

The Wholistic Life Coach and Mentor Skills Training



Walking the professional tightrope....A personal balancing act!

IMPROVE YOUR LIFE AND THOSE OF OTHERS. NOW IS THE TIME TO BUILD AND DIVERSIFY YOUR BUSINESS AND GROW FINANCIALLY!

You are preparing for your client or your employee and looking over your notes on their issues and as before, you see that they have failed to make changes even after you spoke with them about the importance of meeting their goals. This person has a great attitude and you know they can do better. You just do not know how to motivate them to reach their goals. You are baffled and you know being frustrated makes matters worse. What do you do? If you wish you had a skill-set that would help in dealing with such problems or if you are one of those people that everyone comes to for advice, the Wholistic Life Coach and Mentor Skills Training is for you.

The Wholistic Life Coach & Mentor Skills Training focuses on how to better coach and mentor others to greater health, well-being, and personal and professional satisfaction. Coaching is a two-step process of building relationships and setting goals. How well you coach and mentor is related directly to how well you are able to foster a great working relationship with others through understanding them and through strategic goal setting. Once trained, you can use these skills in face-to-face sessions or via phone or email.

WHO ARE YOUR CLIENTS? Basically, you will have a skill set where everyone who has a problem, a frustration, or an issue they wish to address is your client. Anyone who wishes to gain more objectivity or to keep on track and focused, whether a staff member, a current client, colleague, friend, or family member, at whatever age or stage in life they are, can benefit financially as well as personally from this training.

WHAT AM I GETTING AND HOW LONG DO I HAVE TO COMPLETE THE WORK?

This 220-hour comprehensive training system takes 8 months to complete and consists of:

- 30 hours of in-class interactive, powerful training processes
- 1 hour of pre-work insightful assessments to get you started on your own goals
- 120 hours of case study work to build your experience and confidence
- 48 hours of weekly peer coaching partner telephone sessions to work on your goals
- 8 hours of monthly reflective written assignments
- 10 hours of coaching support as required
- 3 hours of online written exam and a video-taped practical exam
- Cutting-edge intellectual materials/manual

WHAT IS TAUGHT? Coaching and mentoring skills, applied with the understanding of personality dynamics, are used to motivate, inspire and engage others to achieve their highest possible expression in their lives, whether personally or professionally, that they might not have thought possible. These skills, when applied in a coaching context, help to increase your staff or client retention dramatically by demonstrating a deep interest in their outcomes. We cover:

SECTION I – THE RULES OF ENGAGEMENT

Module One: Definitions: Coaching, Mentoring, G.R.O.W

- What is Coaching?
- What is Mentoring?
- Introducing the GROW Model – how to think about coaching/mentoring

Module Two: The Requirements of Trust

- What is Trust?
- Trust and Coaching
- Building Trust
- Providing Feedback
- The Feedback Sandwich
- Providing Constructive Criticism
- Communication Tools
- Paper Work And Processes To Start Working With Your Client

SECTION II – THE SUCCESS APPROACH

Module Three: Preferences and Goal Setting Patterns

- Personal Life Issues and Setting Goals
- Goals in the Context of GROW
- Identifying Appropriate Goal Areas
- The 80/20 Rule
- Type and the MBTI™
- Temperament Theory – A Simplified Version
- Who Am I and Who Are You?

Module Four: The Challenges of Change

- Common Roadblocks for the Coach and the Client
- Maslow's Hierarchy of Needs
- The Coach and the Client Act As a Team
- The Journey – Where We Are Is Where We Start
- The Coaching Developmental Process
- Assertiveness Skills – Honouring Parameters

SECTION III – THE GROW MODEL

Module Five: Establish **Goals**

- Setting SMART Goals – working with goals and keeping focused
- The Three P's
- BOATLY – Goal-setting Refinements

Module Six: Define the Present **Reality**

- Getting a Picture of Where You Are – assist your clients in assessing their reality
- Defining the Problem
- Duncker Diagrams
- Defining the Present State and the Desired State
- Creating the Dream Statement – The Vision – The Mental Side
- Identifying the Obstacles – Letting the Critic speak – The Physical Side

Module Seven: Develop **Options**

- Exploring the Past – explore self-defeating beliefs
- Identifying Paths – now the work begins – The Social-Mental Side
- Choosing Your Final Approach – setting forth a plan
- The Strategic Structured Approach
- Bringing In the Catalyst – The Social-Physical Side
- The BIG Results
- Structuring a Plan – Timing and Planning
- Working With Too Much To Do
- Saying No – Keeping Focused

Module Eight: **Wrap Up**

- Creating the Final Plan – The LAMA Process
- Identifying the First Step
- Getting Motivated
- Vision Management Tools and Suggestions

SECTION IV – INSIGHTS, SKILLS AND TOOLS

Module Nine: Transitions

- How to Know When You've Achieved Success
- Transitioning the Coachee
- Wrap it All Up
- The Basic Differences
- Adapting the GROW Model for Mentoring
- Focusing on the Relationship
- Encouraging Growth and Development
- Overcoming Roadblocks
- Re-Evaluating Goals -- Focusing on Progress

Module Ten: Coaching Administration Forms

- Information Sheet
- First Set of Questions
- Welcome Letter
- Coaching Agreement
- Waiver Form
- Personal Information Sheet
- Three Assessment Forms
- Completion of Action Plans and Evaluations

WHO IS THIS FOR? This course is for participants who already help others to improve their personal and professional productivity or who wish to assist others in setting and achieving goals. This certification course can be applied to any personal development field, whether in the health-related field or in a corporate setting where managers or team players wish to get better results on the job. This training provides the skill-set to assist others in their careers, in their lives to improve their wellness factors, or for managers who wish to improve the well-being factors in their departments. This training can be easily applied by those who are in health-related fields such as EAP practitioners, Dieticians, Personal Trainers or in any field related to the natural healing therapies such as yoga teachers, reflexology practitioners or massage therapists, for example, where an additional service can be provided to their clients. This training can also help individuals in moving their own lives forward whether or not they wish to use this training to work with others.

