MODULE

LIFE SUCCESS COACH TRAINING
& CERTIFICATION PROGRAM

hanipah@utem.edu.my

Be a certified Life Coach...

- Life Coaching Training
- International Certification
- International Association of Coaching (IAC) Masteries
- Business System for a global market
Coaching is a transformative process for personal and professional awareness, discovery and growth.

Life coaching is the biggest growth area in the personal development industry in the USA and UK and is expected to grow intensively through 2016.

According to research:

- Worldwide revenue produced by coaching is USD 1.5 billion per year
- Full and part-time coaches earn an average of USD 50,510 per year
- This trend is gaining momentum in Asia and more people are employing the services of a life coach

Why should I choose Life Success Program Sdn Bhd’s Life Success Coach Training & Certification Program?

✓ As Malaysia's Authorized Licensee of the International Association of Coaching (IAC) Coaching Masteries Module, we will prepare you with the most comprehensive life-coaching training leading to the IAC membership and certification process.

✓ You will also receive the Life Success Coach Certification upon completion of this program.

:: What does Life Success Coach Training & Certification Program offer me?

- Foundational courses in powerful coaching skills and paradigms
- International Association of Coaching Ethics
- International Association of Coaching - Coaching Masteries Module
- Neuro-Linguistic Psychology (NLP) skills
- Mind-Body- Heart communication technologies
- Life Success Coach Training Manual and Handouts
- Professional Coaching Tools
- Reference Guides
- Coaching Practicum
- Business system to launch your life coaching business to a global market.

In this comprehensive training program, you'll also receive life coaching, personal development and business development training.
:: Who should attend the Life Success Coach Training & Certification Program?

- This program is beneficial for people who are passionate about personal development and want to develop a business in the fastest growing niche in the personal development industry.
- Our program is also beneficial to corporate professionals who are ready to develop and master powerful coaching, communication and leadership skills to empower and develop their business unit / department / team / community projects.

Categories of Professionals:
Directors, CEOs, Department Heads, Managers, Professors, Lecturers, Trainers, Consultants, Politicians, Counsellors, NGO Leaders, Teachers, Community Leaders and Pensioners.

:: Benefits of Life Success Coach Training & Certification Program:

- 10 training days / 20 Modules
- 3 months coaching practicum leading to Life Success Coach Certification
- 1 year online personal development & life success coaching program
- International Association of Coaching (IAC) Membership & Part 1 Written Examination
- Certified Life Success Coach certification

:: Life Success Coach Training & Certification Program:

PART 1:

FOUNDATION OF COACHING (3 days training)

CONTENTS:
Life Coaching – the Big Picture
The Coaching Relationship
Coaching Competencies and Models
International Association of Coaching - Ethics Of Coaching
International Association of Coaching - Coaching Masteries
#1 Establishing and maintaining a relationship of trust
#2 Perceiving, affirming and expanding the client’s potential
PART 2:

COACHING SKILLS (3 days training)

CONTENTS:
International Association of Coaching - Coaching Masteries
#3 Engaged Listening
#4 Processing in the present
#5 Expressing
#6 Clarifying
#7 Helping the client set and keep clear intentions
#8 Inviting possibility
#9 Helping the client to create and use support systems and structures

Coaching Integration and Role-Play

PART 3:

COACHING FOR RESULTS (3 days training)

CONTENTS:
Identifying Your Market Niche
Life Success Coaching
Mastering a Coaching Session
Designing a Coaching Program
Life Success Coach Business System
Creating Your Life Success

COACHING PRACTICUM REVIEW (1 day group coaching)

3 months life coaching practicum

Review - International Association of Coaching Written Examination
PROGRAM OUTLINE

PART 1: FOUNDATION OF COACHING (3 days training)

MODULE 1: Life Coaching – the Big Picture
- Life Coaching – a fulfilling profession
- Life Coaching – a booming business
- Your Intentions and Ambitions

MODULE 2: The Coaching Agreement and Relationship
- Defining Coaching
- The Art of Coaching
- The Coach’s Role and The Client’s Role
- Positive Psychology and Paradigm Shift

MODULE 3: Coaching Competencies and Models
- ICF & IAC competencies
- GROW Model
- Solution Focus Model

