



SIXSTAR

Mentoring & Coaching

**TRAINING ACADEMY
INVITE 2018**

"Are you passionate about helping clients pursue their dreams and discover new, powerful solutions towards a better life?"

Sixstar Coaching defines Life Coaching as "**partnering with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential.**"

For most people, if the process is done right, coaching is a life-changing experience that dramatically improves their outlook on work and life. Coaching helps people tap into their potential, unlocking their sources of internal creativity and productivity.

Individuals who partner with coaches frequently experience benefits including improved self-confidence, relationships, communication skills, work performance, and more. *There is truly nothing like it.*

The human condition is frequently the most difficult roadblock people have to overcome to achieve their dreams. Therefore, a good understanding of how the brain reacts instinctually is an excellent skill for coaches.

The Sixstar Training Program to become a certified life coach will teach you this skill *in only 3 months*. Our students will learn practical ways to assist their clients in identifying *the client's dreams, their desires, and the roadblocks that exist in their minds*.

Our students will also learn powerful tools such as **self-compassion, self-awareness, and creative thinking** that they can teach their clients as they guide their clients to success.

Our students learn these skills through our direct live online training and daily homework exercises.



MANY PEOPLE RESEARCH HOW TO BECOME A LIFE COACH BECAUSE THEY HAVE BEEN TOLD THEY GIVE "GOOD ADVICE".

GREAT COACHES ARE MORE THAN THAT, THEY ARE GUIDES WHO HELP THEIR CLIENTS FIND THEIR OWN ANSWERS. LIFE COACHING IS DRIVEN BY THE CLIENT.

THIS ALLOWS THE CLIENT & COACH TO CO-CREATE DECISIONS, STRATEGIES, AND GAME PLANS OVER THE LONG TERM WITH THE HIGHEST LEVEL IMPACT AND ACCOUNTABILITY AT EVERY SESSION.

THE COACH IS YOUR CHEERLEADER, YOUR BIGGEST FAN AND YOUR BIGGEST MOTIVATOR TOWARDS YOUR ULTIMATE SUCCESS.

WITH SIXSTAR LIFE COACH TRAINING

YOU WILL LEARN:

The Truth of Who YOU ARE as you help your clients unravel who they truly are, increasing life INTEGRITY and ACCOUNTABILITY

Verbal and Psychological Techniques that help you question your client in new interesting ways, breaking their internal barriers and "limited beliefs"

How to co-create plans of action with your clients that make them coming back for more!

Your Greatest Area of Focus as a Life Coach so you work with the RIGHT PEOPLE

The Business of a Coach! How to market yourself with us and get potential clients!

The Course Explained:

The SixStar Training Program is a full immersive, 12 week 35-hour course that will train you on:

- 1. Who you are as a Coach***
- 2. What your purpose is as a Coach***
- 3. The type of people you are meant to Coach and..***
- 4. How to successfully heal others and coach them past their internal and external barriers***

The training is done classroom style online live with a Master-Certified Coach Trainer via video conferencing and weekly conference calls. Some sessions are one on one at an extra course fee.

Course is done in a group setting, 100% confidential and allow the practice and discussion of key techniques with your Coach Trainer, as a group or paired up with your fellow coaches.

You will receive instructions on how to join the meetings upon registration as well as weekly goals, challenges, assignments and of course, your level 1 Coaching Workbook & Guide. You are required to complete your 35 hours of training, pro bono coaching, keep regular logs and take a final assessment to pass the Sixstar Coaching Program and receive your accreditation.

A man with dark hair, a beard, and round glasses is sitting at a desk, looking intently at a laptop. He is wearing a light-colored shirt, a dark tie, and a patterned blazer. His left hand is on the laptop keyboard, and he is wearing a watch. The background is dark and out of focus, showing a desk lamp and some papers. An orange semi-transparent rectangle is overlaid on the right side of the image, containing white text.

Are you
Ready
to
Change
Lives?

Please make sure you have a computer, web camera, comfortable quiet office setting and a solid internet connection for all your trainings.

COURSE FLOW & STRUCTURE:

SixStar Coaching is focused on the 360 developmental process of yourself as an emerging, skilled and empowered coach first **AS YOU PRACTICE** the techniques, methods of a great coach with your peers and practice clients.

12 weeks is the minimum training we recommend to get into this endeavor. Coaching is the *2nd fastest growing profession led by a multi-billion dollar industry* (Forbes Magazine). So times are exciting, highly lucrative, definitely eye-opening, enlightening and a bit challenging to be a STAR coach due to the high interest! Don't mind that, we are fully trained and we will help you reach your STAR POWER fast and powerfully!

We focus on 6 main areas (Star Areas) of life during our training: **Life, Relationships, Health & Wellness, Career, Relaxation & Play and Spirituality**, with a CORE VALUE to master within yourself every 2 weeks. We will zero in on our **the "6 Dimensions of Your Universal Energy", one dimension each week. Lastly, we will challenge you in a final STAR LEVEL Project in week 12 in front of your peers.** Being a Sixstar Coach will be challenging but worth it!

