

Life Coaching Course Outline

Part One – Life Coaching Programme Modules:

- **Module 1.** Getting Started video – our quick start video guide to introduce you to your programme and help you get started right away.
- **Module 2.** Increased Highly Effective Communication – proven techniques quickly communicate at the highest and most effective level.
- **Module 3.** Mind-Body Experience – discover how your mind and body interplay and the strategies you can use to use your natural resources and abilities to greater effect.
- **Module 4.** The Unconscious Mind and How to tap into its limitless power – your subconscious mind is immensely powerful. However, few of us know how to put this colossal natural power to effective use. You'll quickly discover how.
- **Module 5.** Sensory Acuity and Calibration – few of us use our inbuilt senses to greatest effect. By tapping into these natural abilities progress can become effortless.
- **Module 6.** Eye Access Patterns – discover how, by watching the eye access patterns of others, you can gain a deeper understanding of their intentions and deeper communication.
- **Module 7.** How to create highly effective and motivating Goals – without goals we never truly achieve. Discover how to create highly motivating goals which will propel you to achieve and succeed.
- **Module 8.** How to design and create predictable outcomes – outcomes are our natural 'sat-navs'. By discovering well-formed outcomes, achievement comes naturally.
- **Module 9.** Effective rapport building for superb outcomes – successful rapport building is the bedrock to great relationships and communication. Together we'll create easy to follow rapport building strategies.
- **Module 10.** Anchors – the deeper roots of everyone's motivations and reactions. By understanding anchors you'll immediately discover why people behave as they do and what you can do about it.
- **Module 11.** The New Orleans Flexibility Drill
- **Module 12.** Linguistics – how to dig deeper and understand what people are REALLY saying
- **Module 13.** The Milton Model
- **Module 14.** The Circle of Excellence – the proven process to bring about excellent outcomes in any activity and environment
- **Module 15.** Strategies for effective negotiation – the ability to negotiate with confidence and clarity is the gateway to bringing your objectives into being. Together we'll discover how.
- **Module 16.** Fast Phobia Cure – one of the most common reasons why most people struggle to reach their potential, phobias can be highly debilitating. However, they can be removed. This module shows you how.
- **Module 17.** Transformational Metaphors – transformation is what this programme is all about. This module walks you how to quickly bring about the transformations you desire.

We also provide you with your own downloadable Home Study Manual to help you track the course and your personal progress and breakthroughs.

Advanced coaching strategies.

To give you a greater depth of understanding and the advanced tools to really make a difference, I've designed and created this supplementary 14 week programme.

Often, once we've learned the basics and have started to create better and more valuable results we're keen to go even further and achieve even more.

To provide the platform for you to truly integrate the strategies, techniques and tools you'll have discovered in part 1, and embed them deeply into your 'transformation toolkit' which will serve you for a lifetime, part 2 takes an advanced approach.

In this ground-breaking programme we're taking a unique approach by blending two proven approaches and melding them together.

In part two, you'll discover how to use the proven and powerful techniques and tools of coaching to build on and advance you knowledge and results created through part one of the programme.

Part Two – Advanced Performance Strategies Programme Modules

- **Module 1.** Advanced Programme Introduction – we'll guide you round the advance modules to show you how part 2 works and how you can quickly get started.
- **Module 2.** Coaching as an Advanced Performance Strategy – coaching is a highly effective performance tool, especially when combined with the specialist skills we cover in part 1 of the programme. Here we'll show you how effective you are about to become.
- **Module 3.** Understanding the power of our thoughts – 'thoughts become things'! You're about to discover how powerful your thoughts are and how to truly harness that power to begin to create great outcomes.
- **Module 4.** Advanced Listening Skills – the ability to listen closely and accurately interpret the true meaning of communication is one of the cornerstones of advanced performance and outcome creation.
- **Module 5.** Advanced Rapport building – we'll have cover basic rapport building and its importance in part 1 of the programme. Here we delve deeper into this fascinating topic, to discover how we can develop deep rapport and influence in any situation and at any time.
- **Module 6.** Advanced Questioning Skills – the ability to elicit the precise information needed to create ultimate communication brilliance is a skill most people will never acquire. This module guides you effortlessly through the advanced techniques and methodology of great questioning.
- **Module 7.** Introduction to advanced goal setting – we covered the importance of goals in part 1 of the programme. Now we're about to dig deeper. Much deeper.
- **Module 8.** Advanced Goal setting models – discover how to set challenging, motivational and deeply meaningful goals and outcomes to set up your ultimate achievement timeline.
- **Module 9.** Challenging ourselves and others for optimum outcomes – the ability to gently challenge yourself and others is a priceless skill. The ability to motivate, challenge and guide to ultimate achievement is something we all admire in others and something you're about to acquire.
- **Module 10.** Barriers to achieving goals – obstacles will always appear in our way. However, if we know in advance what they are likely to be we can be prepared and plan our route around them.
- **Module 11.** Setting up a coaching session – discover how to set up any session to coach another to ensure you'll always get the desired outcome.
- **Module 12.** Proven Business Building Tools – our proven step-by-step formula to successfully establish your new business.
- **Module 13.** Exploring the importance and impact of values and beliefs – values and belief form the foundations of our characters and personalities. By clearly understanding and eliciting the values and beliefs of others we can quickly set ourselves up for better communication and collaboration.
- **Module 14.** Creating your own business – taking the next step. If you've always dreamed of establishing your own business helping others, this module will show you how to get there.