

5 Day Life Coaching Program



NEW ZEALAND
Life Coaching



Help People Unlock Their Full Potential and Achieve Their “Impossible” Future

Welcome to a Very Exciting Opportunity!



Hi, My name is Ed Lester.

If you haven't heard of me, I'm the Founder of New Zealand Life Coaching.

I'm also the founder of the New Zealand School of Professional Hypnotherapy.

I have 20 years experience of running successful practices and training schools. I offer you the absolute best in life coaching, hypnosis and NLP training.

I have a passion for teaching and sharing the secrets of world class coaching. I also have a passion for helping people bring out the very best in themselves.

If you want to be the very best performance coach in your field, if you want to understand the real keys to helping people transform their results, then please take the time to print off and read through this document. You'll find it extremely eye opening! And you may well pick up some powerful ideas that you can implement immediately either professionally or in your own life.

Accredited Coach Training Course – ANZCAL

Our 5 Day Breakthrough Life Coaching course is accredited by the Australia and New Zealand Coaching Alliance (ANZCAL). As well as having the peace of mind that you are studying for an accredited qualification, you will also have the opportunity to join ANZCAL as an individual member too.

In summary, this means you can be assured of our course's recognised quality and excellence in training standards, and the confidence and credibility that comes with a prestigious qualification like this.

What Kind of Certification does the course offer?

On completion of the 5 day training, you will receive a professional Certificate in Life Coaching (accredited by ANZCAL) and the confidence and qualification to be able to practice as a Life Coach in NZ.

It's a great way to learn the powerful skills of a professional coach very quickly and to enjoy your own personal transformational journey at the same time.

You will receive a certificate in Breakthrough Life Coaching. You will also receive a certificate in Abundance Coaching.

What is the difference?

Traditional life coaching covers all the training areas that one would expect to become a certified life coach.

Additionally Abundance Coaching is a breakthrough style of coaching that you will learn, which is based around the idea of fully utilizing the imagination and the "full power of the mind" to create personal transformations and breakthroughs. It is a model of coaching and personal development which can be used not just to help other people, individuals or groups, but also to coach yourself, to bring the best out of yourself, to transform your own results, and to create your own successes.

It's also a method of coaching that you can actually teach to your clients and groups to give them something that they can actually use themselves. It's a wonderful way to coach and empower at the same time. To help people create a seemingly 'impossible' future.

It incorporates not just the conscious, conversational model of life coaching but also a deeper, unconscious process of helping others to harness the power of their imagination, their subconscious mind, and to get access to deeper resources. To gain more audacious, more ambitious results.

Structure of the Program

The program is broken down into 5 individual modules. Each is compact and accessible but with the power to develop your personal effectiveness as a coach, teacher, trainer, or leader.

Life Coaching is red hot right now. It is an extremely popular skill set and is massively effective in helping others to optimize their results and levels of personal happiness.

In any profession the higher you progress up the career ladder, the more likely it is that you will be expected to become a coach. Top executives, CEOs, managers and innovators in ALL areas of life, tend to naturally be great coaches.

There's no doubt in my mind that the better you become at coaching, the more successful you will be in your life and the more you will impact on other people's lives.

Ongoing Support and Follow up - Our Online Resources Program

Many of our students love the intensive and transformative nature of the 5 day breakthrough program, but sometimes ask the question - where next? How do we keep up the momentum of the training week? Where do we go for further support, follow up and inspiration?

We're delighted to announce that we have recently introduced a bonus online component to the Life Coaching course. This is comprised of two programs:

1. **Life Coaching Masterclasses** - A series of recorded live calls each focused in-depth on a particular coaching topic, technique or skill. These are led by Christine or Ed in combination with other coaching and change experts.

2. Life & Coaching Mastery: 10 Weeks to a Confident & Fulfilling Life – Ed's own online program covering key life coaching and personal developments themes and skills.

All these resources are accessed through a membership site which includes Ed's three part webinar on marketing and attracting clients. You gain immediate access to this amazing resource upon enrolment to the life coaching program.

You will receive lifetime access and you can use the resources in the way that is best suited to you. For example, some students choose to use these as ongoing development and support after completing the course, while others use them to 'jump start' their learning and start listening before even attending the course.

ANZCAL also provides professional development workshops, networking opportunities and events, online masterclasses and support/mentoring. More information about membership can be found here: <http://anzcal.org>

5 Day Breakthrough Life Coaching Course Structure

Module 1 - *Zone of Excellence: Personal Strengths & Coaching Styles*

- Coaching Declarations
- Introduction to Coaching Styles
- The Coach as Cheerleader
- The Coach as Motivator
- The Coach as Leader
- Drawing Out
- The Coach as Teacher
- The Intuitive Coach
- The Empathetic Coach
- The Coach as Storyteller
- The Coach as Thinking Partner
- The Coach as Listener
- Coaching styles in context

Module 2 - *The Mindset of a Transformational Life Coach*

How you can get other people moving and winning in life.

- The decision to 'be a coach'
- Setting up a coaching relationship
- Strengths & Leverage
- The Coaching Mindset
- Seeing more potential in people than they see in themselves
- Coaching relationships
- Client centered
- Curiosity and filters
- Breakthroughs and transformation are the goal
- Continual improvement
- Reframing

Module 3 - *Secrets of Strategic Motivation & Breakthrough Results*

How powerful coaching techniques and strategies can allow your client to plan design and create a future which previously would have seemed impossible.

