



www.indianleadershipacademy.com

BE A CERTIFIED LIFE COACH

Certified by Indian Leadership Academy



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WHAT IS LIFE COACHING?

Life coach

A life coach is someone that looks to empower others by helping them make, meet and exceed goals in both their personal and professional lives. Life coaching is about gap analysis that closes the gap between life and dreams.

Life coaching

Can be compared to motorway maintenance and construction. It fills and removes the ruts of life to build a smooth surface. Then life's journey takes the traveler to the destinations that they really want to visit, rather than remain in the slow lane of inactivity, drifting without purpose or direction. If you want to make a difference in your life and the lives of others, become a life coach. This is a profession that brings joy to the client and the coach.



BENEFITS

- Identify, clarify and create a vision for what the client wants
- Use coach's expertise to modify goals as needed
- Encourage client's self-discovery and growth
- Get introduced to Life coaching and know more about what people have achieved through life coaching
- Achieve your health & fitness goals
- Ignite passion in your relationships
- Develop great rapport and strong relationships at work
- Change unwanted behaviors in yourself.
- Grow your business
- Plan effectively and execute with confidence
- Become understanding of own and others' behaviors- adapt well



CONTENT - DAY 1

- NLP - Introduction to Neuro Linguistic Programming / Life Coaching Defined
- Life Coaching Explained
- Presuppositions of NLP- the principles to live by
- NLP frames- blame frame, outcome frame, ecology frame, evidence
- Thinking straight- Introduction to cognitive distortions
- Eliciting the desired state- NLP technique of anchoring



DAY 2

- Activity and role play - identifying one's own cognitive distortions
- Getting started with coaching- Building rapport with your client
- Unconditional positive regard
- Basic attending and responding skills
- Use of sensory acuity
- Asking the right questions
- Use of sensory modalities and sub-modalities
- Challenging cognitive and language distortions



DAY 3

- Changing state- Circle of excellence
- Use of NLP Meta programs - towards and away from motivation,
- Small/big chunk thinking, associated/dissociated experience- how they
- The ABCDE model- working with beliefs
- Timeline technique- coaching for strategic and realistic planning. Effective goal setting techniques.
- Understanding classical conditioning- pairing a stimulus with the desired response.
(Very useful to create aversion towards smoking)
- Introduction to linguistics.
- Advanced linguistics skills(based on hypnotic language)
- Hyper-intention: how heightened intentionality can make us do just the opposite thing!
- Assessing areas for self (and for your client)
- Esteem needs, Love and belongingness needs



DAY 4

- Releasing painful/negative emotions by meaning-making
- Healing your inner child- reflective exercise
- Self-actualization- achieving one's full potential, passion, spiritual life. Resolving conflicts within the self.
- NLP at workplace - effective communication styles, staying motivated, leadership and relationships - perceptual position
- How to deal with Executive development Programs
- How to build Marketing collateral for your Programs
- How to grow your Life coaching business.
- Journey of a Coach - Entrepreneur
- Summarization of coaching framework - flow of coaching sessions.
- Certificate distribution



ABOUT THE TRAINER

Kaushik Mahapatra is one of the leading, most dynamic leadership trainers and motivational speaker in India. People call him India's next gen leadership trainer / coach. He has a completely different training and public speaking style.

He uses humour, Arts, music, storytelling and many other fun based approaches in training and public speaking.

IIM Lucknow Alumni with 20 Years of experience with- HP, GE and Wipro. He has Worked in India, US, UK, Australia. Certified NLP Practitioner, PMI ACP, Six sigma, CSPO, CSM.

Rich experience in Training, Coaching, L&D, IT Delivery, Sales and operations. His work on Leadership development for youth has been exceptional.



www.kaushikmahapatra.com



**Indian
Leadership
Academy**

ABOUT THE TRAINER

His Specialized Training offerings :

- NLP
- Leadership essentials for Managers
- Train the trainer
- Effective presentation skills
- Listening skills
- Design thinking
- Agile, Six Sigma, Corporate Strategy,
- Team building
- Young Entrepreneur
- Family workshops, leadership development programs for youth.



CONTACT US



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