



DYNAMIC LIFE COACHING

OPEN YOUR OWN COACHING PRACTICE !

Online learning @ 26% discount. Terms available.



PROMO VALID ON ALL ONLINE LECTURED
ENROLLMENTS FOR 2019

There is no such thing as failure. There are only results.



PRACTICE AS A PERSONAL LIFE COACH LEARN HOW TO SET UP YOUR PRACTICE

Learning Outcomes

This learning program / certification process is designed to help you become a high quality practicing life coach, meeting certain standards of competence. These are closely aligned with the professional competencies promoted by COMENSA (Coaches and Mentors of South Africa). Our certification process is designed to test your standards of competence. The core competencies and benchmark levels that the learning program seeks to promote are listed below in this brochure.

At the end of this learning program the delegates should be fully conversant with and be able to apply the following:

- Employ coaching principles and maximize others' efficiency; use different models to coach; question and guide a coachee; ask questions and influence others through the understanding of basic human needs and provide effective feedback to coachees and overcome any potential resistance.
- Open your own practice and get assistance on marketing your own services.
- More than 100 Life Coaching Tools and templates necessary for starting your own Coaching Practice.
- Certification as a Life Coach with the option to register as a Life Coach nationally and/or internationally.

Who Should Attend?

- Aspiring professional coaches, pastors, life coaches, career coaches, Neuro Linguistic Programming Practitioners, pastoral & life counsellors, religious practitioners and sport coaches.
- Business unit managers, leaders, human resource specialists, department heads, team leaders, performance management specialists, mentors & trainers.
- Anyone who wants to support other people in achieving a specific or professional goal.

Course Fee Inclusions

- All Training Material
- Live Online Training
- Assessment & Certification
- 120 Credits towards Master Coach Certification

Certification Process

- Completion of Enrollment Form
- Confirmation & Billing
- Booking of Seat / Payment
- Online Contact Session Attendance. As per schedule from 19H00 - 21H00 during weekly sessions
- Practical Assignment
- Submission of Assignment
- Assessment
- Certification

*"This training stands out as the most meaningful and useful both personally and professionally." -
Lynn Victor*

*"I registered my company in August "Open Door Coaching & Training". With LEDISA's assistance it was an easy and affordable process. Went to my first COMENSA gathering last week. It was great".
Dorothy Doorasamy*

"I am super excited to see how this process assist my clients in changing their lives. And this is sustainable change. I love every minute of my work". Willie Roos

Training Schedule

Introduction to Coaching

- What is Coaching?
- Coaching vs Other Disciplines
- Types of Coaching
- Benefits of Coaching
- Ethical Standards
- Qualifications of a Coach
- The Ideal Client

Core Coaching Competencies

- The Senses
- Communication
- Powerful Questions
- Active Listening
- Projecting Yourself
- Silence
- A Coaching Model

Building a Relationship

- Laying the Foundation
- Building Report
- Connect with a Client

Choices & Change

- The Process of Change
- Change Models
- The Power of Decisions
- Motivational Factors
- A Life Vision
- Goals, Milestones & Action Steps

The Mind-Set & Beliefs

- Mind-Set Coaching
- Beliefs
- Belief-Models

Understanding Behavior

- Human Needs
- Life Purpose
- Coaching Around Life Purpose

Obstacles in Coaching

- External & Internal Barriers

Personal Values & Rules

- A Values Driven Life
- A Coaching Value Set
- A Coach's Own Values
- Values-Driven Coaching
- Values & Rules
- Control your own happiness

Coaching Practice

- The Dynamic Wheel
- Worksheets & Tools
- Forms & Documents
- Accreditation, Alliance & Membership

Coaching Practice

- Opening a Practice
- Marketing Truths
- An Internet Presence

Master Coach Trainer Profile

Leon, the founder of LEDISA Academy (The Leadership Foundation), is regarded as an expert in the development of people in Southern Africa and is a sought-after public speaker and facilitator in the areas of motivation, people development, life transitions, overcoming challenges and increasing a sense of fulfillment and joy in life.

