



SIXSTAR

Mentoring & Coaching

2019

TRAINING ACADEMY INVITE

"Are you passionate about helping clients pursue their dreams and discover new, powerful solutions towards a better life?"

Sixstar Coaching defines Life Coaching as:

"Partnering with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential."

For most people, if the process is done right, coaching is a life-changing experience that dramatically improves their outlook on work and life. Coaching helps people tap into their potential, unlocking their sources of internal creativity and productivity.

Individuals who partner with coaches frequently experience benefits including improved self-confidence, relationships, communication skills, work performance, and more. There is truly nothing like it.

The human condition is frequently the most difficult roadblock people have to overcome to achieve their dreams. Therefore, a good understanding of how the brain reacts instinctually is an excellent skill for coaches.

The Sixstar Training Program to become a certified life coach will teach you this skill in only 3 months. Our students will learn practical ways to assist their clients in identifying the client's dreams, their desires, and the roadblocks that exist in their minds.

Our students will also learn powerful tools such as self-compassion, selfawareness, and creative thinking that they can teach their clients as they guide their clients to success. They learn these skills through our direct live online training and daily homework exercises.

Many people research how to become a Life Coach because they have been told they give *"good advice"*

Great coaches are more than that, they are guides who help their clients find their own answers. Life Coaching is driven by the client.

This allows the Client & Coach to co-create decisions, strategies, and game plans over the long term with the highest level impact and accountability at every session.

The Coach is your cheerleader, your biggest fan and your biggest motivator towards your **ULTIMATE** success.

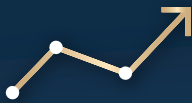
SIXSTAR LIFE COACH TRAINING WILL TEACH YOU



The Truth of **Who YOU ARE** as you help your clients unravel who they truly are, increasing life **INTEGRITY** and **ACCOUNTABILITY**



Verbal and Psychological Techniques that help you question your client in new interesting ways, breaking their internal barriers and "**limited beliefs**"



How to **co-create plans of action** with your clients that make them **coming back** for more!



Your **Greatest Area of Focus** as a Life Coach so you work with the **RIGHT PEOPLE**



The Business of a Coach! How to market yourself with us and **get potential clients!**

THE COURSE EXPLAINED

The Sixstar Training Program is a full immersive, 12 week course that will train you on:

- 1. Who you are as a Coach**
- 2. What your purpose is as a Coach**
- 3. The type of people you are meant to Coach and..**
- 4. How to successfully heal others and coach them past their internal and external barriers**

The training is done classroom style online live with a **Master-Certified Coach Trainer** via video conferencing and weekly conference calls. Some sessions are one on one at an extra course fee.

The course is done in a group setting, **100% confidential** and allows the practice and discussion of key techniques with your Coach Trainer, as a group or paired up with your fellow coaches.

You will **receive instructions** on how to join the meetings upon registration as well as weekly goals, challenges, assignments and of course, your Coaching Workbook & Guide. You are required to complete your 35 hours of training, pro bono coaching, keep regular logs and take a final assessment to pass the Sixstar Coaching Program and receive your accreditation.

Are you Ready to Change Lives?

Please ensure you have a computer, web camera, comfortable quiet office setting and a reliable internet connection for all your trainings.

COURSE FLOW & STRUCTURE:

Sixstar Coaching is focused on the 360 developmental process of yourself as an emerging, skilled and empowered coach first **AS YOU PRACTICE** the techniques, methods of a great coach with your peers and practice clients.

12 weeks is the minimum training we recommend to get into this endeavor. Coaching is the 2nd fastest growing profession led by a multi-billion dollar industry (Forbes Magazine). So times are exciting, highly lucrative, definitely eye-opening, enlightening and a bit challenging to be a **STAR coach** due to the high interest! Don't mind that, we are fully trained and we will help you reach your **STAR POWER** fast and powerfully!

We focus on introducing you to many of the fundamentals for effective life coaching and the reasons behind them.

You will begin to create your coaching practice principles and define your perfect client. You will discover the joy of being a guide to your clients as you help them find answers to their seemingly unanswerable questions.

Lastly, we will challenge you with a final exam in week 12. Being a Sixstar Coach will be challenging but worth it!

YOU HAVE THE POWER
TO CHANGE YOUR LIFE

ONLINE COACHING AND MENTORING

Why Sixstar Coaching?

1

We will **give you World Class Training** at the most **Affordable Price**.

