



LIFE COACHING MASTERS THE COMPLETE PRACTITIONER ASSESSMENT OVERVIEW

LEVEL 5 (ONLINE ONLY)
LEVEL 6
(IF ATTENDING FACE TO FACE)

LEAD TRAINER

MARK SHIELDS
+44 1462 431112
mark@lifeppractice.co.uk
SKYPE NAME:lifeppractice

COURSE ADMINISTRATOR

KAREN SHIELDS
+44 1462 431112
info@thecamcoach.com

PART 1 - THE BEGINNING OF YOUR JOURNEY

- COURSE DISSERTATION**
 - Talking Therapies and their role today as a medical alternative
 - 10000 word requirement
 - Due any time throughout the course and before end of course Assessment
- SUMMARY & FEEDBACK FORM**
 - Completion of form for your Trainer

PART 2 - NLP COACHING YOURSELF TO GET THE LIFE YOU WANT

- MULTIPLE CHOICE ASSESSMENT**
 - 50 questions
 - Open book allowed
 - Pass mark 60%
 - 3 attempts allowed
- SUMMARY & FEEDBACK FORM**
 - Completion of form for your Trainer

PART 3 - COACHING OTHERS USING NLP SKILL SETS

- COURSE EXERCISE**
 - Life Coaching Case Study B & C
 - NLP Case Study B & C
 - Live Case Study Assignment
 - Volunteer Practice Exercise
- SUMMARY & FEEDBACK FORM**
 - Completion of form for your Trainer

PART 4 - LIFESTYLE MEDICINE

- COURSE EXERCISE**
 - Stress - 500 words
- SUMMARY & FEEDBACK FORM**
 - Completion of form for your Trainer

PART 5 - CLINICAL HYPNOSIS (BONUS MODULE)

- ESSAY**
 - About Clinical Hypnotherapy - 2500 words
- SCRIPT**
 - Create your own script
- COURSE EXERCISE**
 - THE BIG 5 CLIENTS Practice Session
 - Email to your Tutor direct before commencing Part 4
- MULTIPLE CHOICE ASSESSMENT**
 - 50 questions
 - Open book allowed
 - Pass mark 60%
 - 3 attempts allowed
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PART 6 - BIG 5 LIFE COACHING CLIENTS

- COURSE EXERCISE**
 - THE BIG 5 CLIENTS
 - Stop Smoking
 - Weight Loss
 - Fears & Phobias
 - Anxiety & Depression
 - Stress
- CASE STUDY**
 - Case Study 1
 - Case Study 2
 - Case Study 3
- SUMMARY & FEEDBACK FORM**
 - Completion of form for your Trainer

PART 7 - DIFFERENT PSYCHOLOGICAL APPROACHES TO LIFE COACHING

- COURSE EXERCISE**
 - 5 types of Coaching
- SUMMARY & FEEDBACK FORM**
 - Completion of form for your Trainer

PART 8 - EFT

- COURSE DISSERTATION**
 - What is EFT?
 - 2500 word requirement
 - Due before commencing Part 9
- CASE STUDY**
 - Case Study 1, 2 & 3
- SUMMARY & FEEDBACK FORM**
 - Completion of form for your Trainer

PART 9 - BEHAVIOURAL SCIENCE

- CASE STUDY**
 - Case Study 1
 - Case Study 2
- SUMMARY & FEEDBACK FORM**
 - Completion of form for your Trainer

PART 10 - BUILDING YOUR BUSINESS

- COURSE EXERCISE**
 - Write your own Business Plan

PART 11 - GOING FORWARD

- COURSE EXERCISE**
 - The Breakthrough Session
 - Core Competency Assessment
- SUMMARY & FEEDBACK FORM**
 - Completion of form for your Trainer



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RECOMMENDED READING

NLP & LIFE COACHING

The NLP Coach by Ian McDermot

NLP in 21 days by Harry Alder

My little Book of Helpfulness - By Monica Black

The Life Coaching Handbook by Curly Martin

Unlimited Power by Anthony Robbins *

Human Givens by Joe Griffen and Ivan Tyrell

Coaching with NLP by Joseph O'Connor and Andrea Lages

Be Your Own Life Coach by Fiona Harrold

Becoming a Professional Life Coach by Patrick Williams

Total Life Coaching by Patrick Williams

Co active Coaching by Henry Kimsey

Coaching Science by Dan Gordon

CLINICAL HYPNOTHERAPY

- The Hypnosis Handbook by Dr Mark Baker
- The Art of Hypnosis: Mastering Basic Techniques
- The Art of Hypnosis by Roy C Hunter
- The Art of Hypnotic Regression by Roy C Hunter

WELLNESS AND NUTRITION

- **The 4 Pillars of Health - Dr Rangan Chatterjee**
- **The Optimum Nutrition Bible** by Patrick Holford
- **GI Made Against Depression** by Peter D Cramer
- The Low GL Made Easy by Patrick Holford
- The Serotonin Power Diet by Judith J Wurtman and Nina T Frusztajer
- Brilliant Stress Management by Mike Clayton
- Happiness by Design by Professor Paul Dolan *
- Optimum Nutrition Made Easy by Patrick Holford and Susannah Lawson

EFT

- **Adventures in EFT** by Sylvia Hartman

BUSINESS

- The Big Book of NLP by Shlomo Vaknin
- Stop Thinking, Start Living by Richard Carlson*
- **The CAM Coach** by Mark Shields and Simon Martin*
- Theory and Practice of NLP Coaching by Bruce Crawley

* Featured in this course material

The CAM Coach by Mark Shields and Simon Martin

The 7 habits of highly successful people by Steven Govey

The Chimp Paradox Doctor Steve Peters

The Abundance Book by Laurence Crane

Glen Harrold - Hypnosis CD range found at Diviniti Publishing