

Coach SCHOOL

Prospectus



Overview

Coach School is unlike any other coach training program as it operates as a mentorship more than a training course. Rather than being part of a large class, you will have individualised attention as you learn your new craft.

Coach School is here to give you all the tools, frameworks and skills you need to be a successful coach, and the freedom and flexibility to develop your own coaching style.

You'll get fill in the blanks templates to build your coaching business in half the time, and with twice the confidence.

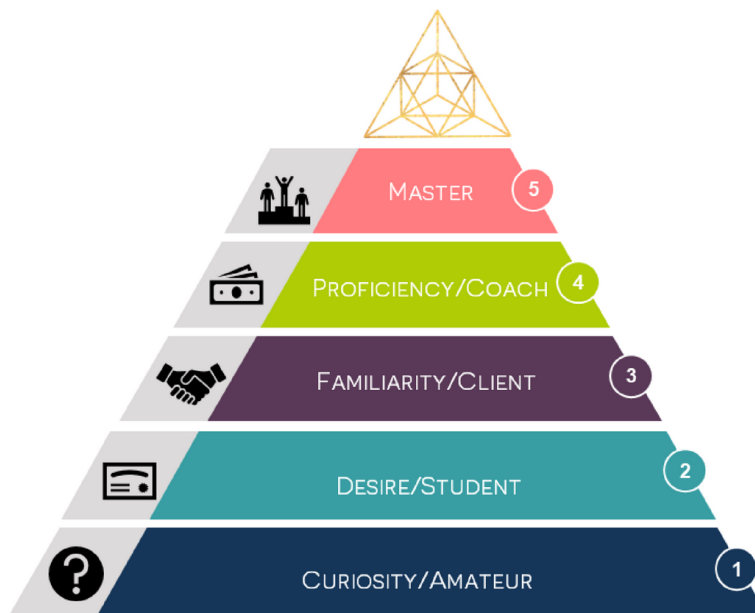
You'll have the space to be unique, in fact we encourage it.

Coach School is a world class and globally recognised, coach skills training provider and business incubator that gives you the confidence to say, 'I'm a coach' and mean it.

Becoming A Masterful and Successful Coach

The journey of a masterful and successful coach begins with a sense of curiosity that leads all the way to becoming a sought after expert in your field. Coach School assists students every step of the way.

the journey of a masterful coach



Curiosity/Amateur

You're either coaching in another role, or are keen to learn more about coaching

Desire/Student

You have decided to formalize your learning and skills and are embarking on an exciting adventure of coach certification.

Familiarity/Client

Without experiencing coaching, you cannot appreciate its power. At this point you are both coach and client.

Proficiency/Coach

People are paying you to change their lives and you can't quite believe you get to make a living this way.

Master

You are an expert in your field, have a waiting list, and are quoted regularly. You are looking at leveraged ways to increase your impact.

Becoming A Masterful and Successful Coach

There are 5 main steps to becoming both a masterful and successful coach:

5 steps to becoming a masterful coach



Coach School provides the necessary training and support to ensure that they are not only confident coaches, but are making money from their skills, even before they are certified.



Overview

Prerequisites

There are no formal prerequisites for Coach School, however it is recommended that students allow at least 6 months to complete the course with a minimum commitment of 3 hours per week for study and completion of the practical requirements.

Working knowledge of basic online systems is preferred.

Technology Access

This course requires web access and an established e-mail account.

Adobe Acrobat Reader is necessary to view documents that are PDF Files; it may be downloaded free at <https://acrobat.adobe.com/nz/en/acrobat/pdf-reader.html>

Office Hours Calls and Practice Coaching Sessions are conducted over Zoom.

Coursework is managed on our Online Learning Management portal.



Qualifying Criteria

Upon successful completion of the following, you will be awarded your Coach School certificate and you can proudly call yourself a Certified Professional Coach. You will also be eligible to apply to the International Coach Federation for credentialing.

COMPLETION OF ALL COURSEWORK:

When you complete the coursework in Coach School, you not only learn the principles of coaching, you experience it too. You will learn the history and theory of a number of coaching approaches as well as experiencing reflective exercises that you can then use with your clients.

You'll complete live coaching calls and case studies as well as discussing scenarios outlined in the course materials for a fully rounded experience.

