

BE AN ICF CERTIFIED LIFE COACH WITH NLP & MINDFULNESS



@KaushikMahapatra Signature Program

“ WE ALL HAVE IT BUT WE MUST LEARN HOW TO GIVE IT”

Learn, Perform, Lead & Grow

LEARN

- ◆ Learn from the best International Facilitators.
- ◆ Replicate their success.

01

PERFORM

02

- ◆ Convert your passion into profession.
- ◆ Accelerate your Career as a Trainer / Coach Internationally.

LEAD

- ◆ Lead people in their life journey.
- ◆ Be a Pathfinder.

03

GROW

04

- ◆ Conquer the world of Training & Coaching.
- ◆ Be the start that seldom stops.

Launch your coaching career with us Today!

Featured In:

Outlook



Business Standard

EAST ASIA



the pioneer



AUSTRALIA MORNING TRIBUNE

Australian News.Net

DECCAN Chronicle

hindustantimes

LATESTLY

dailyhunt



RED FM 93.5

BE A CERTIFIED LIFE COACH WITH NLP & MINDFULNESS

MULTIPLE CERTIFICATE PROGRAM

DURATION

- ◆ 6 Weeks course - 72hrs
- ◆ 1 Month internship - 30hrs
- ◆ 3 Weeks Coaching
- ◆ 3 Weeks NLP & Mindfulness
- ◆ Sat & Sun (4hrs) 9.30am to 1.30pm IST
- ◆ Wed - Thu (2hrs) 7pm to 9pm IST

5 CERTIFICATES ISSUED

- ◆ Certified International Coach
- ◆ Certified Life & Executive Coach
- ◆ Coach the Coach
- ◆ Certified NLP Coach
- ◆ Certified Mindfulness Coach

INTERNATIONAL CERTIFICATION BODIES



COURSE DESIGNED BY

KAUSHIK MAHAPATRA

India's Top 10 Corporate Trainer & Business Coach, IIM, LBS Alumnus

OUR TRAINERS HAVE WORKED WITH



BONUSES

1

1 Month Free Internship

Practice and showcase your learnings on ILA Platforms along with an 1 Month experience letter.

2

Post Program Support

Get extended support for Team ILA post program for Clarifications on how you start as a Freelancer or start your own business. This would happen during your internship program. The Support is more in a group and not one on one.

3

Access to 10000 + Growing ILA community

Life time access to ILA community groups for Part-time, freelancing opportunities, ILA team-openings in community groups so that you can apply for open positions

4

Attractive offers on other programs

Get special offers on all Training, Coaching, Leadership and our wide range of individual & corporate programs as an alumnus

5

Personal Branding as Trainer/Coach

Learn how to do Personal Branding in social platforms for public and corporate workshops and increase your chances to attract more pro-bono & paid opportunities

**Highly interactive Live, Virtual
& Instructor led Sessions**

Sample Certificates



Our Master Facilitators



Kaushik Mahapatra
Founder-Indian Leadership Academy
Chief Mentor, Master Trainer/Coach



Brig. Arun Gupta
Head - International operations,
Advisor, International Coach



Sumaiya Sultana
Master Trainer, Mentor, NLP
Coach & Clinical Hypnotherapist



Colene Faith
ICF Certified International Trainer
& Coach, Leadership Coach & Mentor



Joyal Abraham
ICF Certified International Trainer
& Coach, Leadership Coach & Mentor

PROGRAM HIGHLIGHTS

COACHING WEEK 1

- Training vs. Mentoring vs. Consulting vs. Coaching
- Different types of Coaching - Life Coaching, Business Coaching, Executive Coaching
- Coaching Assessment
- ICF Competencies
- Popular Coaching Models - OSCAR, GROW
- How to structure your Coaching sessions
- Coaching templates
- PAARM Model For Rapport Building
- Enquiring Techniques

COACHING WEEK 2

- NLP Techniques to accelerate coaching results
- Neuroscience Techniques for life coaching
- CBT Techniques for coaching
- STEPPA Model of Coaching Structure
- EFT Techniques for self coaching
- Positive Psychology Techniques
- Mindfulness Techniques to develop focus
- Need analysis for coaching
- Structure of coaching - Life & Executive coaching

COACHING WEEK 3

- Real time Coaching Scenarios
- Your First Coaching assignment
- Coaching Pre & Post Assessment
- Coaching evaluation methods
- Coaching - Practice
- Group Coaching
- Cycle for group coaching
- Find your niche/identity
- Upgrading yourself - Suggested Courses for Future Growth
- Growing and Sustaining your coaching business
- Your coaching Starter tool kit
- Coaching - Evaluation methods

COACHING WEEK 4

- NLP - Introduction to Neuro Linguistic Programming
- Presuppositions of NLP
- Understanding and Changing to empowering beliefs
- Linguistic skills
- NLP Frames
- Live case studies with NLP
- NLP anchoring technique
- Introduction to mindfulness and meditation practise
- Cognitive distortions
- Use of sensory modalities and sub-Modalities - VAK
- Building self-esteem
- Inner child healing
- NLP expert talk
- Develop emotional intelligence
- Understanding and managing stress
- Managing anxiety with NLP techniques
- NLP Meta programs
- Wheel of life

COACHING WEEK 5

- Chunking, association and disassociation
- Needs - Classical conditioning
- Changing state - Circle of Excellence
- Goal setting and timeline techniques
- Live case studies with NLP
- Breaking through the Auto Pilot Mode
- Coaching conversations
- Rapport building
- The art of questioning
- NLP at workspace - effective communication, conflict - resolution, leadership and self motivation
- NLP expert talk
- Health and Wellness with NLP
- Building your NLP coaching business

COACHING WEEK 6

- Introduction to Mindfulness and Meditation Practice
- Self-Love
- Science behind Mindfulness & Meditation
- Mindful living and compassion
- Gratitude is the best attitude
- Loving kindness Meditation
- Meditation for body scanning
- Building relationships with mindful communication
- Head, Heart & Gut - 3 Minds
- Chakra Meditation Practice
- Health & Wellness with Mindfulness
- Mindful Living : An action plan
- Magical mornings - 3 months practice plan
- Four weekend practice program
- Graduation ceremony



**Indian
Leadership
Academy**

Get In Touch

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Google

4.9 ★★★★★
635+ Google reviews

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Our Achievements

Coached



8000+

Trainers & Coaches

Created



1,50,000+

Digital Connections

Reached



35+

Countries

Conducted



2300+

Workshops