DATE AND TIME: March 17-18-19, 2012 from 9:00 a.m. to 8:00 p.m.

LOCATION: Monte Carlo Inn, Oakville, Ontario (if overnight accommodation is required, contact the Monte Carlo Inn directly at 1-877-849-9500 and ask for the corporate rate).

Fee: \$2495.00 Training Fee + \$75.00 Application Fee, plus accommodation if required. If you bring a buddy you qualify for a 2-for-1 Buddy Offer on the Training Fee. This time-sensitive offer is an exceptional bonus – not to be missed! If you truly enjoy helping others and helping yourself in moving forward in your life, sign up now.

BOTTOM LINE: *Learn powerful personality frameworks, skills, and insights for dealing with the 4 different types of clients who express different needs when identifying and working with life changes. Help release personal blocks and assist in achieving the highest possible expression in their personal and professional lives. Now is the time to continue to build and diversify your business and grow financially!*

BONUS #1: *Lackner McLennan Insurance has approved coverage to include Wholistic Life Coaches with their complementary healthcare program.*

BONUS #2 – *If you have a residential address in the US and with membership in NAMASTA, this life coaching training is available for liability insurance coverage with their insurer.*

5 EASY WAYS TO REGISTER

TO REGISTER:

1. **Email:** Please contact Diana O'Reilly at diana.o@sympatico.ca
2. **Mail:** To send a cheque or money order, please mail it to Wellness Training Services, 4156 Marigold Crescent, Mississauga, Ontario, L5L 1Y7.
3. **Online:** If you wish to pay by credit card, please register through www.wellness-training-services.com by clicking on "Wholistic Life Coach Training" in the box, then select Option 2 at the bottom of the next page. Credit cards can only be accepted this way.
4. **Fax:** Send to 905-569-6082.
5. **Call:** For more information, call Diana at 905-569-6720

Participant #1: _____

Address: _____

Telephone: (_____) _____ Fax: (_____) _____

E-Mail: _____

Buddy Participant (if applicable): _____

Address: _____

Telephone: (_____) _____ Fax: (_____) _____

E-Mail: _____

All fees are to be paid in Canadian Funds.

NOTE: If you wish to pay by credit card, please register through our website. Go to www.wellness-training-services.com, click on “Wholistic Life Coach Training” in the box, then select Option 2 at the bottom of the next page. Credit cards can only be accepted this way.

Application Fee (all registrants)

Canadian residents: \$75.00 plus applicable taxes (13% HST)
Outside Canada: \$75.00

Registration Fee (single registrant)

Canadian residents: \$2,495.00 plus applicable taxes (13% HST). Outside Canada: \$2,495.00

| | |
|--------------------------|------------|
| Application Fee | \$75.00 |
| Registration Fee | \$2,495.00 |
| Subtotal | \$ |
| 13% HST (Can. residents) | \$ |
| TOTAL | \$ |

Payment method: ___ Certified Cheque ___ Money order

IF REGISTERING FOR THE 2-FOR-1 BUDDY OFFER, SEE BELOW:

Registration Fee (for each half of a buddy pair)

Canadian residents: \$1,247.50 plus applicable taxes (13% HST). Outside Canada: \$1,247.50

| | Participant #1 | Participant #2 |
|--------------------------|----------------|----------------|
| Application Fee | \$75.00 | \$75.00 |
| Registration Fee | \$1,247.50 | \$1,247.50 |
| Subtotal | | |
| 13% HST (Can. residents) | \$ | \$ |
| TOTAL | \$ | \$ |

Payment method Participant #1: ___ Certified Cheque ___ Money order

Payment method Participant #2: ___ Certified Cheque ___ Money order

Certified cheques or money orders are to be made out to “Wellness Training Services” in Canadian funds and mailed to the address above.

REFUND POLICY: All payments are non-refundable. At the sole discretion of Wellness Training Services (WTS), a refund may be issued for students with a duly certified and valid medical condition or a death in the immediate family. The valid medical or funeral certificate must be sent to WTS along with the request in writing to be withdrawn from the course. If the request is approved before the start of the class, WTS will issue a refund of all fees except for the \$75 administration fee plus applicable taxes. No refunds will be provided once the class commences but a credit to a future class may be considered if the above applies.

Please note: A telephone interview will be conducted to determine your qualifications to attend the program. This cost is covered by your Application Fee. In the event you do not qualify, the Application Fee is non-refundable. Please take a moment and answer the following:

I want to become a Wholistic Life Coach because:

What is unique about me that qualifies me as an awesome Wholistic Life Coach to others is: