



# TRANSFORMATIONAL COACH ASSESSMENT OVERVIEW

LEVEL 6

## LEAD TRAINER

MARK SHIELDS

+44 1462 431112

mark@lifepactice.co.uk

SKYPE NAME:lifepactice

## COURSE ADMINISTRATOR

KAREN SHIELDS

+44 1462 431112

info@thecamcoach.com

## PART 1 - THE BEGINNING OF YOUR NLP JOURNEY

### COURSE DISSERTATION

- Talking Therapies and their role today as a medical alternative
- 10000 word requirement
- NLP For Business Enhancement - 10,000 words
- Due any time throughout the course and before end of course Assessment

### MULTIPLE CHOICE ASSESSMENT

- 50 questions
- Open book allowed
- Pass mark 60%
- 3 attempts allowed

### SUMMARY & FEEDBACK FORM

- Completion of form for your Trainer

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

### CASE STUDY

- Exercise 1 - Personal Relationships
- Exercise 2 - Business Relationships

### 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
- Volunteer Practice Exercise

### SUMMARY & FEEDBACK FORM

- Completion of form for your Trainer

## PART4 -LIFESTYLE MEDICINE

### COURSE EXERCISE

- Stress 500 words

### SUMMARY & FEEDBACK FORM

- Completion of form for your Trainer

## PART 5 - CLINICAL HYPNOTHERAPY

### ESSAY

- Essay About Clinical Hypnotherapy
- 2500 words

### SCRIPT TASK

- Creating your own script

### SCRIPT TASK 2

- Script for Stress client

### THE BIG 5 CLIENTS Practice Session

- Email to your Tutor direct before commencing Part 6



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### MULTIPLE CHOICE ASSESSMENT

- 50 questions
- Open book allowed
- Pass mark 60%
- 3 attempts allowed

### SUMMARY & FEEDBACK FORM

- Completion of form for your Trainer

## PART 6 - THE BIG 5 LIFE COACHING CLIENTS

### CASE STUDY

- Exercise 1, 2 & 3

### SUMMARY & FEEDBACK FORM

- Completion of form for your Trainer

## PART 7 - DIFFERENT PSYCHOLOGICAL APPROACHES TO LIFE COACHING

### COURSE EXERCISE

- Top 5 types of coaching

### SUMMARY & FEEDBACK FORM

- Completion of form for your Trainer

## PART 8 - EFT

### COURSE DISSERTATION

- What is EFT?
- 5000 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

### SUMMARY & FEEDBACK FORM

- Completion of form for your Trainer

## 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

- Be Your Own Life Coach by Fiona Harrold
- Becoming a Professional Life Coach by Patrick Williams
- Total Life Coaching by Patrick Williams
- NLP at Work by Sue Knight
- Co-active Coaching by Henry Kimsey
- Coaching Science by Dan Gordon
- The NLP Coach by Ian McDermot
- NLP in 21 days by Harry Alder
- My little Book of Helpfulness by Monica Black
- Nudge by Thaler and Sunstein
- The Power of Habit by Charles Duhigg
- 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
- The Big Book of NLP by Shlomo Vaknin
- Stop Thinking, Start Living by Richard Carlson
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### CLINICAL HYPNOTHERAPY

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

### BUSINESS

- The CAM Coach by Mark Shields and Simon Martin
- Theory and Practice of NLP Coaching by Bruce Crawley

### WELLNESS AND NUTRITION

- Four Pillars of Health by 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
- Thinking Fast and Slow by Daniel Kahneman
- Optimum Nutrition Made Easy by Patrick Holford and Susannah Lawson

### EFT

- Adventures in EFT by Sylvia Hartman

### \* FEATURED IN THIS COURSE MATERIAL

- The 7 Habits of Highly Successful People by Steven Govey
- Happiness by Design by Professor Paul Dolan
- The Chimp Paradox Doctor by Steve Peters
- The Abundance Book by Laurence Crane
- Unlimited Power by Tony Robbins
- Stop Thinking, Start Living by Richard Carlson
- Glen Harrold - Hypnosis CD range found at Diviniti Publishing