

Coaching Skills for Well-being Professionals

Training duration: 48 hours

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from Laurus Training Center

This training is designed for sport coaches, therapists, and professionals working with individuals to create a new lifestyle that supports their well-being and health.

This program is designed to be delivered in 16 sessions, either online or offline, according to the quality & standards of ICI, with a supervised practice of all tools conducted during the training.

After the training, each coach shall submit three session reports/ reflections on their experience as a coach and the lessons learned.

Training Outline

- * **What is Coaching, therapy, and consultation?** Definition & differences
- * **Coaching Skills** – (Rapport- Listening-Questioning) Theory & practice
- * **Mental Patterns** (Meta Programs) & creating consistency
- * **Goal-setting Skills** (Well-formed outcome & ecology)
- * **Intro about Nervous System** – Limbic system
- * **Healing The Pain from previous experience** (NLP work + IEMT work)
- * **Clearing Obstacles** (Belief change work)
 - Neurological Levels
 - Sub-modalities
 - Reframing
- ** **Body acceptance and Self Image**
 - NLP + Social Panorama Work
- * **Emotional Regulation** (Meditation + NLP + Wholeness work)
- * **Knowing the effect of stress on our nervous system & healing**
- * **Learning New Relaxing tools** (NLP tools + breathing)
- * **Facilitating creating new mindsets for clients**
- * **Facilitating the process through which client can create their own system that works for them**