YOUR GUIDE TO THE TRAINING

Life Transformation Coaching Course

Discover how you can transform and empower your own life while learning to help others transform their life and move forward.

Learn to guide. Grow as you learn.

Work with Hidden Inner Barriers™ and build practical skills to help yourself and others live with more confidence, purpose and fulfilment.

BURK & ISOBEL ESTERHUYSE

Founders & Internationally Accredited Trainers



TWO LEVELS. ONE CONNECTED LEARNING JOURNEY.

01 Foundation Training

Communication, mindset and goal-achieving skills.

02 Practical Training

Transformation Coaching System™ and certification.

YOUR OWN TRANSFORMATION STARTS HERE

Learn to change lives, starting with your own

Perhaps you have always been the person others turn to. You listen, you care, and you want to help. But there are times when you wish you knew how to help someone move forward when the same problem keeps coming back.

That is why I created the Life Transformation Coaching Course. I want to give you practical skills you can use to help people understand what is holding them back, work through those barriers and take meaningful steps towards the life they want.

And that journey includes you. As you learn, you will have opportunities to work on your own limiting beliefs, difficult emotional patterns, inner conflicts, unwanted behaviours and habits, and the emotional impact of past traumas. You will also work with your goals, self-image, confidence and sense of direction.

I call these often-overlooked obstacles Hidden Inner Barriers™. They are the patterns that can quietly work against what a person wants: wanting success but fearing visibility, wanting closeness but expecting rejection, or setting a goal while believing, deep down, “I am not good enough,” or that “I will never be able to have this big goal.”

When you begin to recognise what is happening inside, you have something specific to work with. You can stop treating every setback as proof that you are incapable and start understanding what needs attention.

What this can help you and your clients change

- Build greater confidence in yourself and the choices you make.
- Work towards changing patterns that leave you feeling stuck or divided inside.
- Create more room for happiness, fulfilment, meaningful success and personal growth.
- Develop skills to support others with a deeper understanding of their experience.

You do not have to arrive with everything in your life sorted out. Bring your willingness to learn, apply the work and grow. Isobel and I will guide you through the training, one step at a time.

HOW YOUR TRAINING FITS TOGETHER

Know what to do, and learn how to do it

One of the questions an aspiring coach often carries is, “What if someone comes to me with a problem and I don’t know how to help?” Caring about people matters. Having a clear way to work with them matters too.

The course is organised into two connected levels. In Level 1, you build your foundation: communication, rapport, mindset, daily intentions, goal achievement and the fundamentals of life coaching. You can begin applying these skills in your own life while you learn.

In Level 2, I take you through the Transformation Coaching System™. You learn how the techniques fit together and how to facilitate the processes step by step. The scripts, instructions and live demonstrations give you something practical to follow as you develop experience.

You will see the work being demonstrated, then return to your training materials as you practise. That helps you connect what you have understood with what you actually say and do in a coaching session.

The Foundation Training is available through your membership area, with video lessons, supporting manuals and a progress tracker. You can revisit a lesson when you want to understand it more deeply.

What this can help you and your clients change

- Learn how to build the relationship that makes a useful coaching conversation possible.
- Ask questions that help people understand their challenges and desired outcomes.
- Connect the appropriate process with the issue you are working on.
- Develop confidence through study, personal application and practice.

MORE THAN A FUTURE PROFESSION

You can use your growing communication skills with your partner, family, colleagues and the people you lead. The personal value of the training begins well before your first paying client.

Let me show you some of what you will learn, why it matters and where you can use it.

LEVEL 1 / RAPPORT & CONNECTION

Help people feel understood and comfortable opening up

Have you ever spoken to someone and felt, almost immediately, “This person understands me”? That sense of connection makes a difference. You become more comfortable speaking honestly, asking questions and explaining what is really going on.

In the rapport-building training, you will learn to pay attention to body language, voice, pace and the way another person communicates. You will practise adjusting your own communication so the conversation feels more natural and responsive.

For a coach, this is a valuable starting point. A client who feels listened to is more likely to tell you what matters, including the doubts or concerns they might otherwise keep to themselves. You have a better opportunity to understand the person you want to help.

What this can help you and your clients change

- Build warmer connections with new clients and people you meet.
- Become more aware of what your voice and body language communicate.
- Reduce unnecessary tension and misunderstanding in conversations.
- Feel better prepared to connect by telephone as well as in person.
- Bring more patience and understanding into your personal relationships.

