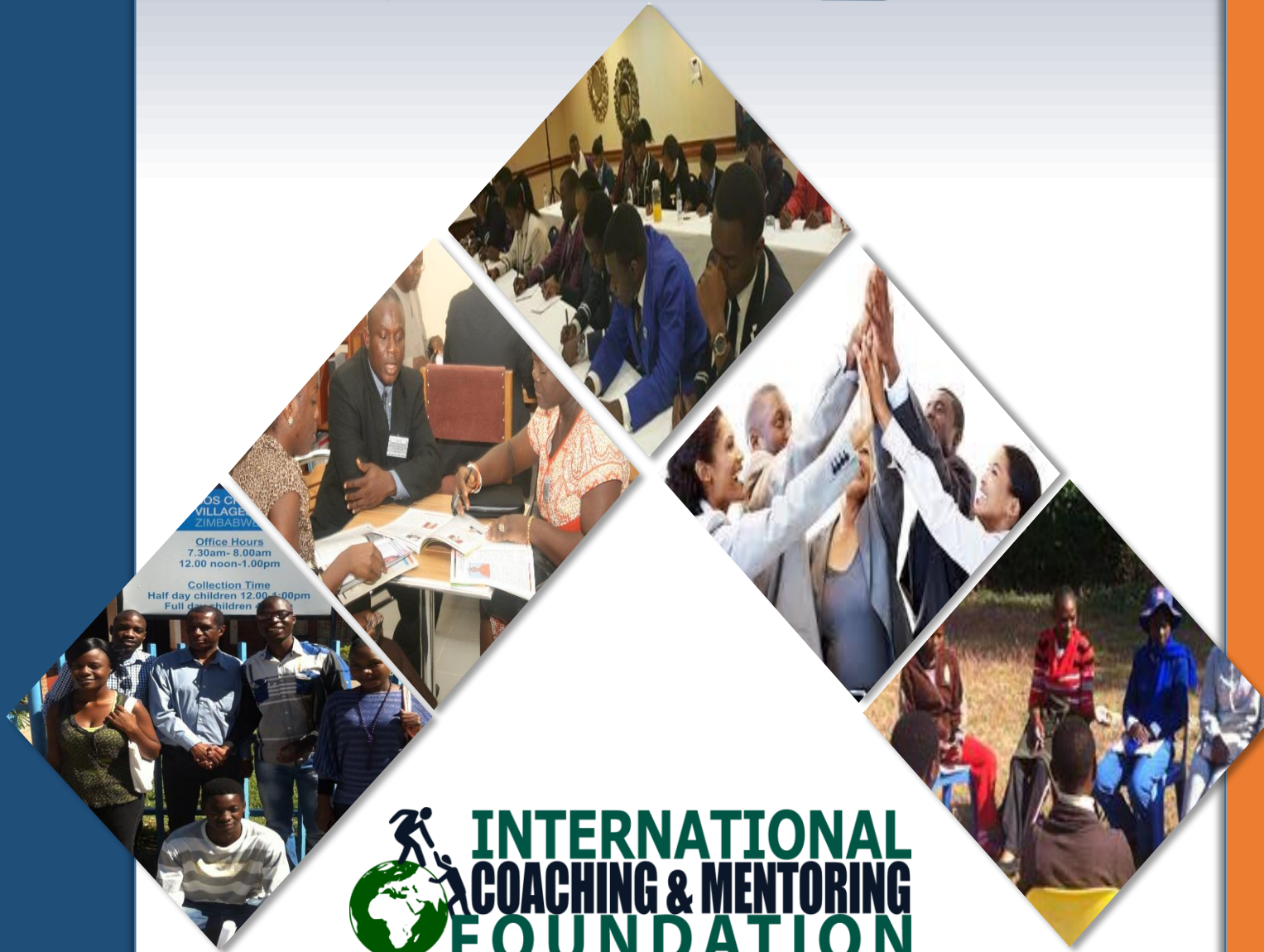


TRAIN TO BE A ...



**INTERNATIONAL  
COACHING & MENTORING  
FOUNDATION**  
ENGAGE TRANSFORM EMPOWER

LIFE COACHING AND MENTORSHIP



## WHY LIFE COACHING?

This course offers a transformative training process that increases the consciousness awareness of who a person is. It explores and develops assumptions, constraints, and how they can limit individuals from experiencing the fullest expression of themselves, and from reaching their fullest potential. Emphasis is placed on authentic practice life coaching, that is, helping others to identify their dreams, recognizing what blocks their fulfilment, and then making them a reality.

**DELIVERY:** This course is delivered face-to-face

**DURATION:** 360 hours

**TYPICAL STRUCTURE OF INSTRUCTIONAL HOURS:**

Instructional Activity Duration or Lecture Hours – 2hr (Seminars / Tutorials)

Practicum / Field Experience Hours 15 (On-the-job Experience / Formal Work Experience)

### INVESTMENT

REGISTRATION FEE:	USD 35.00
PER MODULE:	USD 50.00 (5 MODULES)
EXAMINATION FEE:	USD 30.00
TOTAL INVESTMENT:	USD 315.00

PLEASE NOTE, A CERTIFICATE IS AWARDED ON COMPLETION

## MODULE ONE: INTRODUCTION TO LIFE COACHING



1. What is Life Coaching?
2. The International Coaches Federation (ICF)
3. The Philosophy of Life Coaching
4. Principles of Life Coaching
5. Assumptions underpinning Life Coaching
6. Requirements of a Life Coach
7. Branches of Life Coaching
8. Self-Awareness
9. Personality Types
10. Believing in yourself & Self Doubt
11. Self Confidence
12. Self Esteem (Self Value/Self Worthiness)

## MODULE TWO: SELF RE-ENGINEERING

1. Self-Image, Assertiveness and Building Confidence
2. Grooming & Deportment
3. Attitude Building
4. Personal SWOT analysis
5. Communication
6. Public Speaking
7. Time Management
8. Prioritization
9. Gap Analysis
10. Intuition & Self-Empowerment



## MODULE THREE: ENVIRONMENTAL FOCUS



1. Networking
2. Relationship Building & Maintenance
3. Emotional Intelligence (Anger, Conflict Resolution)
4. Managing Failure
5. Managing Fame
6. Dealing with Stress
7. Dealing with peer pressure
8. The Power of perseverance
9. Leadership Engagement
10. Mentoring & Counselling

## MODULE 4: INTRODUCTION TO NEUROLINGUISTIC PROGRAMMING



1. What is NLP?
2. History of Neurolinguistic Programming
3. Definitions of NLP
4. Presuppositions of Neurolinguistic Programming
5. Four principles of Neurolinguistic Programming
6. Goals: POSERS or SMART
7. Filters: VAK (OG)
8. Metaprograms
9. Modelling/ Milton System
10. TOTE

## MODULE 5: ABUSE AND ADDICTIVE BEHAVIOUR

1. Substance/Drug Addition Recovery
2. Focus Coaching
3. Love, Sexuality & Partnerships
4. Teen Coaching
5. Parenting Coaching
6. Academic Performance Coaching
7. Dealing with Finances
8. Business Coaching
9. Dealing with Abuse
10. Career Coaching



## CONTACT US & JOIN NOW



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