



Life Coaching

Course Overview:

The ultimate objective of 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 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.

Who Benefits From Life Coaching?

Indaba's eLife Coaching Program is an educational training method that is designed for anyone. The eLife Coaching Program guides you to focus on what is important in your life. This means that anyone of any age or background can profit from the life coaching experience.

**Unbalanced Life
Relocation**

**College Grads
Expanding a Family**

**Career Change
Pre-Retirees**

Indaba's eLife Coaching Program is for anyone who desires to:

- - Align their core values with their life's work to make sure their priorities and goals work for what is important to them.
- - Visualize and prioritize their goals and discover how to consistently achieve them.
- - Discover models and methodology to conquer areas of their life that might need improvement.
- - Understand how to read people, use language patterns, and interact with people so that their influencing abilities expand dramatically.
- - Build symbiotic and beneficial relationships.
- - Discover the best way to handle change.
- - Achieve a balanced life.
- - Become accountable for their actions and success.
- - The program is a two year, 48 session program. The idea is to do two sessions a month. This structure helps to produce life-changing results by taking you through the journey one step at a time; confidently moving you through to success.
- - The program can be done independently or with an Indaba certified life coach.



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- - Though the 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.
- - Learn how to align 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.
- - 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.
- - Discover the best way to move through both the negative and positive phases of your life as you maneuver and strive toward your objective.

Life Coaching Program Topics

Session 1: Introduction

Session 2: Values

Session 3: Habits

Session 4: Attitude

Session 5: Feelings and Emotions

Session 6: Why Set Goals

Session 7: Subconscious

Session 8: Creative Visualization

Session 9: Ranking Goals

Session 10: Overcome Hesitation and Do Something

Session 11: Life Strategies

Session 12: Focus

Session 13: Affirmations

Session 14: Personal Characteristics

Session 15: Situation Analysis Part 1 - Strengths and Weaknesses

Session 16: Situation Analysis Part 2 - Opportunities and Threats

Session 17: Personal Mission Statements

Session 18: Self-talk

Session 19: Fear

Session 20: Decision Making

Session 21: Decision Making Matrix

Session 22: Cognitive Biases

Session 23: Framing Bias

Session 24: Time Management

Session 25: Money

Session 26: Finance

Session 27: Opportunities and Possibilities

Session 28: Choices



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- Session 29: The Transitional Time Line
- Session 30: Negative Phases of the Transitional Time Line
- Session 31: Positive Phases of the Transitional Time Line
- Session 32: Perceptual Positions
- Session 33: Respect and Leadership Currency
- Session 34: Building Trust #1 - Body Language and Rapport
- Session 35: Building Trust #2 -Mirroring, Matching, Cross-Over Pacing, and Leading
- Session 36: Reading People and Active Listening
- Session 37: Language Patterns Absolutes and Generalities
- Session 38: The Language of Change
- Session 39: Cause and Effect
- Session 40: Synergy and Listening
- Session 41: Relationship Building
- Session 42: Networking
- Session 43: How to Receive Feedback
- Session 44: How to Give Feedback
- Session 45: Having Balance and Well-Being
- Session 46: Maintaining Sound Physical and Mental Health
- Session 47: Hold Yourself Accountable
- Session 48: Setting Yourself into a State

Why Indaba's Life Coaching Program?

With so many life coaching courses out there, it might be hard to decide which one is best for you. Indaba has superior qualities that make stand apart from other life coaching courses. Indaba's eLife Coaching Program is the perfect course for you because of the following reason:

2 Year Program – Indaba's eLife Coaching Program is a two year program. This means that you get two years worth of knowledge to start your growth process to a happier life. With other courses, the length can be based on the coach. When they think you have reached your potential, the sessions could end leaving you with questions and no guidance for your continued growth. Or, other courses pack all the information that you need to into six months or less. While given all the information needed in those courses, it's rushed and you don't have time to process everything. Indaba spreads its course over two years to give you time to process all the information and put it into practice before the program ends.

Full of Knowledge – The two year course consists of 48 sessions; two a month. Each session is on a different topic and full of information. With this course model, you start with learning. The first part of each session is designed to teach you about the topic. For example, with the topic on affirmations you learn what affirmations are, how to use them, and how to apply them to your life. You are then given the guidance of activities and exercises to write your own affirmations. Indaba's course design delivers countless knowledge and makes sure that you understand it. Most courses don't do this. The coaches for those courses simply ask questions believing that you already know everything.



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Indaba believes that even though you're highly intelligent, you need guidance and knowledge. Other courses just give you activities to do without the background knowledge. But what happens when you don't know what they're talking about? What happens when your current knowledge isn't broad or deep enough yet? You could end up stuck and feeling more lost than when you began. With Indaba's supply of knowledge and recommended resources, this will not happen. You will end the two years with a comprehensive education about models, strategies, theory, practices, suggestions, life coaching, and yourself.

Set but Tailored Process – The process of the course is set for you but it is flexible in that it is customized by you and for your life. You are advised to do two sessions a month on topics that are in a predetermined order. The order of the course is the same for all participants. This is done to make sure that you have access to all sessions and that nothing is overlooked. Also, Indaba designed the order of the courses in a way that builds on one another, enhancing your education with a gentle progression of knowledge, goal setting, and implementation. While the course topics and order are designed for you, you can tailor them to yourself. You decide what area of your life needs help. For example, maybe your health life is fine but you need to work on your finances. Perhaps your family life is hectic and you want ways to calm it down. You can design your goals, affirmations, and thoughts around what you need help with. Indaba's course lets you make your own choices on what to focus on.

Makes you Accountable – The way Indaba's eLife Coaching Program is designed makes you accountable for doing the work. Each session has activities and exercises that need to be completed before moving on. You are responsible for the work and after all, it's a course on your life. Shouldn't you be accountable for the actions you take to improve it?

Private – Indaba's life coaching course can be done with or without a coach. This means that you can choose how private you want that course to be. When completing the course without a coach, you do not have to show your work to anyone. Meaning you can focus on anything you want. Maybe you have a secret fear of never being financially stable and you would like to focus on that but you don't want your family or friends to know. This course allows you that privacy. You don't have to show your work, your activities, or your answers to anyone. What you share is up to you. The same is true when you work with a coach or even in a small coaching group. Seeing you do the activities on your own, it's up to you what you share. But remember, when you take the course with a coach, both of you sign a confidentiality agreement. This means that nothing you share will leave your meetings unless it comes from you. A coach might be just the person you need to share your worries and dreams with, without the fear of judgment.

My Way, My Place, My Pace™ – The life coaching course is delivered in Indaba's specialized eTraining format. This one of a kind format allows you to learn how you want, where you want, and when you want:

Learn **How** you want. The course is taught in three different formats: audio, video, and white papers. You pick to learn in format that is best for you. You can even pick a combination of all three.



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Learn **Where** you want. With Indaba's Leadership Development eTraining, you can take the sessions at home, at the office, while exercising or any place that suits your schedule and lifestyle.

Learn **When** you want. You decide the time. There are no classes or meetings to attend. This means you can learn around your schedule at your own pace.

Become a Life Coach:

Indaba also offers a life coaching certification program for those interested in becoming a life coach. This program teaches you how to coach people through the two year program described above.

To become a certified life coach, you start by going through each session of the eLife Coaching Program at your own speed. After each session you will be given tips and tools on how to bring someone through the life coaching process. Once certification is earned, you can coach your coachees through this program and start or grow your coaching business.

We welcome any questions you may have about either our Life Coaching Program or our Life Coaching Certification Program. [Contact Indaba](#)