

4-DAY

LIFE COACH

MINI

TRAINING



Angel Richardson

DAY 1

THE FOUNDATION OF LIFE COACHING

What is a life coach?

Who seeks out to work with a life coach?

What makes a life coach qualified to work with others?

5 Qualities of a successful life coach

1.

2.

3.

4.

5.

DAY 1

THE FOUNDATION OF LIFE COACHING

3 Do's of coaching

1. _____
2. _____
3. _____

3 Don'ts of coaching

1. _____
2. _____
3. _____

When should I start coaching? _____

HEARTWORK

DAY 2

BRANDING

What is branding?

What does my current brand say?

Who?

What?

When?

Where?

How?

DAY 2

BRANDING

Why?

B

R

A

N

D



Apple or Walmart



HEARTWORK

DAY 3

PACKAGING AND POSITIONING YOUR INTELLECTUAL PROPERTY

What does it mean to package my intellectual property?

How do I plan to package my intellectual property?

- | | |
|---|---|
| <input checked="" type="checkbox"/> ebooks | <input checked="" type="checkbox"/> webinars |
| <input checked="" type="checkbox"/> workbooks | <input checked="" type="checkbox"/> conference calls |
| <input checked="" type="checkbox"/> self-help books | <input checked="" type="checkbox"/> CD sets |
| <input checked="" type="checkbox"/> live events | <input checked="" type="checkbox"/> affirmation cards |

Additional ideas:

DAY 3

PACKAGING AND POSITIONING YOUR INTELLECTUAL PROPERTY

What specific problem(s) will my products, programs, and services solve?

When should I start packaging my intellectual property?

What are the last 5 questions that I have been asked?

1.

2.

3.

4.

5.

HEARTWORK

DAY 4

MARKETING & SUPREME CONFIDENCE

What is marketing?

Marketing is the _____ of my business!

What's holding me back the most from marketing myself as a life coach?

What is SUPREME CONFIDENCE?

DAY 4

MARKETING & SUPREME CONFIDENCE

5 Effective ways to market myself

1. _____
2. _____
3. _____
4. _____
5. _____

5 Tips to build UNSTOPPABLE confidence as a life coach

1. _____
2. _____
3. _____
4. _____
5. _____

Additional notes:

**THE CONCLUSION...WAIT FOR
IT!**

4 Day Life Coach Mini Training Schedule

2019 JUNE

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11 7 pm EST	12 7 pm EST	13	14 12 noon EST	15 11 am EST
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

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