



ILS MASTER COACH

Here is a list of the 50+ ILS PQF Processes that you'll learn on ILS MASTER COACH and how you'll be able to use them.

ILS PROCESSES	HOW CAN I USE THIS? ★ OUR COACHES FAVORITES
ILS 3 STEP SCRIPT ★ <small>(Incl. all ICF core competencies)</small>	Foundation core process, equips you to offer formal and informal coaching at ICF internationally benchmarked levels. This is a 3 step structure to have a 'solution focused empowering conversation' where the coachee finds their own best solutions and breakthrough insights. This is also a scaffolding for making meetings more productive, focused and time efficient.
THEME WHEEL	Help someone to assess and measure their current levels of satisfaction across several life or work areas. Then use this to determine focus topics for development. Track progress over a series of coaching sessions.
THEME> GOAL > CONTRACT	Establish a THEME (subject, topic, agenda) for the coaching, then work that down into clear long term GOALS (aspirations, dreams, targets, outcomes). Then master the art of CONTRACTING (deliverable outcomes for sessions).
ILS POWER FORMULA ★	A favourite ILS Coach process. Easily and quickly create action plans, measure confidence and competency to take actions, excavate solutions to improve confidence and competency. Also delegate and develop.
3 CHAIRS	Provide the thinking space for both left brain logical rational thinking, and right brain intuitive creative thinking, to maximize whole brain solution discovery and AHA catching moments.
DISNEY STRATEGY ★	Inspired by Walt Disney himself and his successful project planning and visioning process, use the Disney Strategy to help individuals and teams to dream big, to Go Disney, without limits. Then plan and ground in reality.
ILS KITE ★	A complex and uniquely powerful ILS Process, designed to transform inner obstacles in individuals and conflict/tension in teams. This memorable process contains various methods, all invaluable for removing obstacles.
ILS PURPOSE TREASURE	This quick and powerful process, excavates PURPOSE/DIRECTION/LIFE MEANING themes, helping coachee's to find inner solutions to liberate and live purposefully and passionately.
ER ACTION	Success always comes down to one simple thing - ACTION. Help people to declutter their thinking, identify real priorities, and safe guard their dreams by taking massive focused critical action.
1ST MEETING	A first coaching meeting is important, it sets the tone and creates buy-in or buy-out! Use this process to create max. engagement and participation in the coaching journey, also build 1-3 inspiring long term goals.
ILS 4X4 MOTIVATION MATRIX	Sustainable motivation is sourced internally (from our own inner resources, thinking and values), and is stronger when Spiral Up (positive, future and solution focused). Use this matrix to measure and find solutions to motivate.
MENTORS TABLE ★	An inspiring way to help someone to access untapped creative thinking, support and motivation. This process can be used as a conversation or as a full guided visualisation.

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ILS PROCESSES

HOW CAN I USE THIS?

★ OUR COACHES FAVORITES

REVIEW SESSION

Used after several coaching sessions have been completed, this process helps the coach and coachee to reflect, review and revise. This keeps the coaching journey powerful and relevant.

ILS STICKY CONTENT



Get clear on how to build a brand (personal brand, product, team or business), the critical element is to be STICKY. This process gets the coachee thinking STICKY, empowering them to create buy-in and win deals.

ILS T-SHIRT

For young children, or the child within, an interactive and engaging "game" process that explores the coachee's masks and self awareness. Helpful for personal growth, wholeness and inner obstacle transformation.

ILS HERO QUEST



An imaginative and fun process that invites the coachee to write a fantasy/fable like story, with themselves as hero overcoming a quest or conquering a villain. The story reveals surprising subconscious solutions.

ILS GROUP COACHING



A structure with insights from our expert team and group coaches, into how to best coach groups. Invaluable for coaches who want to maximise their coaching with group work.

ILS ANIMAL METAPHOR

The subconscious mind holds a wealth of insights and unseen solutions. By using this process, a fun discussion about favourite animals can unlock these powerful insights and unseen solutions.