- The Coaching Process
- Static and Fluid Energy
- Setting goals
- Celebrating actions, milestones and successes
- Breaking through plateaus
- The Theory of Constraints
- Challenging the Client
- The Belief Bridge
- Movable comfort zones
- Commitment and accountability
- Values and beliefs
- Learning Styles
- Action learning & Scaffolding

Module 4 - *Transformational Language & Masterful Communication*

How exquisite mastery of language and communication will make you a world class coach

- Presuppositions
- Utilization language
- Powerful Questions
- Strategic & motivational communication
- Pattern Interruption
- Listening Skills
- Creative Coaching
- Modelling
- Storytelling and metaphor
- The Philosophy of Abundance
- Motifs
- Positive Psychology and 'Flow'

Module 5: *Becoming a Successful and Highly Effective Coach*

How you can create quantum shifts and build upon the concept of unlimited potential to offer a coaching service unique to your audience.

- Becoming a Professional Coach
- ANZCAL Coaching
- Referring Clients
- Planning and Flexibility
- Building Coaching Programs and Session Plans
- Self-limiting beliefs
- Life Coaching tools and resources
- Types of Coaching
- Supervision
- Marketing

Christine Walter
Lead Trainer & National Training Director

Christine Walter is absolutely passionate about supporting people to achieve their goals in life, utilising her skills and knowledge along with her own life experiences. She firmly believes that everyone has the answers and resources within to achieve what they want.



As an experienced presenter and coach, and being of energetic nature, you will find Christine's training lively and informative. Christine is a real advocate of "learning by doing". Her training style is inspirational, engaging and energising.

Christine has over 20 years experience in the recreation industry, initially as a fitness instructor and managing children's programs, progressing to staff management and becoming Director of Recreation for a well-known international organisation overseeing several sites with the responsibility of over 300 staff.

Christine is a Master Practitioner in NLP and Time Line Therapy and has a Diploma in Clinical and Advanced Hypnosis from the NZ School of Professional Hypnotherapy. She is a Master Coach with ANZCAL and a Certified mBIT Coach.

In her personal life keeps a fit and active lifestyle walking and going to the gym. In 2013 she and her husband spent 8 months travelling to the UK and Europe, including walking the 330km Camino Portuguese from Porto, Portugal to Finisterre on the Spanish West Coast.

Sara Wilson
National Training Manager & Senior Life Coach Trainer



Sara is a coach and hypnotherapist with a passion for the mind body connection. She is fascinated by the power of the mind and how we can harness it to make positive changes in our everyday lives. Sara originally trained as a primary school teacher in England and taught in both London and New Zealand.

Sara enjoys working with her clients to empower them to overcome the issues that are holding them back and has a particular focus on working with children. Her vision is for every person to be empowered to lead healthy, joyful lives free of unnecessary stress and anxiety.

Sara is an empathetic and dynamic trainer who focuses on a transformative, strengths-based approach to coaching that encompasses mind, body and spirit.

Sara is also responsible for managing the training school. Once you are enrolled as a student on one of our courses, Sara will be your first point of contact and will take care of your needs and questions before, during and after the course.

Josh Roche
Senior Life Coach Trainer

Josh is a seasoned training facilitator and high performance coach having studied and taught a range of self-development approaches both in New Zealand and internationally.



Josh is also an experienced, highly sought after personal trainer, yoga teacher, outdoor instructor and is an expert in the field of mindfulness and meditation.

Josh is a former elite soldier who later went on a spiritual journey and became a monk (long story!). He is passionate about growing self belief, creating real, lasting change and clients and students making their dreams into a reality.

He has trained under some of the very best teachers in body, mind and spirit in the world and is one of the most talented teachers and coaches in the country.

Jordan Shearer
Senior Life Coach Trainer



Jordan is an experienced Life and Career Coach. She comes from a background in management, facilitation, employment consultancy and teaching.

Jordan brings with her a fun, relaxed, motivational and encouraging environment and will support you to break down barriers, believe in yourself and create opportunities for transformation and development.

Ed Lester
Co-Founder & Senior Life Coach Trainer

Ed is an experienced and globally respected coach and trainer who has helped thousands of clients to overcome problems and achieve their goals.

Here are some of Ed's qualifications and achievements:

- Certified Professional Life Coach through the International Institute of Coaching (November 2004)
- Accredited Master Coach with ANZCAL.
- Master Practitioner of NLP through the UK Academy of Therapeutic Arts and Sciences (February 2003)
- Founder of NZ Life Coaching and the New Zealand School of Professional Hypnotherapy, creator of many personal growth and development products including The Abundance Index and Ultimate Abundance self-hypnosis series.

Ruth Lester
Co-Founder & Enrolment Consultant



Ruth is the Co-Founder of NZ Life Coaching and has worked alongside her husband Ed developing the training school, 5 day course and online student programs, since its creation in 2013.

As a graduate of and advocate for the 5 day course, Ruth loves talking to prospective students about how it can align with and deliver on your goals, dreams and unique 'source code'. Her passion is in bringing together a wonderful bunch of people with these transformational courses, and seeing the life-changing results.

If you have questions, want to know if the course is right for you, or simply want to 'talk to a human being' then please do get in touch with Ruth. She'll be delighted to have a conversation, help you move forward and get clarity.

Further Details

<u>Full course fee</u>	\$2695
<u>Early Bird 10% discount course fee</u>	\$2395

The Early Bird is available for enrolment and payment in full within your initial 10 days of registering on our mailing list for the first time.

Enrolment Process

To apply please complete the enrolment form online here:

<https://nzlifecoaching.com/resources>

And select 'Apply Now'

This may be followed by an informal telephone interview to assess that the course is the right fit for your goals.

- Places on all courses are strictly limited.
- Venues and trainers may be subject to change.
- Hours for all courses: 9am to 5.30pm