

## **Be Your Own Life Coach training - 2 days**

### **Live the Life You Want**

**Are you dissatisfied with some aspect of your life? Do you know that things could be better, do you wish that things were different, but don't feel you have the will, the confidence or the self – belief to change?**

**This 'Be Your Own Life Coach' course will help you to make a real and lasting difference in your life. It will help you learn from your past and design your future. It will teach you practical strategies to transform the way you see yourself and it will give you a step by step plan to make any change and see it through.**

### **Be Your Own Life Coach Training Course Objectives:-**

Having completed this course, delegates will be able to:

- Identify patterns of behaviour which have helped or hindered them in the past
- Identify their core values and the essential elements they need in their lives to be happy and successful
- Describe their vision of a successful and satisfying future
- Set positive, compelling goals and design an action plan to achieve them
- Recognize, and change, beliefs about themselves which have held them back and develop new, empowering beliefs to move them forward
- Develop greater confidence and self esteem
- Apply new ways of thinking to tackle problems and create success

### **Be Your Own Life Coach Training Course Content**

#### **Day 1**

##### **Learning from the past:**

- Identifying strategies and patterns of behaviour which have brought you to where you are now
- Seeing which strategies have helped you and which have hindered you in the past
- Developing self awareness and taking responsibility for change
- Identifying beliefs you hold about yourself, which ones support you and which ones hold you back
- What are beliefs and where do our beliefs come from?
- Exercises to help you challenge and change limiting self-beliefs
- What do you need to believe about yourself to be the person you want to be?

##### **Seeing Your Future**

- Designing your ideal future – exercises to help you see what you want
- How to use " visioning " and positive thinking to change your reality
- How to develop a positive self – image, to believe that you can succeed

## **Day 2**

### **Designing the Future**

- Why most people fail to change
- How to set positive, compelling goals
- How to make sure you are motivated to change
- How to predict, and deal with, obstacles
- How to identify, and build on, your strengths
- Developing an action plan for success

### **Changing**

- Developing new ways of thinking
- How " positive thinking " really works
- How to avoid " catastrophising " and other traps
- Techniques to help you deal with stress and problem solving
- How to change old patterns of behaviour when they recur
- How to develop your confidence and self – esteem
- How to stay motivated and find support for change
- How to deal with people who want to hold you back