ILS NICHE DIGGER

Help someone to brainstorm and resolve the best niche markets for their product, services or business. A simple and useful process to bring awareness to the value of niche marketing.

ILS MARKET PLANNER

Facilitate a coachee's brainstorming and planning of a comprehensive winning presentation, whether they are selling a service or product OR creating buy-in and support for an idea.

ILS ABC'S



One of the ILS core critical processes, the ABC's is a must for getting yourself and others into the "zone" of intuitive, natural peak performance. Loved by athletes, leaders, coaches, singers and speakers, this is a must have!

ILS FIND A WAY

Unlock someone's problem solving and decision making with a process designed to break through limited "there is no way" or "there is only a right way" thinking. This works well with other ILS processes.

ILS FLOW CHECKS

Support the coachee in accessing their more intuitive inner resources, to make decisions and problem solve obstacles. Scales and measures add a left brain element to an otherwise very right brain process.

ILS OPEN CLOSED

Similar to FLOW CHECKS, this process builds the coachee's inner awareness, helping them to gain their own insights into which paths/actions/solutions resonate with them and align with their truth and core values.

ILS CENTRE



The surface mind, though helpful can offer only limited resources. This process is simple and yet powerfully transformative. It is designed to easily help a coachee to access wisdom, insights and an intuitive perspective.

ILS I = EYE

A process that suits personal transformation, increased self-awareness and growth coaching. The formula is a framework that invites self discovery and awakens the coachee's insights into how they view life and themselves.

ILS JUST ME

Just as all the processes are helpful for the coach to self coach, as well as for coaching others, this is especially true of this one. Disconnect and detach from carrying others burdens and troubles, relax into "Just me."

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ILS WISDOM WELL★

A cornerstone ILS ethic, is that all people have inner resources (insights, strengths, wisdom) and that we need only skillfully hold the right space, ask the right questions, in the right way to access the Inner Wisdom Well.

ILS HOLES2 WHOLENESS

This process honors that we are all whole and complete, and supports the coachee in being able to find their own way back to claiming their wholeness. Ideal for self empowerment, personal growth coaching.

ILS POLARITY PENDULUM★

This process gives a structure for deep inner work - allowing a coachee to gently look at their inner worlds and integrate/own/reclaim their wholeness. This is personal transformation coaching at its best.

ILS POWER COLUMNS

How much time and energy is wasted by focusing on what we have no power to change? This process helps bring clarity, where the coachee discovers what is truly in their power and what is not.

ILS P=R+C★

Power = Responsibility (ability to respond) + Choice. To empower we coach people to become aware of their choices, and then to become confident and capable of taking action on those choices.

ILS EQUAL TO OUTCOMES

Fear and concerns for "what if" can paralyse our progress, decision making and action taking. This guided visualisation style process is designed to help a coachee to become equal to their feared and best possible futures.

ILS "LLL"

A wholeness process that affirms our innate wholeness and supports a coachee to gain massive self awareness as they explore the qualities and parts of themselves that they have suppressed or evicted.

ILS JIGSAW RELATING

A relationship process, that builds personal accountability and awareness in the context of past or current relationship problems. Useful for couple coaching, team dynamic coaching and all relationship themes.

ILS EQUAL TO BRIDGE

Empower and awaken solutions to help the coachee or coachee's to build bridges to family, loved ones or work teams. This is a solution excavating, awareness bringing process for relationship coaching.

ILS INNER CHILD ADULT PARENT

Inspired by Transactional Analysis, this process builds self awareness of the inner child - adult - parent dynamic. Suitable for coaching sessions where the coachee has asked to gain insight into their inner dynamics.

ILS BELONGING★

The theme of belonging is the backdrop for this deeply explorative processes. This can be used for a coachee's personal sense of belonging in groups, family or working communities.

