

AFFORDABLE Life Coaching Diploma

"It is not the strongest of the species that survive, nor the most intelligent – but the most responsive to change." Charles Darwin

At Mind Flexibility our course offers you innovative Life Coaching skills that will maximise your ability as a coach in helping people solve their problems and effectively achieve their goals.

This powerful, pioneering combination of Life coaching and NLP, which identifies models of excellence of the worlds most successful people, simply excels your Life Coaching skills to a whole new level, creating astonishing, profound results in yourself and others.

With our Professional "hands on training" you'll become an instinctive Life coach with Flexibility.

What you will learn.

- Goal Setting
- Wheel of life
- Well formed outcomes
- Communication skills in coaching
- Leading techniques in coaching
- Questioning techniques that leads clients to their goals
- The coach/client relationship
- The complete model of the life coaching process.
- Accountability and Life Coaching
- Acknowledgement and permission
- Conflict resolution and avoidance
- How to deal with Internal conflict
- Decision making process
- Maintaining motivation skills
- How to deal effectively with difficult people and situations
- Alignment with values
- Assessment processes and tools in coaching

What you can expect on a Mind Flexibility Training

All our trainings are continuously under review to ensure we are up to date with the latest leading developments in Life Coaching and NLP.

Our courses use accelerated learning techniques and are designed to be practical, relevant and deeply enjoyable.

You will receive personal attention, skills coaching and practise on each subject covered.