

CERT · HHC™ FOUNDATIONS

HeArt of Human Connectedness™ Certification Program

Learn the art of meaningful relationships, empathy, and authentic human connection.

Connecting beyond differences. Living beyond isolation.

DURATION	SESSIONS	FORMAT
30 hours	Modular cohort · paced delivery	Live Online · In-Person · Community · Corporate

INVESTMENT

+ applicable taxes (GST)

Who this program is for

- Coaches and aspiring coaches
- Counsellors and helping professionals
- Teachers and educators
- Leaders and managers
- HR professionals
- Parents and caregivers
- Students and young adults
- Community leaders
- Anyone seeking deeper, meaningful relationships

No prior experience is required.

Curriculum

Ten focused modules — practical, reflective, and rooted in evidence.

Module	Key topics
01 The Human Need for Connection	Psychology of belonging · Loneliness & disconnection · Why relationships matter
02 Connecting with Self	Self-awareness · Authenticity · Self-acceptance · Self-compassion
03 Emotional Awareness	Understanding emotions · Emotional literacy · Feelings and needs
04 Empathy in Action	Perspective-taking · Compassionate responding · Emotional attunement
05 The Art of Deep Listening	Listening beyond words · Presence · Listening for connection
06 Trust — The Foundation of Connection	Building trust · Trust breakers · Psychological safety · Repairing trust
07 Compassion and Kindness	Compassion science · Responding to suffering · Self-compassion
08 Authentic Communication	Honest expression · Vulnerability · Courageous conversations
09 Healing Disconnection	Barriers to connection · Shame & judgment · Rebuilding relationships
10 Living a Connected Life	Building belonging · Creating community · Daily practices · Action plan

What you'll take with you

- ✓ Develop greater self-awareness
- ✓ Strengthen empathy and compassion
- ✓ Improve listening and communication skills
- ✓ Build trust in relationships
- ✓ Navigate conflict more effectively
- ✓ Create meaningful personal and professional relationships
- ✓ Foster belonging and psychological safety
- ✓ Develop a Human Connectedness Action Plan

CERTIFICATION

HeArt of Human Connectedness™ Foundations Certificate · The Self Academy

Awarded on successful completion of the program requirements.

Reserve your seat

Cohorts open quarterly. Seats are intentionally limited so groups remain intimate. To enrol or enquire about upcoming cohorts:

Email: connect@tsacoaching.com

Web: tsacoaching.com/contact

The Self Academy · Empowering Emotional Intelligence, Human Connectedness, and Personal Growth.