2

Upon graduation, you will be able to **join us** and work with us! You will be a **certified Sixstar Coach** and get potential clients from us.

3

Not only will you **become a coach**, but you will **unravel your own barriers to success** much LIKE your clients will experience!

4

We **value your time!** You will learn the exclusive fully immersive **Sixstar Coaching methods** in only 3 months!

Meet the Instructor

David Neustein

Master Life Coach

“My Mission in life is within my lifetime, help as many people as possible solve their problems and achieve their goals.”



David started coaching about twenty one years ago when a friend asked over beer, “*I need your advice...*”

After David gave him some much needed relationship advice, the friend achieved his goal and the rest is history. Four years ago, David decided to seek formal education through a life and master life coaching certification. Before this, he’d graduated from Kean University with a B.A. In communications.

Over the past ten years, he has fine tuned his coaching sessions. He is able to read clients to determine which style (Autocratic or Democratic) is best for them to achieve results. He has also developed his own program called The C.A.P. System. This system is designed to assist the client with focus through a series of personalized questions. David's system enables his clients to clear out the details of their lives, focus on what they really want and discover the best way to get it.

He has successfully coached clients of all educational and socioeconomic levels. David has come to realize over time, he is best with certain specialized areas. These areas include leadership, spirituality, relationships, confidence, and personal empowerment and development.

12 WEEK PROGRAM

TRAINING STRUCTURE & SYLLABUS

1

Life Coaching Introduction

1. What is life coaching?
2. What life coaching is not.
3. What drives you to want to be a coach?

Homework Practice : Self-Awareness

2

Life Coaching Boundaries

1. Sharing your experiences with the homework
2. **Coaching Guideline 1** - Who really, Really, REALLY are you?
3. What drives you to want to be a coach?
4. Developing a Mission Statement
5. Defining your perfect client

Homework Practice : Who are you as a Life Coach?

3

Your Clients as a Life Coach

1. Sharing your experiences with the homework
2. **Who wants/needs Life Coaching?**
3. Why they want/need Life Coaching?
4. Qualities of those who want/need Life Coaching?

Homework Practice : Who is your perfect client?

12 WEEK PROGRAM

TRAINING STRUCTURE & SYLLABUS

4

How your Client will Benefit from Life Coaching

1. Sharing your experiences with the homework
2. Benefits for your clients
3. Preping to be a Life Coach

Homework Practice : Watch a video of a Life Coach in action and report how you can use the Coach's advice in your life

5

What clients look for in a Life Coach and getting the word out there about yourself

1. Sharing your experiences with the homework
2. Qualities of good Life Coaches.
3. Prepping to be a Life Coach
4. Getting the word out

Homework Practice : Pick a Life Coach and explain in detail how that person markets themselves.

6

Creating value for your clients

1. Sharing your experiences with the homework
2. Using personal experiences
3. Know your intentions and clients intentions

Homework Practice : What are your intentions as a Life Coach?

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TRAINING STRUCTURE & SYLLABUS

7

Creating your Life Coaching model

1. Sharing your experiences with the homework
2. From consultation to final session
3. The Non-directive approach

Homework Practice : What is your model?

8

Creating an effective growth environment for your clients

1. Sharing your experiences with the homework
2. **Learning styles**
3. Representational styles
4. Motivational styles

Homework Practice : Choose a learning, representational and motivational style and explain how you would use it to help a client.

9

Moving mountains for your clients

1. Sharing your experiences with the homework
2. **Dealing with client setbacks**
3. Dealing with client fears
4. Dealing with client hesitation

Homework Practice : How have you moved mountains for yourself?

12 WEEK PROGRAM

TRAINING STRUCTURE & SYLLABUS

10

It's all about the questions

1. Sharing your experiences with the homework
2. Asking the right questions
3. Avoiding the wrong questions

Homework Practice : Make a list of questions you might ask your client.

11

Creating achievable goals

1. Sharing your experiences with the homework
2. **How to set goals**
3. Keeping your clients accountable for their goals
4. Reflective questions to ask your client

Homework Practice : Set short, mid and long range life coaching goals for yourself.

12

Review the Life Coaching course and Final Exam

1. Sharing your experiences with the homework
2. **Go over main points**
3. Review any areas of need
4. Take final exam

Homework Practice : Continue growing as a Life Coach!

SHINE BRIGHT

Your future life's work awaits...

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