



SIXSTAR

Mentoring & Coaching

2019

TRAINING ACADEMY INVITE

"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, selfawareness, and creative thinking that they can teach their clients as they guide their clients to success. They 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.

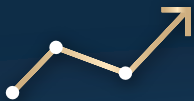
SIXSTAR LIFE COACH TRAINING WILL TEACH YOU



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.

The course is done in a group setting, **100% confidential** and allows 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 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.

Are you Ready to Change Lives?

Please ensure you have a computer, web camera, comfortable quiet office setting and a reliable 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 introducing you to many of the fundamentals for effective life coaching and the reasons behind them.

You will begin to create your coaching practice principles and define your perfect client. You will discover the joy of being a guide to your clients as you help them find answers to their seemingly unanswerable questions.

Lastly, we will challenge you with a final exam in week 12. 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

Upon graduation, you will be able to **join us** and work with us! You will be a **certified Sixstar Coach** and get potential clients from us.

3

Not only will you **become a coach**, but you will **unravel your own barriers to success** much LIKE your clients will experience!

4

We **value your time!** You will learn the exclusive fully immersive **Sixstar Coaching methods** in only 3 months!

Meet the Instructor

Fiorenza Rossini

*Life Coach, NLP coach,
Mindfulness teacher*

“I am on a mission to help people who feel trapped in their life, stressed, unfulfilled and who want to break free from their cage”



Fiorenza helps high-achievers, over-achievers and busy professionals achieve their goals and develop their potential.

She is dedicated in helping you create a better work-life balance, a positive mindset, less stress and more confidence. Her coaching style is supportive, yet challenging when needed because she is passionate about you being able to master your strengths, grow and see the results you want to see.

She has 9 years experience of fast-paced work environments (investment banking, financial services) where she held various roles across the arc of the organisation. Fiorenza deeply understands the importance of mastering interpersonal and soft skills to build a fulfilling career and manage time & workload efficiently.

Most recently, she has coached across a broad range of topics: being an engaging leader, navigating a difficult situation, dealing with emotions & stress, getting unstuck. Fiorenza is also a certified Mindfulness Teacher and is always delighted to bring this in her coaching practice as an add-on.

12 WEEK PROGRAM

TRAINING STRUCTURE & SYLLABUS

1

What is Coaching?

1. Intro: why do they want to be a coach?
What are you doing here? Who are you?
2. What coaching is and what coaching isn't
3. Why people want coaching?
4. Designing the alliance for this training course

Q&A

2

The Coaching profession

1. Coaching ethics
2. **Coach's competencies**
3. Design the coach-client alliance & the coaching relationship
4. The different types of coaching
5. Certification requirements

Q&A

Homework : individual questionnaire - get insight on how your preferred representational systems, incl. profiling and how you communicate with others!

3

Fundamentals

1. The art of questions
2. Building rapport

Classroom activity: Homework group share + meaning

3. Enhanced Listening
4. Tasking

12 WEEK PROGRAM

TRAINING STRUCTURE & SYLLABUS

4

Exploring the present and designing the future

1. Exploring the present and designing the future
2. The Wheel of Life

Classroom Activity: individual + group share

Classroom Activity: Deep Dive in Coach/Coachee pairs

- Build rapport
 - Explain what coaching is and how it can help in your own words
 - Assess the client's current situation
3. GROW model

Classroom Activity: pairs + group share

5

Goals

1. Benefits of setting goals (*with class discussion*)
2. **What stops us from setting goals** (*with class discussion*)
3. SMART goals
4. SMART+ : the 7 Golden Rules of Goals

Classroom Activity: pairs + group share

6

Values

1. Values
2. Discovering the Value behind the Goals

Classroom Activity: pairs + group share -- *Core Values*

Homework for next session:

- 1 - What are your values in all the areas of the Wheel of Life?
- 2 - What did I learn so far?

12 WEEK PROGRAM

TRAINING STRUCTURE & SYLLABUS

7

The Action Plan + Coaching in action!

1. Sharing your experiences with the homework
2. The Action Plan

Classroom Activity: pairs + group share

Classroom Activity: coaching practice (coach + client + observer)
- use any/all the tools learnt so far.

8

Comfort zones

1. The 3 Zones: Comfort Zone, Stretch Zone, Danger Zone

Classroom Activity: pairs + group share Self assess

Classroom Activity: individual + group share Reflections

2. What to ask yourself to help you feel brave and ready to face new situations
3. SPORT goals to grow

Homework for next session - design a SPORT goal

9

Beliefs

1. Empowering Beliefs
2. Limiting Beliefs

Classroom Activity - pairs + group share Discover your own beliefs

3. Coaching with beliefs

Classroom Activity - demonstrate method 2

4. Belief Change

Homework - Build your personal step-by-step guide for your empowering beliefs to support you towards your Stretch Zone.

12 WEEK PROGRAM

TRAINING STRUCTURE & SYLLABUS

10

Transition to success and changing habits

1. Sharing your experiences with the homework
2. Transition model
3. Habits

Classroom Activity: individual + group share

Classroom Activity: coaching practice (coach + client + observer)

11

Dealing with difficult emotions and stress

1. Being vs Doing
2. Feeling the emotions
3. Help your client deal with stress

Classroom Activity: coaching practice (any tool used so far)

12

Helping a client who feels stuck

1. Using space
2. Creating Perspective
3. Live by exploring your new perspective
4. Take final exam

Classroom Activity: coaching practice (any tool used so far)

Q&A

SHINE BRIGHT

Your future life's work awaits...

CLASS SIZES ARE LIMITED



UK

44-203-905-1970

US

1-646-992-8855



INFO@SIXSTARCOACHING.COM



SIXSTARCOACHING.COM