



# LIFE COACHING CERTIFICATION PROGRAM

@ Kaushik Mahapatra Signature Program

6 WEEKENDS

INDIAN LEADERSHIP ACADEMY



# LEARN FROM THE EXPERTS



**Kaushik Mahapatra**

CHIEF MENTOR | LEADERSHIP  
EXPERT | INTERNATIONAL  
TRAINER & COACH



**Riti Sinha**

INTERNATIONAL  
TRAINER & COACH |  
MENTOR



**Brig. Arun Gupta**

NLP MASTER PRACTITIONER |  
MINDFULNESS EXPERT



**Ritu Sharma**

MASTER TRAINER |  
NLP COACH

# **GET CERTIFIED THIS NEW YEAR**

## **PROGRAM SCHEDULE**

### **COACHING DAY 1 - BUILDING A STRONG COACHING FOUNDATION**

- INTRODUCTION TO COACHING
- FUNDAMENTALS OF COACHING
- BEHAVIOURAL SCIENCES BEHIND COACHING
- NEURO BASED COACHING AND NEURO FRAMES
- PAARM MODEL OF COACHING
- GROW MODEL
- OSCAR MODEL

### **COACHING DAY 2 - COACHING - CORE COMPETENCIES**

- ICF CORE COMPETENCIES
- COACHING PRESENCE
- COACHING AGREEMENT
- LISTENING SKILLS
- POWERFUL QUESTIONING
- SMART GOALS
- ROLE PLAYS
- APPLICATION OF COACHING BUSINESS

## **COACHING DAY 3 - DISCOVER YOUR BRILLIANCE AS A LIFE COACH**

- 7 STEP PROVEN BLUEPRINT FOR SUCCESSFUL COACHES - RAINBOW MODEL
- FINDING YOUR PURPOSE : IKIGAI FOR COACHES
- AREAS FOR LIFE COACHING AND EXECUTIVE COACHING
- SUCCESS STORIES- WORLD'S BEST COACHES
- UNDERSTANDING THE COACHING FRAMEWORK
- INTEGRATED APPROACH TO COACHING (POSITIVE PSYCHOLOGY, EI, NEUROSCIENCE)
- VALUES AND BELIEFS
- CHANGING BELIEFS PATTERN - TECHNIQUE TO CHANGE LIMITING BELIEFS
- ROOT CAUSE DISCOVERY - DISCOVERING UNCONSCIOUS ROOT CAUSES IN SOMEONE'S PAST
- LINGUISTICS SKILLS FOR BETTER CONNECT

## **COACHING DAY 4 - EXECUTIVE (PROFESSIONAL) COACHING**

- EXECUTIVE COACHING - INTRODUCTION
- EXECUTIVE COACHING - AREAS OF SPECIALIZATION
- EXECUTIVE COACHING - DEMAND
- EXECUTIVE COACHING TECHNIQUES
- GETTING READY FOR YOUR FIRST COACHING SESSION, SETTING EXPECTATION
- MINDFULNESS FOR COACHES
- EXECUTIVE COACHING - SCENARIOS
- GROUP COACHING
- PRACTICE SESSIONS FOR ALL - 1 -1 COACHING

# **COACHING DAY 5 - BUILDING YOUR BRAND AS A COACH**

- HOW TO GROW YOUR LIFE COACHING BUSINESS
- JOURNEY OF A COACH – ENTREPRENEUR
- CASE STUDIES : EXPECT THE UNEXPECTED : CHALLENGES AS A COACH
- HOW TO GET COACHING CLIENTS
- COACHING ORGANIZATION STRUCTURE
- VIDEO MASTERY FOR BRANDING FOR COACHES
- GUIDANCE – TO PUBLISH YOUR OWN COACHING BOOK.
- DESIGN YOUR OWN COACHING INTERVENTION USING INTEGRATED MODEL
- OPPORTUNITIES AVAILABLE FOR COACHES AFTER THIS PROGRAM
- CAREER OPTIONS IN LEARNING AND DEVELOPMENT (L&D)
- CASE STUDIES – SUCCESS STORIES AND FAILED COACHING ASSIGNMENTS
- REAL TIME OPPORTUNITIES

# **COACHING DAY 6 - CONTINUING THE LEARNING AS A COACH POST THIS PROGRAM**

- INTERNATIONAL COACHING MARKET
- INTERNATIONAL WORKSHOPS – LATEST TRENDS
- CASE STUDIES : SELECTING YOUR MICRONICHE IN COACHING
- IMAGE COACHING, HEALTH COACHING, CAREER COACHING
- COACHING PRACTICE SESSIONS
- PARKING LOT TOPICS
- SHARE FEEDBACK FOR ALL PARTICIPANTS
- PLAN OF ACTION

# **AMPLIFYING COACHING SKILLS THROUGH NLP AND MINDFULNESS TECHNIQUES**

## **COACHING DAY 7 -NLP FOR LIFE COACHING**

- **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 PRACTICE**

## **COACHING DAY 8 - NLP TECHNIQUES FOR COACHEES**

- 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 DAY 9 - NLP ADVANCED TECHNIQUES FOR COACHEES**

- 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 DAY 10 - NLP FOR EXECUTIVE COACHING**

- COACHING CONVERSATIONS
- RAPPORT BUILDING
- THE ART OF QUESTIONING
- NLP AT WORKPLACE - EFFECTIVE COMMUNICATION, CONFLICT - RESOLUTION, LEADERSHIP AND SELF MOTIVATION
- NLP EXPERT TALK
- HEALTH AND WELLNESS WITH NLP
- BUILDING YOUR NLP COACHING BUSINESS

# **COACHING DAY 11 - INTRODUCTION TO MINDFULNESS**

- INTRODUCTION TO MINDFULNESS AND MEDITATION PRACTICE
- SELF-LOVE
- SCIENCE BEHIND MINDFULNESS AND MEDITATION
- MINDFUL LIVING AND COMPASSION
- GRATITUDE IS THE BEST ATTITUDE
- LOVING KINDNESS MEDITATION
- MEDITATION PRACTICE FOR BODY SCANNING

# **COACHING DAY 12 - USING MINDFULNESS FOR COACHING**

- BUILDING RELATIONSHIPS WITH MINDFUL COMMUNICATION
- HEAD, HEART & GUT - 3 MINDS
- CHAKRA MEDITATION PRACTICE
- HEALTH AND WELLNESS WITH MINDFULNESS
- MINDFUL LIVING : AN ACTION PLAN
- MAGICAL MORNINGS - 3 MONTHS PRACTICE PLAN
- FOUR WEEKEND PRACTICE PROGRAM
- GRADUATION CEREMONY

# **MULTIPLE CERTIFICATES ISSUED**

- CERTIFIED LIFE & EXECUTIVE COACH
- COACH THE COACH
- CERTIFIED INTERNATIONAL COACH
- CERTIFIED NLP COACH
- CERTIFIED MINDFULNESS COACH



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