MODULE 4: International Association of Coaching - Ethics of Coaching
1. General Standards
2. Advertising/Public Statements
3. Coaching Relationship
4. Privacy and Confidentiality
5. Coaching Training
6. Coaching Research and Publishing

MODULE 5: International Association of Coaching - Coaching Masteries
#1 Establishing and maintaining a relationship of trust
1. Mutual respect and acceptance.
2. Confidence and reassurance.
3. The client feels safe to tell his or her deepest fears without judgment.
MODULE 6: International Association of Coaching - Coaching Masteries
#2 Perceiving, affirming and expanding the client’s potential
1. Being in empathy with the client.
2. Recognizing a wider range of possibilities.
3. Encouraging and empowering the client.

MODULE 7: International Association of Coaching - Coaching Masteries
#3 Engaged Listening
1. Focuses on what the client expresses.
2. Listens beyond what the client articulates.

PART 2: MASTERING COACHING SKILLS (3 days training)

MODULE 8: International Association of Coaching - Coaching Masteries
#4 Processing in the present
1. Simultaneous and holistic awareness of the client’s communications at all levels.
2. Discern whether the client is communicating from the past, present or future.
3. Allows the client the opportunity to process and clarify the coach’s questions and comments.
4. Allows the client the opportunity to process his or her own thoughts and responses.

MODULE 9: International Association of Coaching - Coaching Masteries
#5 Expressing
1. Respect.
2. Attentiveness.
3. Client-focused.
4. Clarity.
5. Appropriateness.

MODULE 10: International Association of Coaching - Coaching Masteries
#6 Clarifying
1. Identify the most important issue while respecting client’s
preferences and limitations.
2. No judgment by the coach, no leading toward a particular destination.
3. Identify key values and needs.
4. Facilitate alignment of purpose, vision and mission.
5. Identify blocks to progress.

MODULE 11: International Association of Coaching - Coaching Masteries
#7 Helping the client set and keep clear intentions

1. Inquiring into the client's intentions and goals.
2. Time spent on what is most important.
3. Clarifying direction of progress.
4. Periodically reviewing, revising, and/or celebrating the process and intentions.

MODULE 12: International Association of Coaching - Coaching Masteries
#8 Inviting possibility

1. Trust, openness, curiosity, courage, recognition of potential.
2. The coach and the client communicate through exploration and discovery.
3. Identify “internal” possibilities (e.g., personal greatness, higher purpose) and “external” possibilities (e.g., resources, memes).
4. Possibilities are generated by the coach, the client or a collaboration of the two.

MODULE 13: International Association of Coaching - Coaching Masteries
#9 Helping the client to create and use support systems and structures

1. Suggests possible support systems and structures appropriate to the client’s needs.
2. Prompts the client to identify and list support systems and structures the client has but is not utilizing effectively.
3. Assists the client to list areas in which the client feels a need for support and structure.
4. The client values the need for appropriate support systems.

MODULE 14: Coaching Integration and Role-Play

- Using Your Intuition
- The Coachable Moment
- Reframing and Paradigm Shift
PART 3: LIFE SUCCESS COACHING BUSINESS - MASTERPLAN
(3 days training)

MODULE 15: Identifying Your Market Niche
- Passion and Expertise
- Attracting Your Ideal Clients
- Your Hottest Undeniable Benefit
- Specialties and Niches

MODULE 16: Life Success Coaching
- Tuning In and Allowing
- Delivering Powerful Questions
- Inviting the Shift
- Acknowledging, Creating and Achieving Success

MODULE 17: Mastering a Coaching Session
- How a Session Works
- Making Coaching Effective
- Client Vision into Action
- SMART Goals

MODULE 18: Designing a Coaching Program
- Client Fee Arrangements
- Client Welcome Pack
- Coaching Plan and Duration
- Client Referrals

MODULE 19: Life Success Coach Business System
- Your Business Set-up
- Global Presence – Domain name & Website
- Your Client Attraction Plan
- Becoming an Expert

MODULE 20: Creating Your Life Success
- Having a Coach and Coaching Community
- International Recognition
- Developing And Growing Your Life Coaching Business

COACHING PRACTICUM WORKSHOP (1day group coaching)
- 3 months life coaching practicum review & reflection
- International Association of Coaching Written Examination Preparation