



COACHEROES

CLASS SCHEDULE 2019-2020

Monday (2 hours) | 12 Week Session

	Date	London	Topic of Session
1	5/3/19	7:00PM	Introduction to Life Coaching
2	12/3/19	7:00PM	Self awareness as a Life Coach
3	19/3/19	7:00PM	The ideal client and what they seek
4	26/3/19	7:00PM	How you benefit your client
5	2/4/19	7:00PM	Qualities of a good Life Coach
6	9/4/19	7:00PM	Using personal experiences and intentions
7	16/4/19	7:00PM	Consultation to final session
8	23/4/19	7:00PM	Learning, representational and motivation styles
9	30/4/19	7:00PM	Client's setbacks, fears and hesitation
10	7/5/19	7:00PM	The right and wrong questions
11	14/5/19	7:00PM	Setting and accountability for goals
12	21/5/19	7:00PM	Review and final exam