5 ASSESSED LIVE COACHING CALLS:

Learning is only one aspect; coaching is a skill and the way to master a skill is to practice, receive feedback and improve. That is why you will receive no less than 5 assessed live coaching calls with personalised feedback.

The criteria for assessment is the ICF Core Competencies.

ONLINE EXAM:

A quiz will showcase your understanding of the philosophies and assumptions of coaching as well as best practices, that are taught in Coach School.

COACHING LOG OF 100 HOURS:

There's no substitute for practice and that is why a coaching log detailing at least 100 hours of live coaching is a requirement for qualification.

* NOTE: If you are paying for your Coach School training via payment plan, your certification will not be issued until your payment has been made in full.

Module 1

Introduction to Coaching

Upon completion of this module you will be able to:

- Identify what life coaching is.
- Describe 2 major differences of a life coach with a consultant, therapist, counselor, and mentor.
- Understand the historic roots of coaching and discuss their application in today's world.
- Identify what values are, including the effect they have in the coaching relationship.
- State your vision for the future and purpose statement.

Module 2

Values & Cultural Beliefs

Upon completion of this module you will be able to:

- Identify and define what culture means
- Explain the effects of culture in coaching
- Understand the wide range of values and cultural perspective that list globally

Module 3 Building Rapport

Upon completion of this module you will be able to:

- Explain two methods of rapport that can be utilised while coaching
- Describe a safe environment that you will set up your coaching business from
- Explain two categories that influence the client in coaching

Module 4 Effective Communication

Upon completion of this module you will be able to:

- Demonstrate active listening by paraphrasing and summarising
- Explain and give examples of powerful questions for change
- Dig deeper and explore what words mean for our clients

Module 5

Advanced Coaching Techniques 1

Upon completion of this module you will be able to:

- Articulate 2 methods clients will receive adequate support
- Understand and articulate what discouraging words are
- Practically apply your intuition
- Explain the purpose of intruding
- Understand who you will, and will not, coach
- Discuss the professional distance you uphold

Module 6

Advanced Coaching Techniques 2

Upon completion of this module you will be able to:

- Understand and describe the benefits of meta-coaching
- Understand and articulate the key concepts of Axes of Change
- Describe different perspectives
- Explain the benefits of a powerful request
- Explain the benefits of fieldwork (homework)
- Discuss the importance of celebrating

Module 7

Exploring Coaching Models

Upon completion of this module you will be able to:

- Illustrate in your own words what a coaching model is
- Research and write 6 different coaching models
- List how you will remain present in your coaching sessions
- Apply the GROW coaching model
- Apply the ACHIEVE model through a case study
- Explore the techniques that you will use in the phases of the transformational coaching model
- Apply the TLS model to a case situation

Module 8

Transformational Coaching

Upon completion of this module you will be able to:

- Discuss your personal meaning of transformational change
- Identify where the transformational model has not been applied in a case scenario
- Outline the application of transformational tools in a case scenario
- Effectively apply the transformational coaching method

Module 9 Solutions Focused Coaching

Upon completion of this module you will be able to:

- Discuss the assumptions of a Solutions Focused approach
- Understand how people change
- Outline the difference between positive reinforcement and positive engagement
- Effectively apply The Miracle Question
- Know how to conduct an initial Solutions Focused Coaching Session
- Use the E.A.R.S. model to conduct subsequent Solutions Focused Coaching Sessions

Module 10 Cognitive Behaviour Coaching

Upon completion of this module you will be able to:

- List 5 cognitions and the activating feeling that is created toward them
- List 5 behaviours which activate either a feeling or cognition
- Discuss 3 beliefs, how they were formed and how they shape your life and perspective
- Discuss and highlight your emotions and understand why you feel them

Module 11

Rational Emotive Behaviour Coaching

Upon completion of this module you will be able to:

- Practically apply techniques from module 9 -11, including specific techniques and questions over the course of three coaching sessions
- Understand the principles of REBC
- Discuss the difference between Practical Problems and Emotional Suffering
- Follow the REBC Process
- Alter our clients' results by changing the way they feel about situations

Module 12

Neuro Linguistic Programming

Upon completion of this module you will be able to:

- Practically apply techniques from module 9 -12, including specific techniques and question over the course of three coaching sessions
- Understand the 7 Frames of NLP
- Utilise the power of Reframing with clients
- Describe the use of the Milton and Meta models of chunking language
- Apply chunking in a number of situations

12 ONE-TO-ONE MENTORING SESSIONS:

Self study can be hard. That's why you get unprecedented support in the form of individual coaching and mentoring throughout the first 6 months of your coaching journey.

