

10 POINT Checklist

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"Use this checklist before investing in a Life Or Business Coach Qualification"

A handwritten signature in black ink, appearing to read "Colleen Joy". The signature is fluid and cursive, written in a professional style.

Empowering you to Empower Others!

"Even if you don't chose ILS as your training provider, we'd like you to make an informed choice. So many students end up with us after disappointing and expensive experiences in the coach training world.

I believe that this simple guide can assist you to avoid this. Ask possible training providers for answers to these 10 questions and strive for a 10/10 program." Colleen-Joy Page

You are most welcome to share this list.

 InnerLifeSkills

www.innerlifeskills.com

10 POINT Checklist, tick YES if satisfied.

- 1 Is the training program ICF accredited as an ACTP program?**
This ensures that you are learning internationally benchmarked gold standard coaching. ILS Master Coach has ICF ACTP accreditation.
- 2 Is the training program duration adequate?**
12 hours of excellent training should lay a foundation. 60 hours is enough to reach competency. A master level qualification should be 120 -160 hours. ILS Master Coach is 162 and 213 hours.
- 3 Is the training offered as practical live classes - not teleclasses or self-study?**
Some 2 year diploma courses leave students struggling and failing to know how to actually coach. Ensure that the training is very practical and is offered as a live online class with a trainer and group.
- 4 Are the trainers experienced and living the work they teach?**
It's important to learn from experienced trainers who are living what they teach, and not just teaching what they have learned from a course.
- 5 Are you trained in a variety of specializations?**
Some coaching styles are limited by a method or mould. We suggest that you master the ICF benchmarked competencies and then build a big coaching toolbox. ILS teaches 50+ tools.
- 6 Do you get practical coaching materials — scripts and worksheets?**
Ask how many hands on coaching scripts you get (not theory notes). This often indicates how practical your training is. It's ideal to have many well designed worksheets to use with clients.
- 7 Are you taught to confidently coach in 20-90 minutes?**
Your coaching must be flexible enough, to adapt to short and long durations. Ideally you should even learn to be able to coach groups. Time is a precious resource, learn to coach effectively.
- 8 Will you be able to create your own coaching brand?**
I'm delighted when our coaches call themselves InnerLifeSkills Coaches on their CV, but they still create their own unique brands so that they distinguish themselves in the market.
- 9 Would you be taught to coach a variety of topics and personalities?**
Some styles of coaching are limited to 'who' they can coach and 'what' they can coach. We make sure that you learn to coach anyone, on any topic. We also train you to coach 9 personality types.
- 10 Will you get added value beyond ICF core competencies?**
ILS includes this in our training: Business/Career Building, Enneagram, Public Speaking, How to self publish books. And how to coach: Groups, Youth, Relationships, Financial blocks, self-worth, etc.