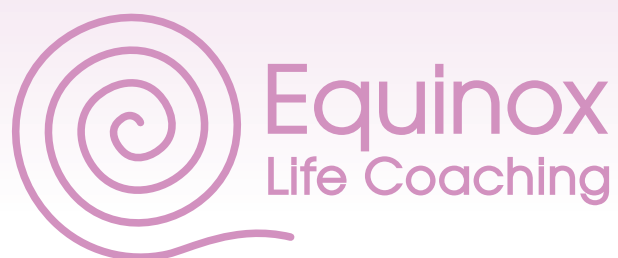




Life Coaching Mentoring Program



Contact: 03 597 61974 **Email:** equinox8@bigpond.com **Web:** www.equinoxlifecoaching.com

Life Coaching Mentoring Program

This Life Coaching program will provide you with the tools and coaching models to start life coaching very rapidly. You will also get to embark on a personal journey releasing whatever stands in the way of you setting up your coaching practice and earning an income fast.

What's involved?

12 weekly teleconferences designed around the core competencies of Life Coaching, 90 minute mentoring session, pro-bono coaching, peer coaching weekly and being coached weekly, book review and buddy coaching system.

12 teleconferences

Each teleconference will include 40 minutes seminar style and 20 minutes coaching and support. Notes for the teleconferences will be supplied in advance – some preparation will be required. The topics for the teleconferences are:

1. Understanding Life Coaching, the role of a coach, ethics and boundaries
2. The History of Life Coaching, The Life coaching model and how to use it effectively
3. How to coach using the Best of NLP and the Best of Life coaching
4. The client and coach agreement/disclaimer and preliminary forms to use with all clients
5. My identity as a coach – creating my profile.
How to merge the coaching skill set and my past skills
6. Setting up my pro-bono coaching, clients provided thru Equinox Life Coaching Network
7. Evaluating other coaches – what works and what doesn't
8. Creating a coaching niche and completing a business plan
9. Acting on my business plan – marketing advertising and insurances
10. Letting go of my personal fears and getting results (book review reports here)
11. Going from free coaching to fee coaching (Live 15 minute Life coaching sessions)
12. The 12 skills of a successful coach in action

During this 3 month coaching program you be shown how to:

- Use the Life Coaching Questioning Model to start coaching straight away
- Use Life Coaching templates to accelerate the success of your clients
- Develop Business strategies that start you earning an income from your coaching Fast

You will receive:

- A One on one 90 minute mentoring session with Melissa
- Weekly coaching from your peers participating in the program and the experience to coach your peers

You will be required to:

- Pro-bono coach – coach 3 people during the 3 months and submit 3 testimonials of your coaching
- Read and review a recommended coaching book, report the highlights over a teleconference
- Submit a 1000 word written report on a coaching topic allocated
- Coach during a live teleconference and complete self evaluation forms
- Coach Melissa Scott for one hour session at the conclusion of the training

About the course:

This course is designed to complement the NLP Practitioner Certification Training. This course will equip you with the skills and tools to begin building your successful coaching practice in an accelerated time frame.

Obtaining your life Coaching completion certificate and participating in this course will require a minimum of three hours per week.

- One hour teleconference
- One hour coaching a peer
- One hour being coached by a peer

Additionally through out the course you will also be required to complete the following hours:

- 3 X 3 hours pro-bono coaching
- 10 hours reading book and reviewing to present back to the group
- 10 hours preparation and construction of written report

There is also an optional 12 month coach buddy program. You will also be provided with a comprehensive manual and introductory CD prior to the program launch.

This course will also be tailored to include your respective needs based on your personal outcomes completed prior to program launch.

Program Launch Date: Saturday 10th November 2007 (Melbourne Australia Time)

Life Coaching Mentoring Program



Your trainer

Melissa Scott

Melissa is dynamic and inspirational speaker, NLP Trainer and Coach who challenges her audience to “paradigm shift” their thinking to enhance results and get real about who they are ‘being’ and how they can start ‘doing’ and ‘having’ more of what they love in life. She is a gifted speaker who moves her audience to a place of empowered motivation using her innovative coaching processes. Melissa challenges individuals and businesses to become aware of sabotage and fearful patterns so they can create an empowerment pathway that is fulfilling and produces results. Melissa has been utilising NLP tools and Life Coaching techniques in the corporate and performance coaching arena for over 5 years.