



THE SCHOOL OF LIFE ACADEMY PRESENTS:

LIFE COACH CERTIFICATE COURSE ONLINE COURSE

SCHOOL OF LIFE SA

1622 Trinidad Place, Marina Martinique, Jeffreys Bay, Eastern Cape

Tel: +2782 858 6353 | Email: info@schooloflife.co

SCHOOL OF LIFE GLOBAL - HEAD OFFICE

Ste 1200, 1309 Coffeen Avenue, Sheridan, WY, Sheridan, US, 82801

ABOUT SOL LIFE COACH ACADEMY



WELCOME TO SCHOOL OF LIFE.

School of Life is an internationally acclaimed and accredited Life Coach & NLP training academy & personal development hub. We offer a range of online & face to face coaching certifications and professional & personal development short courses & coaching programs.

Our neuroscience based content includes only the most credible, tried and tested NLP and Coaching methodologies from across the globe. All courses & workshops are presented in a fun, practical and inspirational way by master NLP Coaching Facilitators. This means that not only will you learn how to effectively apply coaching methodologies, but you will experience personal transformation at the hand of every coaching technique.



School of Life is an ICR (International Coach Register) accredited & approved coach training agency.

On successful completion of this online life coach certification course, you will receive your internationally recognized life coach certificate, allowing you to coach anywhere in the world.

Global mark of excellence.

ICR Coach Register records and certifies ICR coach practitioners & is the global mark and register for well-trained ICR coach practitioners.

Distinguished Coaches

ICR Coach practitioners work locally, nationally, and internationally. They are connected to a variety of sectors and distinguished by their specializations.

International Accreditation

ICR Coach Register holds several international accreditations, such as ISO 9001, QAP IMI.

JOIN THE WORLD OF PROFESSIONAL COACHES



STEP 1 - LIFE COACH CERTIFICATE COURSE

CURRICULUM - ONLINE



MODULE 1: THE SCIENCE OF SUCCESS

INTRDODUCTION: UNDERSTANDING THE MINDSET FOR LIFE

- Understanding the Mind
- What
- How
- Who
- Summery

SECTION 1: INTRODUCTION TO LIFE COACHING AND NLP

- Themes of this Course
- What is Life Coaching?
- What is NLP?
- Wake Up!

SECTION 2: NLP MAPS OF THE WORLD - THE NLP COMMUNICATION MODEL

- The NLP Communication model
- Filtering processes - Deletion
- Filtering processes - Distortion
- Filtering Processes - Generalization
- Filtering Process - Confirmation Bias
- Filtering Process - The Bandwagon effect
- Filtering Process - The Illusion of Control
- Filtering Process - The Halo Effect
- Filtering process - Wrap up
- Reticular Activating System (RAS)

STEP 1 - LIFE COACH CERTIFICATE COURSE

CURRICULUM - ONLINE



MODULE 1: THE SCIENCE OF SUCCESS

SECTION 3: NLP PRESUPPOSITIONS

- NLP Presuppositions Explained
- The Map is not the Territory.
- Life and mind are systemic processes.
- Every behavior serves a positive intent (for the person doing it).
- Every behavior is useful in some context.
- The meaning of your communication is the response that you get.
- There is no failure, only feedback.
- The person with the most flexibility
- There are no resistant people, only inflexible communicators.
- Resistance is a sign of lack of Rapport.
- If one human has done it, it means it is humanly possible.
- All achievements have a structure and a strategy and can be learned.
- We create our own experience

SECTION 4: THE FIVE PRINCIPLES OF SUCCESS

SECTION 5: FIVE BEHAVIOURAL FRAMES FOR SUCCESS

MODULE 2: COACHING FUNDAMENTALS

SECTION 6: NLP FRAMEWORK FOR COACHING

- The Eight Frames for Coaching
 - The beginning frame
 - Emotional State
 - Outcome
 - Rapport
 - Current Strategy
 - Technique or Task
 - Ecology Check
 - Future Pace

STEP 1 - LIFE COACH CERTIFICATE COURSE

CURRICULUM - ONLINE



MODULE 2: COACHING FUNDAMENTALS

- NLP Elements for use in the Framework
 - Values
 - Value Rules
 - Beliefs
 - Senses and Sub-Modalities
 - Hypnotic Language
 - Time
 - Stories
 - Profiles
 - Modelling

SECTION 7: COACHING VS MENTORING

SECTION 8: SENSORY ACUITY

SECTION 9: VALUES

- What are Values
- Values Exercise

SECTION 10: SELF ANCHORING

- Calibrate to your own State of Congruence

SECTION 11: GOAL SETTING

- Make your goals SMART
- Seven Deadly Enemies that prevent you from reaching your Goals
- The SDOC Tool
- The GROW Model
- The ERR Model

STEP 1 - LIFE COACH CERTIFICATE COURSE

CURRICULUM - ONLINE



MODULE 3: ADVANCED COACHING SKILLS

SECTION 12: BALANCE & SELF-CARE COACHING PROGRAM

- Balance & Self-Care program introduction
- Coaching Tool 1: The Wheel of Life
- Coaching Tool 2: Self-Care Quiz
- Coaching Tool 3: Are you sitting too comfortable exercise
- Coaching Tool 4: Identify your energy zappers
- Coaching Tool 5: Detox your toxic relationships
- Coaching Tool 6: Self-care & needs Review
- Coaching Tool 7: The Power of NO
- Coaching Tool 8: Letting go exercise

SECTION 13: QUESTIONING

- Reversal Questions
- Getting to the Real Problem
- Problem Solving Techniques and Questions

SECTION 14: ADVANCED QUESTIONING

- Meta Programs
- Meta Model – The precision model
- T.O.T.E. and strategies

SECTION 15: RAPPORT

- Rapport Explained
- Rapport Building – Match and Mirror Exercises

STEP 1 - LIFE COACH CERTIFICATE COURSE

CURRICULUM - ONLINE



MODULE 3: ADVANCED COACHING SKILLS

SECTION 16: BOUNDARIES

SECTION 17: BREAK STATE

- Pattern Interrupts and Break States

SECTION 18: BACKTRACK FRAME

SECTION 19: DISNEY MODEL

SECTION 20: WELL-FORMED OUTCOMES

- Well-formed Outcomes exercise
- Reversal Steps

SECTION 21: LOGICAL LEVELS

- Logical Levels Explained
- Alignment of Self
- Get Specific about the Problem and its Context

SECTION 22: KNOWLEDGE ASSESSMENT

SECTION 23: CERTIFICATION

STEP 1 - LIFE COACH CERTIFICATE COURSE

CURRICULUM - ONLINE



- ✓ Downloadable Course Manual
- ✓ 94 Video Lectures Totaling 36 Hours Of Detailed Coach Training
- ✓ ICR Internationally Accredited Life Coach Certificate
- ✓ Globally Recognized Coaching Credentials
- ✓ Lifetime Access
- ✓ Ongoing Student Support
- ✓ FREE Access To Our Facebook Coaching Community





GET IN TOUCH:

SCHOOL OF LIFE SA

1622 Trinidad Place, Marina Martinique, Jeffreys Bay, Eastern Cape
Tel: +2782 858 6353 | Email: info@schooloflife.co

SCHOOL OF LIFE GLOBAL - HEAD OFFICE

Ste 1200, 1309 Coffeen Avenue, Sheridan, WY, Sheridan, US, 82801

WWW.SCHOOLOFLIFE.CO.ZA