LIVE OFFICE HOURS CALLS:

Twice a month, there will be a live coaching call to give you an opportunity to have your questions answered.

LIFETIME ACCESS TO YOUR STUDY MATERIALS:

Coach School is housed on a robust platform and with your enrollment you will access your own learning portal where you will be able to review your training materials at your leisure, as well as receive individualised feedback on your coursework, plus any future additional material and bonuses.

CERTIFICATES OF COMPLETION FOR EACH MODULE:

It's great to be recognised on your way to greatness, and so with completion of each Coach School module, you will receive a Certificate of Completion.

PERSONAL FEEDBACK TO IMPROVE YOUR COACHING CALLS:

You'll do a live 30 minute coaching call with a real client that is overseen by your trainer. Then, you'll have a 30 minute debrief with your trainer to discuss what went well & where you can improve your coaching calls. This feedback is priceless as a new coach.

A SAFE SPACE TO PRACTICE YOUR COACHING:

Before you jump into coaching paying clients, you'll have the opportunity to coach & be coached in a safe space.

ACCOUNTABILITY:

You have accountability built right into Coach School. Use your regular mentoring to ensure that you are reaching your own goals.

ABILITY TO APPLY FOR ICF CERTIFICATION:

Successful completion of Coach School allows you to apply for globally recognised International Coach Federation certification through the Approved Coach Specific Hours Path. (Coach School is accredited for 82 hours of study.)

REAL WORLD CLIENT ATTRACTION ADVICE:

There's more to becoming a masterful coach than just skills. At Coach School we recognise that the real learning comes after certification. That's why, as part of your Coach School enrollment, you also receive access to a tried and tested Mindset and Messaging course, to get you off to a flying start with the business end of your coaching practice.

BONUS #1: DISCOVERY CALL TEMPLATE / SYSTEM

You've put so much effort into getting potential clients on the phone with you. Now, you don't have to stress about what to say during the call. With this Discovery Call Template, you'll know exactly what to say & when so that they want to sign up for your paid coaching program.

BONUS #2: COACHING AGREEMENT TEMPLATE

You've had a successful discovery call and now you have a new client. This Coaching Agreement Template will make sure that both parties are clear on the expectations, and your coaching sessions are set up for success from the very beginning.

BONUS #3: INITIAL CLIENT QUESTIONNAIRE

It's time to make sure your sessions get the best results for your coaching clients. These questions will help you get background information from your client before the first session to help make the session efficient & super beneficial for your prospects.

BONUS #4: FOLLOW UP CLIENT QUESTIONNAIRE

These questions will make sure all your coaching sessions maintain the momentum & continue to get results all throughout your coaching program.

BONUS #5: PRIVATE FACEBOOK COMMUNITY

This private group is our Coach School homeroom. It's a safe space for you to ask questions, share your successes & learn from each other. Stop by to get some inspiration & support from fellow coaches beginning their coaching career, just like you.

BONUS #6: MY COACHING TOOLKIT

Save yourself huge amounts of time by getting a sneak peek of all the tools I use in my coaching practice, and why I chose them over the myriad options available.

notes from students



"IT WOULD HAVE TAKEN ME WEEKS OR MONTHS TO GET THE KIND OF RESULTS I AM GETTING IN ONE SESSION NOW"

Mina Sedgman

"I WANTED TO LEARN FROM THE BEST AND LORRAINE IS JUST THAT! I'VE BEEN RECOMMENDING COACH SCHOOL TO EVERYONE"

Rose Kirby



"THE SKILLS I LEARNED IN COACH SCHOOL, TOGETHER WITH LORRAINE'S GUIDANCE AND MENTORING, QUICKLY LED TO ENROLLING CLIENTS AT PREMIUM RATES".

Susan Telford

"COACH SCHOOL HAS HELPED ME REFLECT ON MY OWN JOURNEY AS WELL AS NURTURING OTHERS"

Carly Thompson-Barry



Ready To Apply?

To get started on your journey towards making a living from making a difference in , fill out an application form here --> <http://bit.ly/2rY8Kgv>