In the area of people development, Leon obtained B.Th. and B.D. degrees Cum Laude at the University of Pretoria and his resume includes a Doctorate Degree in Pastoral Counseling (2007). He further qualified himself as a Master Life Coach, specializing in Christian Neuro Linguistic Transformation techniques as well as pastoral counselling. He is currently part of an international project team researching Christian NLP and Christian Behavioural Conditioning.

As a business coach, he gained valuable experience being part of a project team researching and establishing the first Sasol open cast colliery in Mpumalanga, South Africa, as well as working as a Materials Manager, Marketing Manager & Supply Chain Manager for various companies, including Sasol, Genfood Industries, Master Runners and Agrifeed International.

He is currently a member of Coaches & Mentors South Africa (COMENSA), the Association for Neuro Linguistic Programming (ANLP), the American Association of Christian Counselors (AACC), the International Christian Coaching Association (ICCA) as well as the Association of Christian Counsellors South Africa (ACCSA).

His passion for the development of people led to the establishment of LEDISA Academy (Pty) Ltd, focusing on the positioning of people for development and growth through mentoring, coaching, counselling and customized training. Leon is currently the Managing Director of LEDISA Academy (Pty) Ltd as well as Founder of the internationally recognized Life Coach Academy.

Leon is for sure an excellent coach and trainer. Thanks. You are a great inspiration". Mala James

Training Schedule

Subject	Session	Group 1	Group 2	Group 3
Learning Journey	1	02 Apr 2019	08 May 2019	30 Jul 2019
Introduction to Coaching	2	09 Apr 2019	09 May 2019	06 Aug 2019
Competencies 1	3	16 Apr 2019	15 May 2019	13 Aug 2019
Competencies 2	4	23 Apr 2019	16 May 2019	20 Aug 2019
Goals 1	5	30 Apr 2019	22 May 2019	27 Aug 2019
Goals 2	6	07 May 2019	23 May 2019	03 Sep 2019
Coaching Plan	7	14 May 2019	29 May 2019	10 Sep 2019
Motivating Forces	8	21 May 2019	30 May 2019	17 Sep 2019
Belief Systems	9	28 May 2019	05 Jun 2019	25 Sep 2019
Vital Values	10	04 Jun 2019	06 Jun 2019	01 Oct 2019
Aligning Roles	11	11 Jun 2019	11 Jun 2019	08 Oct 2019
Human Needs	12	18 Jun 2019	18 Jun 2019	15 Oct 2019
Being in Control	13	25 Jun 2019	25 Jun 2019	22 Oct 2019
Vision	14	02 Jul 2019	02 Jul 2019	29 Oct 2019
Long Term Goals	15	09 Jul 2019	09 Jul 2019	05 Nov 2019
The Way Forward	16	16 Jul 2019	16 Jul 2019	12 Nov 2019
Praxis	17	23 Jul 2019	23 Jul 2019	19 Nov 2019

Payment Terms

Description	Amount	Date	Date	Date
Total Cost Once Off	R 8 750	End March	End March	End June
Total Cost Payment Plan	R 9 200			
Deposit	R 3 950	End March	End March	End July
1st Payment	R 1 750	End April	End April	End August
2nd Payment	R 1 750	End May	End May	End September
3rd Payment	R 1 750	End June	End June	End October

LEDISA Academy (Pty) Ltd

LEDISA Academy (Pty) Ltd is a leading provider of quality work based learning and training solutions and resources throughout South Africa and abroad, from Government funded skills training, corporate training, personal development, coaching, mentoring, counselling, bespoke professional qualifications through to employability services and the development of people through growth and quality training course material. LEDISA Academy (Pty) Ltd is an accredited training provider registered with SAQA (ETDP SETA, SSETA & TETA), as well as a Registered Training Institute with COMENSA (Coaches and Mentors South Africa).

LEDISA Academy (Pty) Ltd

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