



# Life Coaching

## Course Overview:

The ultimate objective Indaba's eLife Coaching Program is to teach you invaluable lessons and advanced skills designed to help you assess what is important for you and then align your goals with this knowledge to make positive changes in your life.

In the Indaba eLife Coaching Program, you will learn how to analyze your behaviors, values, habits, and goals, and then determine exactly what it is that's holding you back from successfully achieving those goals. The explicit goal is to make well-planned adjustments - changes that you probably would not be able to make or sustain without the knowledge, continued support, and motivation of Indaba's eLife Coaching Program.

The main reason people do not accomplish what they set out to do is because they do not recognize or pinpoint the exact areas where they can leverage their talents, mitigate risks, and capture opportunities. As long as you plan and analyze the actions that are going to lead to the right things for you, and you know where things may go wrong and make sure you have a contingency plan, you will succeed. And remember, just changing small things and recognizing where leverage points exist can make a BIG difference.

The eLife Coaching Program will help you set goals, track your progress, assess your core values, and really make you think about what is most important to you. These lessons will help you identify your strengths so that you can enhance what you already do well and give you ways to increase your effectiveness. On the flip side, it will compel you to face areas that most people typically prefer to avoid – your weaknesses. We believe that when you examine your weaknesses clearly and objectively, you can make sound choices about what to do with those weaknesses.

The eLife Coaching Program will also help you learn tactics to build a high degree of trust in your relationships. This is important because your goals will be accomplished quickly and more effortlessly with support and assistance from others.

The program's sessions will help you by providing the structure that will assist you in building a workable plan. The eLife Coaching Program is not only rich in content, but guides you on building out a workable plan that ultimately is designed to create - and bring to fruition - the balanced life you envision.

Here are the topic areas that you will cover as you work through the eLife Coaching Program:

## Life Coaching Course:

Session 1: Intro

Session 2: Values and Skills assessment and preparation Maslow's Hierarchy of needs

Session 3: Habits

Session 4: Attitude

Session 5: Feelings & Emotional Involvement (feelings about goals)

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- Session 6: Setting your goals
- Session 7: Subconscious
- Session 8: Creative Visualization
- Session 9: Ranking goals
- Session 10: Getting Started
- Session 11: Life Strategies – goal strategies
- Session 12: Focus- paying attention
- Session 13: Affirmations
- Session 14: Personal Characteristics
- Session 15: Situation Analysis Into and Internal Situation Analysis
- Session 16: Situation Analysis – External Factors
- Session 17: Personal Mission Statements and Definiteness of Purpose
- Session 18: Self-talk
- Session 19: Fear
- Session 20: Decision Making
- Session 21: Decision Making Matrix
- Session 22: Cognitive Biases
- Session 23: Biases - Framing Bias
- Session 24: Time – scheduling
- Session 25: Money
- Session 26: Finance
- Session 27: Respect and Leadership Currency
- Session 28: The Transitional Time Line
- Session 29: Negative phases of the Transitional Time Line
- Session 30: Peak Performance Models Positive Phases of the Transitional Time Line
- Session 31: Perceptual Positions - Strengthen Image and Power Johari's Window  
Communication loop
- Session 32: Building Trust #1 - Body Language and Rapport
- Session 33: Building Trust #2 -Mirroring, Matching, Cross Over Pacing, leading
- Session 34: Reading people and Active Listening
- Session 35: Language patterns Absolutes and Generalities
- Session 36: The Language of Change
- Session 37: Cause and effect distinctions/results
- Session 38: Creating Synergy and Listening
- Session 39: Relationship building
- Session 40: Networking
- Session 41: Opportunities and Possibilities
- Session 42: Choices
- Session 43: Having Balance and Well Being
- Session 44: Maintaining Sound Health: Physical and Mental
- Session 45: How to receive feedback – personal and professional
- Session 46: How to give feedback - personal and professional
- Session 47: Hold yourself accountable
- Session 48: Setting yourself into a state



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## Features and Benefits:

- You will follow a well laid out path to your dreams and the success you deserve with Indaba's eLife Coaching Program. This is designed to produce life-changing results by taking you through the journey one step at a time; confidently moving you through to success.
- Though the eLife Coaching Program, you will come to understand your values, set priorities, create an action plan, hold yourself accountable, balance your life, improve relationships, communicate with confidence, and achieve your goals.
- The course will give you insight on how to visualize, prioritize your goals, and discover how to consistently achieve them.
- The course will aid you in aligning your core values with your life's goals resulting in an integrity-based and authentic life.
- Build relationships and learn networking techniques to ensure that you surround yourself with like-minded people, furthering your opportunities for achievement.
- Improve your feedback skills as a sender and receiver so that you obtain critical information to improve yourself, enhance your professional presence, and assist those in your circle to grow.
- The eLife Coaching Course will have you write a personal development action plan with a solid chance of success.
- Through the course you will learn how strategic decision making affects your choices and how to apply it to your goals.
- You will gain balance and well being in your life to reduce or eliminate stress.
- Understand language patterns and how to interact with people so that your influencing abilities expand dramatically.
- Discover the best way to move through both the negative and positive phases of your life as you maneuver and strive toward your objectives.

## eTraining Methodology

Learn where you want. With leadership development eTraining, you can take this course at your desk, at home during quiet time, while exercising, or when you are travelling. We call this flexibility: my way, my place, my pace.

Through eTraining, you can learn when you want. You decide the time. There are no classes to attend meaning you can learn around your schedule at your own pace.

You can learn how you want. All eTraining courses are taught in three different formats: audio, video, and written formats. This gives you the ability to learn in the format that is best suited for your individual learning style, or you can even pick a combination of all three: audio, video and written. The course comes complete with activities, whitepapers, scripts, online quizzes, and a final exam to ensure full comprehension of the course material.



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## Our Guarantee:

Take 30 days to study, learn, and benefit. If you are not impressed simply call our office for a full, no questions asked refund. We are this confident that you will love our programs!