THE MINDSET COACHING CERTIFICATION

LB

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INTRODUCING

The **Mindset Coaching** Certification

This certification program will certify you as a coach, specialising in mindset work. You can use this qualification to coach effectively in ANY field, whether that is business coaching, life coaching, mindset coaching or spiritual coaching.

This will benefit:

New coaches who want a proven framework for getting **incredible client transformations.**

OR

Experienced coaches, mentors or teachers who want to help their clients **transform on a deeper level.**

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Course Overview

6 months of Mindset Coaching Training

Training runs from 9th January 2023- 26th June 2023

The Mindset Coach Training program includes:

Total 65+ hours training
23 Weeks of mindset coaching in coaching triads
(2 hours per week = 46 hours of live practical training)
12 Pre-recorded Modules (19 hours total pre-recorded teaching)

Total 100+ hours with clients
20 Weeks of case study coaching with real clients.
(5 clients = 100 hours of coaching)

Total 10 hours Mentor Coach Supervision
10 Mentor Coaching Sessions - supervision calls to discuss case study clients.
(10 hours total)

Bonus: Business Coaching
2 weeks of business coaching to use your qualification to create offers and get clients.

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12 modules with pre-recorded content and resources.

Module One - Coaching Psychology

Module Two - Coaching Ethics

Module Three - Coaching Skills

Module Four - Coaching Models

Module Five - Goal Setting

Module Six - Mindsets & Beliefs

Module Seven - Mindset Tools & How To Use Them

Module Eight - Positive Psychology

Module Nine - Coaching Styles

Module Ten - Productivity & Boundaries

Module Eleven - Trauma-Informed Mindset Coaching

Module Twelve - Building a Mindset Coaching Business

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Course Breakdown

Module One - Coaching Psychology

- Definition of coaching
- Coaching vs mentoring - Non-directive (why this is important)
- Coaching vs therapy - Future-focused, solution-focused.
- A coaching mindset
- Developing Self-awareness as a coach
- Reflective Practice - Keeping a Coaching Log

Practical: Coaching in triads - record in reflective log

Case Study Clients : Look for Case Study Clients
Assessment: Multiple choice on Coaching Psychology

Module Two - Coaching Ethics

- Ethics - ICF
- Confidentiality
- Trust & Safety
- Contracting
- Professional Boundaries
- Logistics, Fees & Scheduling
- Awarding Bodies and how to gain accreditation

Practical: Coaching in triads - practice contracting - record in reflective log

Case Study Clients : Look for Case Study Clients
Assessment: Multiple choice on Coaching Ethics

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Module Three - Coaching Skills

- Building rapport with clients
- Being present
- Active listening
- Summarising and paraphrasing
- Intuition and tuning into the body (body language)
- The power of silence

Practical: Coaching in triads - practice coaching skills - record in reflective log

Case Study Clients : Look for Case Study Clients - Case study begins next week.

Assessment: Multiple choice on Coaching Skills

Module Four - Coaching Models

- What are Coaching Models
- GROW model
- ACHIEVE model
- CLEAR model
- Practising using Coaching Models

Practical: Coaching in triads - practice coaching models - record in reflective log

Case Study Clients : Practice coaching skills and models - record in reflective log

Assessment: Multiple choice on Coaching Models and Coaching Styles

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Module Five - Goal Setting

- SMART Goals
- Intrinsic Vs Extrinsic Goals
- Approach vs Avoid Goals
- Breaking Goals Down
- Visualisation of Achieving Goal
- Goal Hangover (Hedonic treadmill)

Practical: Coaching in triads - practice coaching goal setting coaching - record in reflective log

Case Study Clients : Practice coaching goal setting - record in reflective log

Assessment: Multiple choice on Coaching Styles

Module Six - Mindsets & Beliefs

- Limiting Beliefs vs Empowering Beliefs
- Reprogramming Old Stories
- Neuro-linguistic Programming (NLP)
- Growth Mindset
- Success Mindset
- Money Mindset

Practical: Coaching in triads - practice coaching around limiting beliefs - record in reflective log

Case Study Clients : Practice coaching around limiting beliefs - record in reflective log

Assessment: Multiple choice on Mindset & Beliefs

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Module Seven - Mindset Tools & How To Use Them

- Journaling - Morning Pages, Best Possible Self
- Breathwork
- Meditation
- Affirmations
- Visualisation
- Movement
- SAVERS Morning Routine

Practical: Coaching in triads - practice mindset coaching around limiting beliefs using mindset tools - record in reflective log

Case Study Clients : Practice coaching around limiting beliefs using mindset tools - record in reflective log

Assessment: Pick 3 mindset tools and use them every day this week, and then write a 500 word reflection on how they felt and which made the biggest difference.

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Module Eight - Positive Psychology

- What is happiness - life satisfaction vs positive mood
- Learned Optimism & Gratitude
- Flow
- PERMA
- Coaching Wheel of Life
- Psychometric Assessments - Myers Briggs Assessment, Life-satisfaction scale
- Strengths & Strengths Assessments

Practical: Coaching in triads - practice using the Coaching Wheel of Life in coaching - record in reflective log

Case Study Clients: Practice using the Coaching Wheel of Life in coaching - record in reflective log

Assessment: Do the 3 psychometric assessments and write a 500 word reflection on what you have learned about yourself.

Module Nine - Coaching Styles

- Solution-focused coaching
- Cognitive-behavioural Coaching (CBC)
- Clean Coaching
- Mindfulness-based Coaching
- Positive Psychology Coaching
- Mixing coaching styles

Practical: Coaching in triads - practice coaching styles - record in reflective log

Case Study Clients: Practice coaching styles - record in reflective log

Assessment: Multiple choice on Coaching Styles

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Module Ten - Productivity & Boundaries

- Overcoming Procrastination / Analysis Paralysis
- Habit Stacking
- Planning Tools - Eisenhower matrix
- Building consistency/ discipline
- Types of boundaries
- Taking radical responsibility
- How to establish boundaries & reaffirm/ maintain boundaries

Practical: Coaching in triads - practice coaching around productivity or boundaries - record in reflective log

Case Study Clients: Practice coaching around productivity or boundaries - record in reflective log

Assessment: Multiple choice on productivity & boundaries

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Module Eleven - Trauma-Informed Mindset Coaching

- What is trauma?
- How trauma shows up in Clients
- When to refer a client to a therapist
- What are emotional triggers?
- Triggers as tools for growth
- Regulating the nervous system
- Shadow work
- Inner-child work

Practical: Coaching in triads - practice coaching around triggers and shadow work - record in reflective log

Case Study Clients: Final coaching session with case study clients - record one session

Assessment: Watch out for triggers in your life this week and write a 500 word reflection on what it revealed about your shadow and inner child and how you regulated your nervous system.

Module Twelve - Building a Mindset Coaching Business

- Getting Testimonials from Case Study Clients
- Choosing a niche
- Pricing your services
- Creating Offers
- Business Strategy & Business Coaching Call

Practical: Coaching in triads - practice business coaching using all of the tools learned in the course to plan your mindset coaching business - record in reflective log

Case Study & Assessment : Write a reflection of the recorded session with your case study client referring to any coaching tools, strategies and styles you used. (1500 words max)

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Kickstart your online business by becoming a **certified** coach or mentor.

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