

InnerLifeSkills ®

Business and Life Coach Training



ILS COACH 1st Level Qualification

48 hours of tutoring PLUS online learning resources and processes

Learn everything you need to know about becoming a successful professional Coach. Gain international ICF competencies.

PLUS: Learn how to build a successful Coaching business (marketing, getting clients, packaging services, what to charge etc.)

PLUS: Learn how to adapt your coaching to coach groups, youth, personal development, corporate, business and wellness coaching. The seminars are internationally accredited with the ICF.

Learn on this course:

- **Module 1 GREAT GOALS – Structure and skill** (3hrs)
Learn to coach people to clarifying their goals, dreams and aspirations. Then discover how to transform goals into inspiring and achievable targets.
- **Module 2 PRO PLANNING – Coaching questions** (3hrs)
Learn to work with strategy and planning to move others towards their goals. Gain specific tools to coach clients to creating solid action plans.
- **Module 3 OBSTACLES– Obstacles ILS Kite**(3hrs)
Gain insider coaching secrets to getting clients over obstacles and the inner hurdles that keep us all from reaching our goals.
- **Module 4 PURPOSE – Coach Purpose**(3hrs)
Learn to coach clients to a deeper sense of purpose and meaning. Also learn to use symbol and metaphor as a powerful coaching tool.
- **Module 5 ACTION – Motivate Action**(3hrs)
Get the tricks of the trade to end every coaching session strongly. Gain formulas for successful action and sustainable motivation.
- **Module 6 COACHING TIME** (3hrs)
Celebration and Long Term Coaching
How to coach a series of coaching sessions.
Learn how to celebrate wins and support a client over time.

ALSO LEARN:

COACH BUILDER – Pro Marketing (2x3hrs)

Advanced use of the ILS Purpose and Dream Builder; learn to coach others in their Life Purpose and Dream Building. Then learn 21st century marketing techniques and cutting edge tools to use to maximize your own career growth and even build a Life Coaching business. Also learn how to sell and get paying clients.

COACH APPLICATION – Niche Coach (2x3hrs)

Learn how to coach in any field, from corporate, to wellness, to children, to personal growth. Enhance your coaching practice by finding niche markets and learn additional marketing techniques.

10 Live online tutoring Session of 3hrs each. Including Assessments