YOU HAVE THE POWER
TO CHANGE YOUR LIFE.

ONLINE COACHING AND MENTORING

Why Sixstar Coaching?

1. **WE WILL GIVE YOU WORLD CLASS TRAINING AT THE MOST AFFORDABLE PRICE.**
2. **WE VALUE YOUR TIME! YOU WILL LEARN THE EXCLUSIVE FULLY IMMERSIVE SIXSTAR COACHING METHODS IN ONLY 3 MONTHS!**
3. **NOT ONLY WILL YOU BECOME A COACH, BUT YOU WILL UNRAVEL YOUR OWN BARRIERS TO SUCCESS MUCH LIKE YOUR CLIENTS WILL EXPERIENCE!**
4. **UPON GRADUATION, YOU HAVE A JOB WITH US! YES, YOU WILL BE A CERTIFIED SIXSTAR COACH AND RECEIVE PROSPECTS!**

Meet the Coach Trainer



Emily Correa, M.S. Head of Coaching

Emily is a Master Certified Life/Business & Law of Attraction Coach. She holds 350 training hours from premier program Institute for Professional Excellence in Coaching since 2013, a Masters of Science in Organizational Learning and Development (3.8 GPA) from Suffolk University, 10 years in corporate leading people & projects for billion-dollar companies and a B.A. in a Double Major of Psychology/Sociology, minor in Business Management.

She is passionate that the design of the SixStar Coaching Method will evolve who you are into your greatness! Shine bright new coaches!

Week 1-4 (12 Week Program)

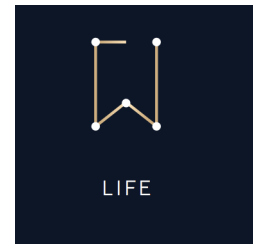


Week 1: The 6 Dimensions of Universal Energy; Your Place in the Energetic Universe

Topic: "Where are YOU?"

Core Value Challenge: **CLARITY (Star #1)**

2 Week Coaching Area: LIFE PURPOSE



Week 2: Past, Present and Future, The Masterpiece of YOU

Topic: "What Are YOU?"

Core Value Challenge: **UNDERSTANDING (Star #2)**

Week 3: The Meaning of Emotionality, the Scale of Perception

Topic: "How are YOU?"

Core Value Challenge: **INTEGRITY (Star #3)**

2 Week Coaching Area: RELATIONSHIPS



Week 4: The Core of the Self, the Story We Tell Ourselves

Topic: "Who are YOU?"

Core Value Challenge: **BALANCE (Star #4)**



SHINE BRIGHT

Your future life's work
awaits..

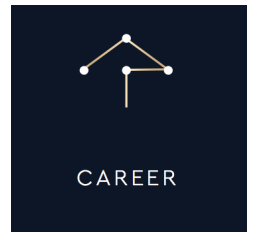
Week 5-9 Curriculum

Week 5: *The Purpose of You, Your Beginning & Ending*

Topic: "Why?"

Core Value Challenge: **PASSION (Star #5)**

2 Week Coaching Focus: CAREER



Week 6: *The Masterpiece of You Revisited, Creation of a Legend*

Topic: "The Win"

Core Value Challenge: **POWER (Star #6)**

THE NEXT 6 WEEKS OF CLASSES ARE ABOUT PRACTICING YOUR NEW TECHNIQUES CONTINUOUSLY, GROWING, EXPANDING YOUR ENERGY, EXPERIMENTING WITH NEW LIFE HABITS, PRO BONO WORK, AND PREPARING FOR YOUR STAR POWER PROJECT.

Week 7: *Marketing Yourself as A SixStar Coach*

2 Week Coaching Area: HEALTH & WELLNESS

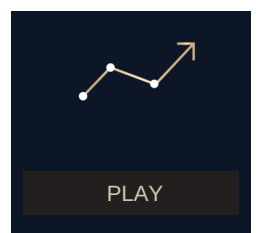


Week 8: *Networking as a SixStar Coach*

Bonus Topic: Social Media Influence

Week 9: *Work/Life Balance in your New Life*

2 Week Coaching Area: RELAXATION & PLAY



Week 10-12 & Final Project



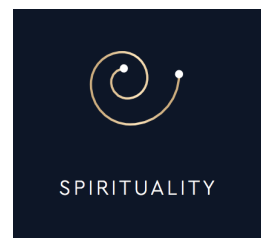
3 Weeks until Certification...

Week 10: *The Laws to the Ultimate Spark*

Bonus Topic: Your Perfect Clients Discovered

Week 11: *Where are YOU Now?*

2 Week Coaching Area: SPIRITUALITY



WEEK 12: STAR POWER PROJECT PRESENTATIONS BY ALL NEW COACHES & FINAL TEST



CLASS SIZE LIMITED

EMAIL:

INFO@SIXSTARCOACHING.COM