HOW YOU COULD USE IT

Imagine a new client arrives feeling nervous and unsure what to say. Instead of rushing into questions, you give the conversation room to settle. You listen, notice their pace and respond thoughtfully. The first useful change may simply be that they feel comfortable enough to tell you the real concern.

These are skills you can practise every day. The more aware you become of how you communicate, the more opportunities you have to help people feel heard.

LEVEL 1 / MINDSET & DAILY INTENTIONS

Approach your day with more purpose and possibility

Think about a day when everything feels like a reaction. A message arrives, a problem comes up, someone needs something, and by the evening your own priorities have disappeared. Setting a clear intention gives you a way to decide how you want to approach your day before it runs away with you.

You will learn a practical intention-setting method and explore the 18 Presuppositions of Success. These are guiding ideas that invite you to look at situations with more flexibility, curiosity and resourcefulness.

You will also consider how belief and self-trust influence the way you approach a challenge. When a setback becomes something you can learn from, rather than a final judgment on your ability, it becomes easier to look for another way forward.

What this can help you and your clients change

- Start the day with a clearer sense of what matters to you.
- Choose how you want to show up in a conversation, task or relationship.
- Respond to setbacks with more flexibility and less self-criticism.
- Help clients notice options they may have dismissed too quickly.
- Connect a positive intention with a practical action.

A SMALL CHANGE YOU CAN PRACTISE

Before a difficult conversation, set an intention to listen carefully and speak clearly. Before a working day, choose the task you want to complete and how you want to approach it. Afterwards, reflect on what you did and what you would adjust next time.

You can use this for yourself, teach it to clients and bring it into conversations at home or work. It is a way to become more deliberate about how you live each day.

LEVEL 1 / GOAL FORMULATION & ACHIEVEMENT

Turn “one day” into a goal you can act on

Many people know what they are tired of, what they resist and what they do NOT want. They are less clear about what they actually want instead. “I want to be happier”, “I want a better business” or “I want to change my life” may be sincere wishes, but they can leave someone unsure where to begin.

You will learn how to ask questions that turn a vague wish into a clear, personally meaningful goal. You will help the person identify their inner drivers: the reasons this goal matters enough to act on it.

Then you will learn to break the goal into manageable steps and use the Goal Achieving System™ to support focused action and align your state of being (attitude) to match the havingness of the goal. This gives your client a practical connection between the future they want and what they can do today.

What this can help you and your clients change

- Gain clarity about what you really want and why you want it.
- Make a large goal feel more manageable by identifying the next steps.
- Strengthen motivation by connecting the goal with personal meaning.
- Recognise where doubt, limiting beliefs, hesitation or competing priorities are getting in the way.
- Build more consistency and make progress easier to recognise.

PICTURE THIS IN YOUR OWN LIFE

Suppose your goal is to become a coach. We can turn that into specific learning milestones, time set aside for practice and the first steps towards your future business. You move from carrying a dream around in your head to having something you can work on.

The same skills apply to a career change, a personal project, a business goal or a healthier routine. And as you use the system yourself, you gain experience you can bring into your work with clients.

LEVEL 1 / COMMUNICATION & REPRESENTATIONAL SYSTEMS

Find the words that help understanding happen

Have you ever explained something as clearly as you could, only to realise the other person understood it differently? Good intentions do not always create good communication. The words we use, the questions we ask and the way we listen all matter.

In the language training, you will learn to communicate more clearly, ask questions that uncover missing information and help a person look at a situation from another angle. You will practise reframing: opening up a different interpretation that the client can consider for themselves.

You will also learn about NLP representational systems. This part of the course looks at how people describe experience through pictures, sounds, feelings and other sensory details. You will learn to notice those clues and make your explanations more responsive to the person.

What this can help you and your clients change

- Explain your ideas more clearly and check that you have been understood.
- Ask questions that move a conversation beyond vague statements.
- Help clients consider a more useful perspective on a challenge.
- Adapt your language when an explanation is not connecting.
- Use these skills in coaching, relationships, teaching, workshops and everyday work.

FROM A LABEL TO SOMETHING YOU CAN WORK WITH

A client says, “I always mess things up.” You learn to ask what happened, where that conclusion came from and whether there are exceptions. As the picture becomes clearer, the conversation can move from a harsh label towards a specific situation and a possible next step.

