



NLP & LIFE COACHING COURSE

ABOUT THIS COURSE

MAX TIME TO
COMPLETE



24 MONTHS

ESTIMATED
TIME



6 TO 12 MONTHS

NLP CREDITS

20

THIS COURSE CAN ONLY BE COMPLETED ONLINE



ABOUT THE NLP & LIFE COACHING COURSE

Today people are hyper-aware of mental health and the importance of having a positive frame of reference. Having good mental health can enable a successful life with positive outcomes.

As a trained Life and NLP Coach, you will be able to help your client clarify their goals, identify the obstacles holding them back, and then come up with strategies for overcoming their obstacles.

NLP (neurolinguistic programming) is all about better understanding the consequences of the words that we say and how it influences our behaviour and outcomes. It is about how we can use our minds to influence our results - for the better.

On the Trifocus Life Coaching and NLP course, you'll learn how to do this and so much more.

This is the crème de la crème of Life & NLP coaching.

What is a life coach and NLP practitioner?

A life coach is a category of wellness professional who assists people with making progress in their lives so that they can achieve higher levels of fulfilment. An NLP practitioner is an incredibly resourceful and professional coach who uses the NLP technique to assist others.

What does a life coach and NLP practitioner do?

Life coaches assist their clients in bettering their relationships, careers and daily lives. Life coaches can help their clients clarify your goals, identify the challenges holding them back and then devise strategies for overcoming each challenge.

An NLP practitioner is trained to detect minute clues in the behaviour and communication of their clients. This allows the NLP practitioner to understand them in depth. The NLP practitioner uncovers the limitations that their clients have imposed on themselves and works with them to move forward.

Why do people hire a life coach and NLP practitioner?

A life coach will assist their clients with uncovering what it is that they need, want, and really are. The life coach will guide their clients and help them to achieve exactly that. Life coaches don't have all the answers however they do have very powerful and deep questions in their arsenal. If you are looking for career planning, personal development, or a healthier lifestyle, an NLP practitioner can help you. A great NLP practitioner can help you recognise your desired mental state and enable you to alter your words, emotions, and thoughts. This will make you far more confident and relaxed in addition to enabling you to tune in to yourself.

MODULES INCLUDED

- ✓ Life and wellness coaching
- ✓ Relationship and career coaching
- ✓ NLP techniques
- ✓ NLP language techniques
- ✓ Conflict resolution
- ✓ Motivation theory



TRIFOCUS STATE-OF-THE ART **ONLINE** LEARNING PLATFORM INCLUDES

- ✓ All assessments
- ✓ Thousands of slides that are highly informative and have colourful images
- ✓ Unlimited access to the online platform
- ✓ Progress trackers
- ✓ Login codes
- ✓ Ongoing student support
- ✓ Student card

ACCREDITATION

The NLP course is accredited with Coaches and Mentors of South Africa (COMENSA) as well as the International Coaching Register (ICR).



REGISTER TODAY!