



LIFE STYLE  
**TRAINING**  
12 WEEK PROGRAM

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*"Are you ready to help clients pursue their dreams and discover new powerful solutions towards a better life?"*

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**Lifestyler 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 must overcome to achieve their dreams. Therefore, a good understanding of

how the brain reacts instinctually is an excellent skill for coaches.

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

Our students will also learn powerful tools such as self-compassion, self-awareness 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.

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

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



*A great coach is their client's  
cheerleader, biggest fan and motivator  
towards ultimate success.*

# WHAT LIFESTYLE 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**.



Psychological techniques that help you question your client in new interesting ways, breaking their internal barriers and limiting beliefs.



How to co-create an organized and effective plan of actions with your clients for goal achievement.



Your greatest areas of focus as a Life Coach so you work with the **RIGHT** clients.

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# HOW THE COURSE IS DONE

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The training is done classroom style online live with a Master-Certified Coach Trainer via video weekly lessons.

The course is done in a group setting, 100% confidential and allows the practice and discussion of key techniques with your Coach Trainer.

You will receive instructions on how to join the meetings upon registration as well as weekly goals, challenges and assignments. You will receive your coaching Workbook & Guide. You are required to submit weekly homework and take a final assessment to pass the course and receive your accreditation.



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# WHY LIFESTYLERS

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## **LIFESTYLERS IS THE FUTURE OF COACHING AND MENTORING. AND IT IS ALREADY HERE.**

The coaching platform has been developed by a unique collaboration of coaching experts, UX experts and security experts to provide a unique coaching experience of the future for the clients.

Many of the benefits of leveraging technology for coaching, noting that it eliminates geographic barriers or

access to individuals with specialized expertise, and enables individuals in even the most remote locations to obtain the one on one development support that they need. Technology enabled coaching also to be more cost-effective than face-to-face coaching, eliminating the need for costly travel and time away from the office for the coach.

## **YOU GET TO JOIN OUR STATE-OF-THE-ART PLATFORM UPON COMPLETION OF THE COURSE**

Completing the course and getting our certification will allow you to join the largest online coaching platform in the world. You will get to create your profile as a coach and set your availability for clients. Our major base of clients will access to you as a

potential coach and you will be able to quickly jump start your new career.

We take professional coaching to a whole new level and you will have the opportunity to be a part of it.

# COURSE STRUCTURE & SYLLABUS

## 1 Life Coaching Introduction

- What is life coaching?
- What life coaching is not.
- What drives you to want to be a coach?

**Homework Practice:** Self-Awareness

## 2 Life Coaching Boundaries

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

**Homework Practice:** Who are you as a Life Coach?

## 3 Your Client as a Life Coach

- Sharing your experiences with the homework
- Defining your perfect client
- Who wants/needs Life Coaching?
- Why they want/need Life Coaching?

**Homework Practice:** Who is your perfect client?

# COURSE STRUCTURE & SYLLABUS

## 4 How your Client will Benefit from Life Coaching

- Sharing your experiences with the homework
- Benefits for your clients
- Start prepping to be a Life Coach

**Homework Practice:** Watch videos of Life Coaches in action.

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

- Sharing your experiences with the homework
- Prepping to be a Life Coach
- Intake form template
- Agreement template

**Homework Practice:** Pick a Life Coach and explain in detail how you like the style.

## 6 Creating value for your clients

- Sharing your experiences with the homework
- Qualities of a good life coach
- Getting the word out
- Importance of personal experiences
- Your intentions and client's intentions

**Homework Practice:** Importance of personal experiences.



# COURSE STRUCTURE & SYLLABUS

## 7 **Creating your Life Coaching approach as a tool**

- Sharing your experiences with the homework
- From consultation to final session
- Life coaching approaches

**Homework Practice:** Review coaching approaches.

## 8 **Creating your coaching model system**

- Sharing your experiences with the homework
- Coaching Models

**Homework Practice:** Review, review and make up.

## 9 **Moving mountains for your clients**

- Sharing your experiences with the homework
- Learning Styles
- Motivational styles
- Dealing with client fears, hesitation and setbacks

**Homework Practice:** Using what you just learned to assist your client.

# COURSE STRUCTURE & SYLLABUS

## 10 **It's all about the questions**

- Sharing your experiences with the homework
- Asking the right questions
- Avoiding the wrong questions

**Homework Practice:** Choose your question.

## 11 **Creating achievable goals**

- Sharing your experiences with the homework
- How to set goals
- Keeping your clients accountable for their goals
- Reflective questions to ask your client

**Homework Practice:** Review, Review, Review.

## 12 **Review the Life Coaching course and final exam**

- Sharing your experiences with the homework
- Go over main points
- Review any areas of need
- Take final exam

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# A DAY IN A LIFE OF A COACH WITH 'LIFESTYLERS'

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After an easy and quick onboarding, you will set up a cozy environment at your house or office where you can comfortably meet and interact online with your clients.

You will be able to access your profile as a coach and edit it so that clients get to know who you are. You will be able to set up your own private calendar and availability hours for clients to see and book sessions with you. See the list of your clients and your upcoming meetings.

We believe flexible working hours and freedom makes all the difference in the world.

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*Be a part of a  
revolutionary coaching  
experience of the  
future.*

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# YOUR FUTURE OF PROFESSIONAL COACHING AND ITS **ALREADY** HERE



THIS PROGRAM IS INTERNATIONALLY ACCREDITED