The value is practical: better conversations, fewer assumptions and more opportunities for understanding. These skills also help you communicate with children and teenagers without assuming that everyone sees things as you do.

LEVEL 2 / THE TRANSFORMATION COACHING SYSTEM™

Discover what is really keeping someone stuck

A client may tell you they need more motivation. But as you listen, you discover they are afraid of being judged. Another person wants a closer relationship, yet keeps pulling away whenever they feel vulnerable. What they first describe is often only part of the picture, the surface-level perception.

This is where the Transformation Coaching System™ brings your skills together. You learn to explore the Hidden Inner Barriers™ behind a challenge: limiting beliefs, emotional patterns, inner conflict, unwanted habits and behaviours, and responses connected with painful past experiences.

Meta Questions help you ask with greater precision. You learn to listen for what is missing, clarify what the client means and explore the assumptions they may never have questioned.

You also learn to explore secondary gains. Sometimes an unwanted pattern appears to offer protection or another benefit. Avoiding a task, for example, may also mean avoiding the possibility of criticism. Understanding that can change the direction of the conversation.

What this can help you and your clients change

- Move beyond general advice to a clearer understanding of the individual.
- Help clients recognise connections they had not noticed before.
- Identify the specific issue you need to work on together.
- Bring more direction and confidence to your coaching conversations.
- Recognise your own familiar patterns with greater honesty and compassion.

A PRACTICAL EXAMPLE

Someone keeps delaying the launch of a business. Instead of immediately giving them another productivity plan, you explore what launching would mean to them. If fear of rejection is part of the difficulty, you now have something more relevant to work with.

You are learning to understand before you decide what to do. That is a valuable skill in every coaching niche.

LEVEL 2 / CONSCIOUS & SUBCONSCIOUS VALUES

Bring what you want into line with what matters

Have you ever committed to a goal, then found that your choices kept taking you somewhere else? You may want business growth, yet place safety above every opportunity. You may say your relationship comes first while giving all your time to work.

Values are the things that matter deeply to you. In this part of the course, you will learn to identify a person's conscious and subconscious hierarchy of values and explore how those priorities support, or compete with, the life they want.

We work with the person's top eight values and teach a process for bringing their priorities into closer agreement with their goals. This gives the client an opportunity to understand their choices with more depth.

What this can help you and your clients change

- Understand why certain decisions feel easy and others create resistance.
- Get clearer about what a fulfilling life means to you personally.
- Recognise when a goal conflicts with an important need or priority.
- Help clients make choices that better reflect what matters to them.
- Support a more consistent connection between intentions and actions.

HOW THIS CAN HELP A CLIENT

Imagine an entrepreneur who wants a bigger business but fears losing time with their family. The answer may involve designing growth in a way that respects both values. Once the conflict is understood, the client can make more thoughtful decisions about what success should look like.

This is useful in life-purpose coaching, career decisions, relationships and business. It is equally valuable when you want to stop following somebody else's picture of success and become clearer about your own.

LEVEL 2 / SUB-CODING™ TECHNIQUE

Make useful actions feel more approachable

You know the task matters, but every time you think about doing it, you find something else to do. Or you decide to change a habit, then discover that the old choice still feels far more appealing. Knowing what to do and feeling ready to do it can be very different experiences.

With Sub-Coding™, you will learn a process for working with the internal associations attached to a task, behaviour or experience. The aim is to change an unwanted response and help the client relate differently to the action they want to take.

Instead of relying only on repeated reminders, you have a specific way to explore why one action feels difficult and another feels attractive. This can be particularly useful when working with procrastination, everyday habits and resistance to change.

What this can help you and your clients change

- Help clients approach tasks they have been avoiding with less resistance.
- Work towards making a chosen, useful action feel more appealing.
- Explore the pull of an unwanted habit and support a preferred alternative.
- Support healthier routines and greater consistency with personal goals.
- Work with self-acceptance and patterns of seeking constant approval.

WHERE YOU COULD APPLY IT

A client wants to exercise but dreads the idea before they even begin. Another delays sales calls because they imagine rejection. You can use Sub-Coding™ within the wider system to work with the association attached to the activity, then connect that work with a realistic action.

For weight-loss and wellness coaching, the focus can include everyday choices, habits and follow-through alongside appropriate nutritional or medical guidance. For your own life, think about the useful task you repeatedly put off. What would become possible if it felt more manageable?

