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# Mindfulness Life Coaching Course 2021

ACCREDITED DIPLOMA LEVEL 4

ON-LINE COURSE



Spirit  
Body  
Mind

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# MINDFULNESS & LIFE COACHING

## *Essence of The Model*

This unique model of Mindfulness Life Coaching incorporates 26 essential themes for a flourishing and meaningful life. Using an integrative approach the model encourages you to connect with the inner self and develop new behavioural patterns in order to manifest your exceptional higher self. As a mindfulness life coach you will be directing and supporting others towards positive change. Therefore you will first need to practise this with yourself, mastering your own transitional processes through daily cycles of life, including effective management of fears, anxiety and stress.

Being your own mindful coach is the first step towards coaching others with a focus on the embodied self and commitment to cultivating new and positive ways of being,

The essence of mindfulness coaching is self realisation and Integration of mind, body and spirit for personal transformation.

# **MORE THAN JUST A LIFE COACHING COURSE**

## ***The Mind is the Master not the Servant***

This multi-modal course goes beyond the ordinary traditional teachings of coaching, using a blended spectrum of creative and intuitive approaches within the context of mindfulness, spiritual psychology, developmental psychology & positive psychology

Aside from using a unique framework for coaching individuals and groups; it is inspired by eco based coaching bringing you closer to working with your natural environment and the elements that support you to have an embodied experience and to transmute your state of being in more positive ways.

This is a transformational course that nurtures you to develop a deeper relationship with yourself towards greater fulfilment, wholeness and manifestation of your personal goals



# WHO THE COURSE IS DESIGNED FOR

*Coaching is about moving forward*

*It is a highly rewarding role and career*

*It encourages you to prioritise your life*

*If you like people then you will love coaching people*

*Every good coach is an inspirational leader & influencer*

*"The course healed me"*

*Course Participant -Sobia - Pakistan (2019)*

This course is ideal for those who are already working within health, social care and education, or for holistic therapists wishing to add to their portfolio of skills in formally supporting and developing others;

or individuals wanting to develop their career as a fully insured Independent Life Coach.

It is entirely suitable for someone looking to have a second job

You may already be working informally as a coach and wish to enhance your practice and credibility with a recognised accredited qualification.

Because of its uniqueness, trained coaches may wish to use it as part of their continued professional development, or as a platform for specialisation.

This course is highly suitable for individuals who wish to explore the context of mindfulness coaching or spiritual development for one's own personal development.

It might be of interest to anyone with good people skills who are seeking a complete career change within a formal helping role.

# A DUAL CERTIFIED VOCATIONAL QUALIFICATION

## *An Internationally Accredited Course Life Coaching + Mindfulness Coaching !*

This dual qualification offers you the flexibility to specialise in your practice as a life coach, mindfulness coach or spiritual coach, depending on your strengths and preferences.

The element of mindfulness and other holistic modalities, add great value, enabling you to work creatively, intuitively and effectively using a range of techniques to shift anxiety, negative thoughts and self limiting beliefs that block opportunities for change.

The course is entirely interactive and largely experiential so there are no portfolios or essays to complete. The duration of course hours is 90 hours. A total of 52 face to face on-line classes (over zoom) and 38 hours of on-line personal study, which includes, reading, on line materials, multiple choice questions, assignments, mini case studies and a transcript. During the taught classes, participants are required to keep a process diary (journaling) and participate in group coaching, and peer coaching

**The course is divided into the following 4 modules, the topics of which are covered as follows:**

# MODULE ONE

## *Essentials of Coaching !*

This module introduces you to the essential purpose and practices of classical coaching, including the core values, methodologies and underpinning philosophies.

### **During this module you will**

- Explore your personal strengths & journey
- Practice key elements of self coaching with deep enquiry
- Identify different learning and relational styles and the impact on the coaching role
- Differentiate between other helping roles
- Examine the framework for working ethically and safely as a life coach
- Self enquiry using tools, cards
- Learn the process and integration of the popular coaching model GROW
- Critically define the nature and purpose of setting 'intentions' and 'goals'
- Explore relationship-based theory and models of practice
- Identify coaching skills and skills practice
- Self-awareness and boundaries in the coaching relationship, contracting.

# MODULE TWO

## *How the Mind Works !*

Introducing you to the concepts of the mind this module explores the application of neuroscience, psychophysiology and positive psychology

**You will be enhancing your knowledge of and experientially working with:**

- States & levels of the consciousness
- Using creative visualisation
- Meditation
- Grounding and Connection methods
- Application of anchors
- Language systems and sensory processing
- The developing brain
- Mental maps (NLP)
- The Autonomic Immune System
- Mindfulness as a therapy/cultivator of change
- Working with belief systems, breaking the patterns of limiting beliefs and addressing barriers and resistance
- Changing beliefs
- Value based alignment
- Utilising positive psychology (re-wiring the brain)
- Deepening skills practice

# MODULE THREE

## *Cycles of Development, Transition, Life Themes - purpose, direction, growth Relationship Based Coaching*

This module explores the developmental context of relationships across the life cycle, how we relate to self and others and how to utilise these concepts into coaching

It introduces you to the core aspects of attachment, exploring the human condition in its response to personality and relating to others. The following topics will be critically explored in relation to coaching

### **Topics Include:**

Brief overview of attachment theory  
Transactional analysis.

Inner child work (developmentally)  
Jungian psychology and the psyche

### **The Mindfulness Coaching Model**

Exploring more fully the 26 themes of life within the mindfulness life coaching tool kit  
Transitions, psychological process  
GROW model (focus on W - will or way forward)

# MODULE FOUR

## *Working Holistically - Integration of Self*

This module encourages you to explore the deeper context of the self, wholeness and authenticity. It explores mindfulness and spiritual practices in relation in using the whole body system approach,

### **This module includes:**

- Exploring the 7 bodies
- Eco- coaching
- Vibrational theory, our magnetic field
- The art of relating to self, practising self, love, compassion & connection
- Journey to the higher consciousness
- Connection between mind, body spirit
- The circle of life (cycles & natural elements)
- Working with symbolism, stories & metaphor

Additionally at this stage you will begin to think about developing your own practice and exploring the practicalities of setting up a life coaching business. Much of this will be covered during all modules and included within your 1-2-1 sessions with me.

# WHAT YOU GET COURSE STRUCTURE

*The first year in establishing your practice is crucial. Support is offered during and long after the course ends, with an open ended system of group support for connecting over zoom & email*

The course is delivered over 4 months

8 x 3 hour Saturday zoom classes

1 Sunday 3 hour Sunday class

8 x evening classes

Includes 2 hours of 1-2-1 Skype

mentoring/personal coaching

following course completion

Your very own pack of Mindfulness Coaching Cards for professional and personal use.

A dual accredited qualification in Life Coaching & Mindfulness Coaching at Diploma Level 4 accredited by The International Authority for Professional Coaching & Mentoring

Ongoing networking opportunities.

Dates for the courses will be sent out separately, the course starts in July 2020 the minimum number of participants for each online course is 3 and the maximum 6. This is to ensure the quality of learning and individual attention to each student, endeavoring to cultivate a safe and contained learning environment.

# MINDFULNESS LIFE COACHING

*The only thing standing in the way of your happiness is you*

## *Connecting to the Higher Self*

Essentially mindfulness life coaching awakens the senses and stimulates the higher-brain (also known as the super- brain). When the senses are awakened there are a whole range of benefits bringing you in tune with your authentic, creative and manifesting self.

[Video Link](#)

[Website Testimonials](#)