



changing its world one mind at a time

changedynamics

Tel 082 321 1187
CK no 95-24466-23
Tax no 910 1199 645
Vat no 488 023 4499



APPRECIATIVE LIFE COACHING PRACTITIONER PROGRAMME 2020 ©



Coaching turns problems into challenges, challenges into opportunities and opportunities into gifts.

Milton Erickson

Making a difference in the world probably matters to you, otherwise you wouldn't be reading this. And **life coaching** may well be how you see yourself, and perhaps already are, making a difference in your world. If so, then **becoming the best life coach YOU can be** is likely to drive you.

You may even be ready to learn more about **how** to achieve your **personal vision** for yourself as a **life coach** and are searching for a **practical means** to enable your vision by **becoming the life coach you strive to be**. Then, this programme could be for you.

Change Dynamics' intensive eight-month **Appreciative Life Coaching Practitioner Programme ©** has been carefully designed and perfected for people who are looking for more. Perhaps even people like you.

People who want to **enable others** to: -

- Find **purpose and meaning** in their lives.
- Lead more **fulfilling** and **successful** lives.
- Better understand **what drives them** and the **limiting narratives** they tell themselves over and over, e.g. "I'll never be able to pull this off. I'm bound to fail."
- Push through whatever is holding them back in their lives to discover more of their **true selves**.
- Tap into their **unexplored potential**.
- Make better **choices** and **decisions** in life.
- Build greater **personal mastery** in their lives.
- Develop **better relationships** with the people who are important to them.





changedynamics

changing its world one mind at a time

WHY CHOOSE US?

We at **Change Dynamics** have successfully **fused** the principles and practices of coaching with those of mindfulness, as well as Neuro Linguistic Programming (NLP), which is a field of cognitive-behavioural psychology, to create our **client-centric** coaching approach and methodology. Our methodology **equips life coaches** to mobilise their clients' potential and resources to creatively design the life they want. We teach you **how** to work with your clients to deepen their levels of **conscious awareness, self-insight and self-appreciation**.

We call our approach **Appreciative Life Coaching** © because it focuses the life coach on how to guide and support their clients whilst these clients individually achieve greater self-insight and personal mastery by learning **how to appreciate (not just understand) who they really are (the 'real me') and what they want to achieve within the different contexts of their lives (their purpose and life outcomes)**.

The significant advantage of using the **Appreciative Life Coaching** © approach is that it liberates a client's **potential** by focusing them on the 'here and now', which is where they can be at their most creative.

Change Dynamics offers you a **meaningful** return on your investment of time and money because we develop **high-quality life coaching practitioners**, as opposed to technicians. Why does this matter?

Our experience over the past 25 years has consistently shown that achieving the levels of **coaching mastery** set by **Change Dynamics** elevates you from being a good life coach to becoming a great life coach, making you part of a **select group** of respected coaching professionals.

We ensure that we provide for the levels of deep-learning, openness and safety required to successfully learn our process by **limiting our cohorts to six participants**. This means that you receive the **personal attention** you deserve to fully experience the most transformational learning journey imaginable for you.

Monique Stock, who is our Master Facilitator, is an **internationally qualified** Facilitator, NLP Trainer and Coach, with **over 30 years' experience** in the psychology



changedynamics

changing its world one mind at a time

of human behaviour. So, you will also be in capable hands during your learning process.

PROGRAMME SCHEDULE

Module 1	14 and 15 March 2020
Module 2	18 and 19 April 2020
Module 3	16 and 17 May 2020
Module 4	20 and 21 June 2020
Module 5	18 and 19 July 2020
Module 6	15 and 16 August 2020
Module 7	19 and 20 September 2020
Module 8	17 and 18 October 2020



WHAT WILL I HAVE TO INVEST?

- R2 000-00 non-refundable deposit to secure your booking.
- R21 000-00 (excluding VAT) if paid in full at least 14 days before the start of the programme.
- R2 888-00 per month (excluding VAT) for 8 months (instalments).

WHO SHOULD I CONTACT?

Monique on 082 321 1187

Steve on 082 439 8043

Chanté on 076 568 7607

Matthew on 082 043 3293

Ian on 082 325 5681

SUCCESSFUL PEOPLE ACT NOW...



Time is life. To waste your time is to waste your life. (Douglas Merrill)