business success.

With this Start-Up Guide for Business, Innovation, and Entrepreneurship training, new entrepreneurs will be equipped with the wisdom and insights needed to build a business from the grass-roots up. From understanding business fundamentals to incorporating innovation and social responsibility, this course covers all aspects of successful entrepreneurship.

- 16+ Hrs of On-Demand Learning
- Enlightening 4K Video Tutorials
- 3 Months Achology Membership
- LIFETIME Access to this Course
- 1-to-1 Mentorship Opportunities
- MP3 Version of Course Included
- Accreditation and CPD Options
- Join LIVE Events & Conferences

**Not sure if this course is for you?
Test it out with 90+ minutes of free
lessons and decide for yourself!**



A Vibrant Online Community for Lifelong Collaborative Learning

A Community for worldwide networking

Three Community-Only Options

Joining Achology community doesn't require you to have purchased a course—in fact, it's often the other way around. Many of our members begin their journey by connecting with other community members, and exploring their interests before deciding on their first course.



QUARTERLY	ANNUAL PASS	HALF YEARLY
① Get 3 Months Achology Access	① Get 12 Months Achology Access (BEST VALUE OPTION)	① Get 6 Months Achology Access
£96	£310	£162
Achology Membership	Save 20% on Full Price	Save 15% on Full Price
✓ Receive no-cost coaching sessions ✓ Mentoring & accountability groups ✓ Unlimited access to groups & events ✓ Access 100's hrs of video tutorials ✓ Receive unlimited coaching support	✓ Receive no-cost coaching sessions ✓ Mentoring & accountability groups ✓ Access 100's hrs of video tutorials ✓ Unlimited access to groups & events ✓ Receive unlimited coaching support ✓ Participate in annual conferences	✓ Receive no-cost coaching sessions ✓ Mentoring & accountability groups ✓ Unlimited access to groups & events ✓ Unlimited number of training events ✓ Receive unlimited coaching support
Buy 3 Month Pass >	Buy Annual Pass >	Buy 6 Month Pass >

Got questions about Achology?

Who better to answer than our students?

Got questions about courses, accreditation, or other member benefits? If so, join our chat group, where you can chat with our members directly and get your questions answered. Whether you're curious about which course to join, seeking clarity on pricing, or exploring how Achology can support your journey, our community is here to help.



[JOIN NOW](#)



Achology Price List

NOTE: Course prices are all translated into your local currency via our [PRICING PAGE](#).

Diploma Training Course in Modern Applied Psychology (DiMAP)	£246
Life Coaching Practitioner Course (Beginner to Advanced)	£246
NLP Practitioner Training Course (Neuro-Linguistic Programming)	£205
NLP Master Practitioner Course (Neuro-Linguistic Programming)	£246
Cognitive Behavioural Therapy Practitioner Training Course (CBT)	£205
The Skilled Helper Practitioner Course (Advanced to Expert)	£164
The Skilled Helper Training Course (with Prof. Gerard Egan PhD)	£123
Hypnotherapy and Hypnosis Practitioner Course (Beginner to Advanced)	£205
Counselling Skills Practitioner Course (Beginner to Advanced)	£205
Mindfulness Practitioner Certification Course (Beginner to Advanced)	£205
Mental Health and Wellness Practitioner Certification Course	£205
An In-Depth Introduction to Neuro-Linguistic Programming (NLP)	£123
Mindfulness in Management: Power-Up Your Leadership Presence	£123
Master Your Emotions and Revolutionise Your Interpersonal Skills	£80
Clarity: The Purpose, Productivity & Personal Effectiveness Course	£80
The Strategic Goal Setting, Action Planning and Productivity Course	£80
The Communication Skills and Social Intelligence (SiQ) Masterclass	£80
The Ultimate Guide to Motivation, Hyper Focus and Productivity	£80
The Mental Toughness, Inner Strength, Grit and Resilience Course	£80
A Course on Building Healthy Marriages and Long-Term Relationships	£80
The Business, Innovation and Entrepreneurship Start-Up Guide	£123
Diploma Training Course in Modern Applied Psychology (DiMAP)	£246
NLP Practitioner Training Course (Neuro-Linguistic Programming)	£205



Achology Price List

NOTE: Course prices are all translated into your local currency via our [PRICING PAGE](#).

NLP Mindset, Mental Wellness and Emotional Resilience Training	£123
An In-Depth Introduction to Cognitive-Behavioural Therapy (CBT)	£123
Cognitive Psychology for Mental Health and Emotional Mastery	£123
Mindfulness Training for Mental Wellness and Cultivating Inner Peace	£123
Mental Health and Wellness Practitioner Certification Course	£205
The Assertiveness, Self-Esteem & Emotional Intelligence Masterclass	£80
Identity Dynamics: The Authentic Confidence and Self-Esteem Course	£80
Master Your Emotions and Revolutionise Your Interpersonal Skills	£80
The Mental Toughness, Inner Strength, Grit and Resilience Course	£80
Diploma Training Course in Modern Applied Psychology (DiMAP)	£246

The School of Neuro-Linguistic Programming (5 Course NLP Bundle)	£935
School of Cognitive Behavioural Psychology (5 Course CBP Bundle)	£812
The School of Life Coaching and Professional Helping (6 Course Bundle)	£1059
The School of Person Centered Counselling and Psychology (5 Course Bundle)	£870
The School of Mindfulness, Applied Insight, and Wisdom (5 Course Bundle)	£812
The School of Mental Health, Wellness, and Emotional IQ (5 Course Bundle)	£845
The School for Personal Growth and Self-Improvement (12 Course Bundle)	£1100

Achology Membership: 3 Months Access Pass	£96
Achology Membership: 6 Months Access Pass	£162
Achology Membership: 12 Month Access Pass	£310

The Achology Unlimited Access Pass (Save 43%)	£2464
---	-------





 achology

Prospectus

2025
/26