

InnerLifeSkills®

Business and Life Coach Training



EMPOWERING COACH 101 Critical Foundation

18 hours of training. Worth 22 hours ICF ACSTH

Learn the 3 Critical Coaching Skills and 3 Step Coach Method. Start coaching the first few hours of training!

This seminar gives you a proven 3 Step Coach Method and 3 Critical Communication skills. These will empower you to coach anyone, anywhere, at any time. These are the exact skills used by top earning internationally accredited Life Coaches.

This seminar gives you life changing empowerment methods and the Enneagram personality system to understand people's core needs. Find out why people are motivated by different things, learn to really understand yourself and others, so that you can inspire people to "Be all they were born to be!" Also learn to coach people to find and live a life of passion and purpose.

This seminar has been taught for over a decade, around the world to life coaches, pro golfers, athletic coaches, weight loss specialists, psychologists, CEO's of businesses, entrepreneurs and even to school teachers.

Learn in these workshops:

- Methods to help clients to set inspiring goals.
- 2 powerful ways to keep clients focused and on track.
- Specific coaching questions to spark action.
- Learn how to motivate and really inspire people to greatness.
- Coach clients to make decisions, and beat procrastination.
- How to transform problems into solutions.
- Reframing techniques
- How to coach formally and informally
- Help people to help themselves

SKILLS DEVELOPED

- Building rapport and trust.
- Reframing conversations
- Motivating action
- Guiding a coaching session
- Empowering questions
- Effective goal setting
- Professional Planning skills
- Scaling methods
- Coaching with the Enneagram

METHODS LEARNED

- ILS 3 Step Coach Method
- ILS 3 Critical Communication Skills
- The AS IF Frame
- ILS Kite Introduction
- The Disney Method introduction
- ABC's to influence and make an impact
- Life and Decision making scales
- ILS In-tuition
- The 9 Enneagram Types
- The 3 Personality Pearls

6 Live online tutoring Sessions of 3hrs each