LEVEL 2 / BANG PATTERN™ TECHNIQUE

Build a Self-Image and new Identity that supports the person you want to be

If someone sees themselves as “the shy one”, “the person who always fails” or “someone who could never run a business”, that picture of themselves can influence what they attempt and how they behave.

Bang Pattern™ is designed to work with that self-image and with the responses the client wants to develop. You will learn to guide the person towards a clearer, more empowering picture of how they want to show up in a particular area of life.

The client remains conscious and involved throughout the process. They choose the changes they want; you guide them using the script and the approach demonstrated in the training.

What this can help you and your clients change

- Support greater confidence in situations where the person normally holds back.
- Work towards a more positive and capable self-image.
- Help clients develop a preferred response in place of an unwanted habit.
- Support motivation, boundaries and a more constructive attitude.
- Connect a desired change in identity with everyday behaviour.

IMAGINE THE PRACTICAL DIFFERENCE

A person may want to speak confidently in a presentation, feel more at ease on camera or say no without immediately giving in. The coaching focuses on how they want to respond and the self-image that supports that response. They can then practise it in real situations.

You can also apply this to yourself as you prepare to coach. How would you like to listen, speak and carry yourself with a client? Becoming clearer about that gives your learning and practice a meaningful direction.

LEVEL 2 / INNER CONFLICT THERAPY™ TECHNIQUE

Help the part that wants change and the part that resists it work together



One part of you wants to move forward. Another part keeps finding reasons to wait. You make a decision, question it, change your mind and end up exhausted before you have taken the first step.

That is the kind of inner tug-of-war we work with in Inner Conflict Therapy™. You will learn to explore what each part wants and the protective intention behind the resistance. A part that holds someone back may be trying to keep them safe from rejection, failure or disappointment.

The process is designed to help those competing intentions come into greater agreement. The benefit we are working towards is a person who feels less divided inside and more able to choose a direction.

What this can help you and your clients change

- Less time caught in overthinking and repeated internal arguments.
- Clearer decisions and greater confidence in following through.
- More consistency when starting a project or making a change.
- A better understanding of hesitation and self-sabotaging patterns.
- Greater congruence: what you want, feel and do moving closer together.

A SITUATION YOU MAY RECOGNISE

Someone wants to become a coach but also wants to avoid being seen or judged. Pushing harder may leave them feeling more conflicted. Exploring both intentions gives them a chance to find a way forward that feels more acceptable to the part that is afraid.

Imagine the difference between spending your energy arguing with yourself and using it to take the next meaningful step. That is why this process has such an important place in the system.

LEVEL 2 / NEGATIVE EMOTIONAL THERAPY™ TECHNIQUE

Help old emotional patterns have less influence over today

Have you ever reacted strongly to something and afterwards wondered, “Why did that affect me so much?” A comment, a tone of voice or a familiar situation can bring up feelings that seem much bigger than the moment itself.

In Negative Emotional Therapy™, you will learn our structured approach to working with recurring emotions connected with past experiences. We use the phrase negative emotional charges to describe the emotional intensity that still seems attached to what happened.

The training includes working with patterns involving anger, fear, anxiety, sadness, hurt, guilt, shame, frustration, resentment, doubt, worry and jealousy. Basically, the whole range of human emotions. The purpose is to help someone experience more emotional freedom in the present, with less of their attention caught in old reactions. The technique helps people release all their unprocessed negative emotions stored in their nervous system, that are still unconsciously affecting them today.

What this can help you and your clients change

- Support calmer responses when a familiar situation feels upsetting.
- Help clients understand their emotions with greater awareness and compassion.
- Work towards less resentment, guilt and emotional tension in everyday life.
- Create more space for constructive conversations and healthier choices.
- Support a greater sense of presence, optimism and willingness to move forward.
- Help clients redirect attention towards their relationships, interests and goals.

WHAT THAT COULD LOOK LIKE

A client feels criticised whenever their partner asks a simple question. As the emotional pattern becomes clearer, you have a way to work with what is being triggered. The intended benefit is more room to respond to the actual conversation rather than immediately reacting from an old hurt.

For your own growth, consider how much attention goes into replaying upsetting events. Working with those patterns and unprocessed negative emotions can create space for a different experience of your day. This powerful technique will liberate you and your client from all the unprocessed negative emotions and emotional patterns from the past, and profoundly raise your Emotional Intelligence.

