



## Diploma in Life Coaching (Includes INLPTA Diploma in NLP)

### What is life coaching?

At its simplest, coaching is about helping people to achieve whatever they want in life. It's about helping them turn their dreams into reality. It's a hugely expanding industry, as more and more people decide that they want more out of life than they are currently achieving.

If you like working with people, and care passionately about helping them to be the best they can be, then a career as a life coach may be what you are looking for. Coaching is future focused—its purpose is not to understand what happened to us in the past, but rather to help us design our own future.

**If you are ready to launch a new career, are a “people person” and have a passion for helping others get the most out of life, then consider training with us as a life coach!**

### Professional training

On successful completion of the course you will receive dual certification: the highly regarded INLPTA Diploma in NLP plus a Diploma in Life Coaching from Charis NLP. If you have already completed the INLPTA Practitioner programme, then you will be awarded the prestigious INLPTA certification as a Practitioner-Coach.

### You will learn:

- Coaching frameworks and models you can apply to any context.
- How to help your client set well-formed outcomes.
- The cornerstones of effective communication— listening, questioning and rapport.
- Powerful language models to facilitate change.
- How to identify and challenge limiting beliefs and understand values.
- How to motivate your client to succeed.
- How to establish a coaching contract.
- How to market your coaching practice.

### Training style

People learn in different ways, so we aim for a mix of training approaches, to cater for everyone's preferences. Certainly, there is a lot of emphasis on “doing”, and you will have lots of opportunity to be coached on the training, as well as lots of practice in coaching others. The group will be small to ensure you get all the individual attention you need. It will be hard work, and lots of fun! Be prepared to get the most out of the training by really stretching yourself, within a safe and supportive environment.

## What else do I need to know?

This is an accelerated programme (only five days, over two weekends), so you do need to make an effort to attend every day. We understand that life sometimes gets in the way, so if you have a genuine reason for absence, such as illness or bereavement, then talk to us - we will do everything we can to help you complete your studies, although it may delay your certification.

Our aim is to help you achieve your goals, and we will do everything we can to assist you in that. However, you will be going out there with our name on your certificate, and working with real people, so we need to be sure that you are using coaching competently and ecologically. If we have significant concerns about your ability or willingness to do that, we do reserve the right to ask you to leave the training. However, that's not something we expect to happen!

Lots of us don't have good feelings about "testing" so we base your assessment on evidence of your developing competence, and your integration of feedback.

We will assess you on the following basis:

- Your ability to work from an outcome frame, in a resourceful state, using sensory based calibrations, and demonstrating behavioural flexibility.
- Your ability to maintain rapport between yourself and other participants, staff, assistants, and anyone else associated with the training. If rapport is lost, you accept the responsibility to re-establish it.
- Your ability to coach others effectively, and also to be coached yourself.
- Your attention to ecology and ethics at all times.

We will also ask you:

- To keep a portfolio and development log.
- To write a 1000-1500 word essay, which must be handed in within 6 weeks of the taught part of the programme ending.
- To have undertaken and recorded at least 18 hours of coaching practice, with at least three different clients, which should be completed and recorded within 4 months of the taught part of the programme ending. This can be with fellow students, family or friends.
- To do some pre-course reading, using the manual and text book we will send you after we receive your deposit.

## Why train with us?

We are passionate about what we do. We focus on quality, service and results. We will do everything we can to help you achieve your outcomes. Our support doesn't end with the training—you can contact us at any time afterwards if you need further help or advice.

We care about your success— you can go all the way to the top with us! For more information about our trainers, other courses we run, our price list, and for our terms and conditions, please visit us at [www.charisnlp.co.uk](http://www.charisnlp.co.uk)