



**Indian  
Leadership  
Academy**

# BE A CERTIFIED INTERNATIONAL TRAINER & COACH

India's First Integrated Program for Training & Coaching



**Kaushik Mahapatra**

International Coach  
Corporate Speaker

**INDIA**



**Soraya BG**

International Trainer & Speaker

**THAILAND**



**Riti Sinha**

International Trainer,  
Coach & Mentor

**INDIA**



**Brig Arun Gupta**

International Trainer &  
Mindfulness Expert

**INDIA**



**Colene Faith**

Life Coach & Self-  
Development Coach

**SINGAPORE**



**Cristina Clenciu**

International Life Coach

**LONDON**

© Kaushik Mahapatra - Signature Program



/ ilaofficialpage

INDIA / SINGAPORE / VIETNAM  
DUBAI / PHILIPPINES / SPAIN



# Be A Certified International Trainer & Coach

India's first Integrated program for Training and Coaching

**Duration - 1.5 months**

**110 hours**

**12 full day sessions spread over**

**6 weekends**

**6 weekday practice sessions**

**(Wednesdays : 7PM - 9 PM)**

**2 months internship(optional)**



## Certificates Issued

Certified International Trainer and Coach

Certified Behavioural Skills Trainer

Certified Life and Executive Coach

Corporate Trainer and Coach

Coach the Coach

## Certification Body



**Course designed by**  
**Kaushik Mahapatra**  
**International Speaker & Chief Mentor- Indian Leadership Academy**



## DAY1



- › Why integrated model for- Training & Coaching
- › RAINBOW MODEI™
- › Trainer- Self Assessment - Analyze your strengths as a Trainer.
- › Facilitation skills - Be a Master Facilitator
- › Human Library
- › The World cafe Technique
- › Virtual Facilitation
- › Success Stories - India's best Trainers and Coaches
- › Success Stories - Top Training Companies in India

## DAY2



- › Leadership development for Trainers
- › Master the Stage - Podium Points,
- › Voice and accent techniques
- › How to receive Effective Feedback during training
- › Command and Control vs Care and Connect
- › Audience Connect Models
- › Adult Learning - Andragogy model
- › Accelerated learning
- › Next- Generation Training -Techniques
- › Ontological leadership tools for Trainers
- › Storytelling for Trainers
- › IKIGAI for Trainers

## DAY3



- › Gamification - Scope and Approches
- › Creating Microlearning Modules
- › End to End Corporate Training Cycle
- › Tips for Requirement Discussion
- › How to write a proposal - Proposal Templates to be shared to all participants
- › Pricing Model for Corporate Training requirements.
- › The art of conducting successful public workshops
- › Do's and Don'ts - Public Workshops/ Open Programs
- › How to provide post training support for your audience

## DAY4



- › Training need identification process
- › Need Analysis - TNA and LMS
- › Instructional Design in detail - 4C - ID Model, Merrill's Principles of Instruction, ADDIE Model
- › ASSURE Model for Blended learning
- › Instruction design models for E- Learning
- › Jump- Starting your training sessions (Creating Ice Breakers)
- › Developing content for mid management and managers
- › Creating a Customized Learning Experience for Organizations
- › Online Course Creation
- › IKIGAI for Trainers
- › Individual Presentations
- › Identify Your Signature Areas / Your Niche

## DAY5



- › Self - Development tools for a Trainer
- › Topics in demand : 6 modules which are in demand (Assessment, Design thinking, Team Building, Leadership Interventions, Cross Cultural Workshops, Emotional Intelligence)
- › Train the future Trainers on one day cross cultural workshop
- › Train the future Trainers on one day Emotional Intelligence program

## DAY6



- › Train the future Trainers on one day Team Building program
- › Train the future Trainers on one day Assessment Workshop
- › Train the future Trainers on one day Design-Thinking Workshop
- › Share Content - Soft copy on all the 6 modules
- › Establishing your own brand as a Trainer
- › Guidance - to publish your own book
- › Building credible digital Trainer/ Coach profiles
- › Creating / Recreating your Digital Identity
- › How to build marketing collaterals for your programs

### OUR KEY OFFERINGS

- Leadership programs
- Executive coaching
- Team Building Programs
- NLP workshops
- Leadership and Mindfulness conferences



- › Digital marketing Techniques for building your brand
- › Selling skills for Trainers
- › Vendor list to enable your training business
- › International Workshops - Latest Trends

## DAY7



- › Introduction to Coaching
- › Coaching and ICF way
- › Coaching - Self Assessment - Analyze your strengths as a Coach
- › Mentoring and Coaching - How both can help Coaching Framework
- › Areas for Life Coaching and Executive Coaching
- › Integrated Approach to Coaching ( Psychoanalysis, CBT, Neuroscience, Self- hypnosis )
- › Coaching agreement & Code of ethics
- › Psychology Basics for Coaches
- › The ABCDE model - working with beliefs

## DAY8



- › CBT for Life Coaching
- › Self Hypnosis for Trainers and Coaches
- › NLP for Coaching
- › New behaviour generator
- › Fear vs Phobia - Understanding fears and phobias
- › Changing beliefs pattern - Technique to change limiting beliefs
- › Linguistics skills for better Connect
- › Root cause discovery

## DAY9



- › Coaching using Neuroscience Techniques
- › Advanced NLP techniques for Coaching
- › Emotional Intelligence as a framework for NLP
- › Applied NLP & EQ : Dealing with emotions
- › Design your own coaching intervention using integrated model
- › Emergenetics for coaching

## DAY10



- › Executive Coaching - Introduction
- › Executive Coaching - Scenarios
- › Getting ready for your First Coaching Session, setting expectations
- › Executive Coaching - Demand
- › Executive Coaching - Areas of Specialization
- › Executive Coaching Techniques
- › Mentoring new Trainers and Coaches
- › Case studies : Expect the Unexpected : Challenges as a Coach
- › How to get Coaching Clients

## DAY11



- › Live one on one Coaching Sessions for all participants
- › Discuss on real time opportunities
- › Practice sessions for all - 1-1 Coaching
- › Case studies - Success stories and failed deals
- › International Coaching market
- › How to make Coaching Videos
- › Individual Feedback from all Coaches
- › Super food and fitness for Coaches
- › Mindfulness for Coaches
- › 10 Easy to use ILA Coaching Templates for your Coaching Sessions

## DAY12



- › Doing Coaching vs Being Coaching
- › Success Stories - World's best life Coaches and Executive Coaches
- › India's best Coaches - What can we learn from them
- › Find your Niche in Coaching Industry
- › How to grow your life Coaching Business
- › Journey of a Coach - Entrepreneur
- › Coaching Organization structure
- › 4 weeks post program challenge
- › Coaching Practice sessions
- › Parking lot topics
- › Image Coaching
- › Certification Ceremony

