



Syllabus

You are invited to become a
Certified LIFE Coach.

Introduction

The Express Coaching™ courses are a careful blend of theory and practical application. Student curriculum is provided via LIVE teleclass lectures and access to our exclusive 'Student Area' where you will find instant access to supplementary reading, instant PDF and MP3 audio downloads, workbooks and all necessary working forms.

Theory is taught through concise user friendly learning materials that have been specifically designed to maximise your learning time making your studies as enjoyable and productive as possible.

All readings, resources, and case studies have been thoroughly researched and compiled into structured workbooks that are provided as part of your course. This means that you don't have to go and conduct your own research or purchase any more textbooks, saving your valuable time and allowing you to focus on what's really important - learning the skills of a master Life Coach.

Practical components of your course are completed through interactive hands-on LIVE sessions with your 'study-buddy' (optional) and can be completed by telephone or email.

Teleclasses are considered stand-alone and run in continual rotation, thus, you can enter the program at any time and join in the study rotation. Express Coaching™ offers a variety of available teleclass times as classes are kept small so that everyone has the opportunity to ask questions and join in the teleclass interaction. Teleclasses fill quickly; however, we always do our best find a class time that works for your schedule.

International students who cannot attend teleclasses due to the time-shift or individuals committed to full-time employment while working through his or her coaching studies have the option to learn via pre-recorded download. This makes learning easy to fit into anyone's schedule.

Our basic life coach training culminates in the designation of "Certified LIFE Coach" which is the most popular qualification in the field of professional coaching. As our graduate you will also have the ability to choose a specialty upon completing your training. We also offer you the opportunity to mentor a student upon the successful completion of your program to further your experience and certification credential.

Program Prerequisites:

Strong English skills, self-motivated, empathy and a willingness to help others. We recommend this training program as your first option when entering the coaching field.

If you are passionate about helping people, we can help you achieve your dream. Through the Certified LIFE Coach program from Express Coaching™, you can be on your way to starting your own private Life Coaching practice in as few as six-months.

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'Certified LIFE Coach' – (list may not be inclusive)

- The Effective Coaching Model
- The Coaching Framework
- The Power of Self-Esteem
- Group Coaching
- Individual Coaching
- Assertiveness Coaching

Students will also study the following (in no particular order):

- Establishing Your Inner Value
- Coaching Versus Counselling
- Client/Coach Relationship
- Learning to Focus
- What Makes an Effective Coach
- Effective Coaching Tools
- Promoting Sample Coaching Sessions
- Learn to Provide an Effective Sample Session
- Obtaining the Coaching Results You Want
- Who Is Your Ideal Client
- Finding Your Ideal Client
- How to Use Your Life Experience
- Making a Commitment
- Strategic Planning
- Ethics and Standards of Coaching
- Releasing the Client
- Honing Your Vision
- Defining Your Message
- Locating Your Niche
- Working from Referrals
- Building Your Resources
- Developing Your Office Structure
- Professional Integrity
- Professional Courtesy
- To 'Ready' for Your Session
- Phrasing Your Questions
- Getting the Answers
- Use of Intuition
- Supporting Your Client
- Following Your Vision
- Your Biggest Benefit
- Developing Your Message
- Your Welcome Packet
- Rising to a Professional Level
- Creating Your Support System
- Trademarks
- Telephone / Internet Services
- Getting Yourself Out of the Way
- Letting Go of the Outcome
- Creating Allies
- Attracting Clients
- Gaining Visibility
- A Call to Action
- Building Trust
- Authenticity
- Clear Communication
- Responsibility
- Taking Your Practice Further Than Your Thought Possible!
- Website marketing materials
- **AND SO MUCH MORE!**

The Express Coaching™ coaching program will give you ways to gather important information, to focus on clearly defined results, to become an expert in utilizing tools for change, and have the understanding of how to implement strategies for success. Upon graduation, you will receive your certification as a Certified LIFE Coach. Your certificate is printed on the finest parchment. You will also receive digital artwork to use on your web site, brochures, business cards, and presentation material.

Contact Us

Marnie Tanner, our helpful Director of Admissions, is waiting to assist you and answer any questions that you may have about our programs. We want you to be sure that we are the 'perfect fit' to assist you in your training. We look forward to your call.

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