ILS PLACEMENT★

The theme of placement is the backdrop for this deeply explorative processes. This can be used for a coachee's personal sense of where they belong (their true place) in groups, family or working communities.

ILS BURDENS★

The theme of carrying others burdens is the backdrop for this deeply explorative processes. This can be used for a coachee's personal sense of carrying others burdens in groups, family or working communities.

ILS GIFTS

The theme of gifts is the backdrop for this deeply explorative processes. This can be used for a coachee's personal access to the gifts that come from groups, family or working communities.

ILS DREAM WORK

A simple and enjoyable process to help a coachee to interpret their own dreams, by finding the symbolic meanings behind dreamscape objects, people and places.

ILS BEING/DOING

Suitable for "life purpose", "direction" theme sessions, this process explores the hierarchy of doing vs. being. Do we make who we are based on what we do? Or do we make what we do an expression of what we are?

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ILS SAP THREAD

The coachee is invited to explore positive resources in their past, specifically the actions and activities that have brought them inspiration, peace, fulfillment and strength. These form a thread to excavate purpose.

ILS IDYLIC ISLAND

The mind when free of survival fears, when on "holiday" and rested offers a clear unfiltered view of the roles that align with our core values and true nature. This process helps the coachee to find their own purposeful roles.

ILS I AM STATEMENT ★

The coachee finds their own words and insights to articulate purpose, like "I am an apple tree" might help an apple tree to become equal to their role and nature, this process assists with purpose alignment and direction.

ILS 7 STEP DREAM BUILDER ★

Use this comprehensive popular process in one session or over many, to help the coachee to help themselves to build any DREAM - whether a personal brand, product, website, book, service, career or business dream.

ILS DB IDENTITY ★

As part of the entire 7 Step Dream Builder process, this step excavates "Identity" to help the coachee find clarity and to think out the box about: brand, definition of e.g. "What is the dream?", and "What else could it be?"

ILS DB VISION ★

As part of the entire 7 Step Dream Builder process, this step excavates "Vision" to help the coachee to be inspired and define a vision for their dream: e.g. "What could it do in the world?", and "What else could it do?"

ILS DB VOICE ★

As part of the entire 7 Step Dream Builder process, this step excavates "Voice" to help the coachee to build a marketing plan: e.g. "How can you communicate this effectively?", and "Who do you want to reach?"

ILS DB RELATE

As part of the entire 7 Step Dream Builder process, this step excavates "Relationships" to help the coachee to plan and brainstorm: clients, stakeholders, suppliers e.g. "How can I build sustainable relationships?"

ILS DB TRUTH

As part of the entire 7 Step Dream Builder process, this step excavates "Truth" to help the coachee to anchor their dream in core values and build credibility: e.g. "What do you need to say 'yes' to, and 'no' to?"

ILS DB POWER

As part of the entire 7 Step Dream Builder process, this step excavates "Power" to help the coachee explore financial values and resources: money, ROI, e.g. "What is the value of this?", and "What is the potential ROI?"

ILS DB ACTION

As part of the entire 7 Step Dream Builder process, this step excavates "Action" to help the coachee to find a plan for systems and streamlined smart action: e.g. "How could you systemise that?", "What technology could be used?"

ILS RAINMAKER ★

A guided visualisation style process that works with the metaphor of Money is Rain for the Apple Tree (true self actualised). This is ideal for coachee's who enjoy visualisations and want to work on being equal to abundance.

ILS MONEY CUP ★

Designed to build awareness around financial blocks and inner obstacles around money, this simple and yet powerful process looks at challenging the limiting projections and judgements we have about money.

ILS SPEAKER BRAINSTORMER

A structure to brainstorm and plan for any speaking engagement, presentation or talk. Facilitate the coachee in planning their upcoming speaking event, so that they are able to deliver an impactful speech.



ALL 50+ PROCESSES (we call them PQF's) come with professional ready-to-use coaching worksheets.