LEVEL 2 / NEGATIVE BELIEF THERAPY™ TECHNIQUE

Work with the beliefs that quietly say “you can’t”

“I am not good enough.” “People like me don’t succeed.” “I am too old to start again.” A belief like this can feel so familiar that the person stops questioning it. They begin making decisions as though it is a fact.

You will learn to recognise limiting beliefs and use Negative Belief Therapy™ to uproot those beliefs and work towards more empowering alternatives. We look at the beliefs that affect what a person attempts, accepts, avoids or expects of themselves, which are limiting or self-sabotaging them.

This is especially relevant when someone knows what they want but keeps pulling back. The goal may be clear, while their beliefs about being capable, worthy or allowed to succeed are working against it.

What this can help you and your clients change

- Recognise limiting and fear-based beliefs that have been influencing your choices.
- Help clients separate a long-held conclusion from an unquestionable fact.
- Work towards greater self-belief and openness to new possibilities.
- Support confidence in relationships, careers, goals and business decisions.
- Help a person choose beliefs that support the direction they want to take.

A BELIEF WITH REAL CONSEQUENCES

Imagine a capable person who never applies for a promotion because they believe, “I will be found out.” Simply telling them they are talented may not change how they feel. You will learn a process to uproot the belief itself, then help them connect a different view of themselves, with a new supporting new belief, and with a practical next step.

And as you prepare to become a coach, you may discover beliefs of your own that deserve attention. Specifically, limiting or fear-based beliefs about being a highly successful coach and about changing what you are worth. Learning to recognise them can be an important part of becoming more confident in the work you want to do.

LEVEL 2 / TRAUMA THERAPY & SILENT TRAUMA TECHNIQUE™

Respect the person's privacy while working with the emotional impact

A painful experience can be over while reminders of it still feel very present. A voice, a place or a situation may bring back a strong emotional response. For that person, moving forward can feel more complicated than simply deciding to leave the past behind.

In this part of the training, I introduce the Trauma Therapy Technique, which I call the Silent Trauma Technique™. It is designed to work with emotional responses associated with distressing experiences without requiring the person to describe the explicit details.

That privacy matters. A person may want support without sharing every part of their story. The recorded real-life trauma release demonstrations show how the process is facilitated, with the focus on the person's experience and their choice about what they share. We had many Trauma Specialists in the field of psychology who completed the training, and they were blown away by the results we achieved by releasing all the negative emotional charges and triggers in only 45 minutes.

You will also have the opportunity during and after your training, where I will personally help you work through your past traumas. This, in itself, is priceless.

What this can help you and your clients change

- Learn an approach that does not require a detailed retelling of the event.
- Understand the distinction between a past experience and a present reminder.
- You will learn step-by-step how to release the emotional intensity and triggers attached to traumas.
- Support greater confidence, connection and engagement with present-day life.
- Recognise the importance of comfort, consent and the person's pace.

THE BENEFIT WE ARE WORKING TOWARDS

Imagine someone who wants to feel more present in a relationship, but a familiar situation from the past brings up an old response. The aim is to help them completely release the old experience, while respecting what they have been through. We are not asking them to pretend that the past did not matter; we are releasing the whole burden, emotional charges and triggers in one session. This completely frees them from the experience, so they can become more present and live a more fulfilling life.

Coaching supports personal growth and development. It does not replace medical or psychological treatment. The course's technique names do not themselves qualify someone as a clinical therapist.

LEVEL 2 / PHOBIA THERAPY™ & ANXIETY ELIMINATOR™ TECNIQUES

Help fear and worry take up less of someone's life

Fear can make a person's world smaller. They may avoid a situation, turn down an opportunity or spend days worrying about an event that has not happened yet. The practical question is how we can support them towards more calm and freedom of choice.

With Phobia Therapy™, you will learn the course's structured approach to working with a fear response connected to a particular object or situation. The intended benefit is less distress and avoidance, with more room to take part in activities the person wants to enjoy.

Anxiety Eliminator™ focuses on future-oriented worry and the internal expectations connected with it. You will learn a process intended to help a person approach an upcoming situation with a calmer perspective and more confidence.

What this can help you and your clients change

- Recognise how anticipation can influence a person's feelings before an event.
- Work towards reducing the emotional intensity of a feared situation.
- Help clients shift attention towards preparation and what they can influence.
- Free people from their Phobias.
- Support greater willingness to consider opportunities they have been avoiding.
- Apply relevant learning to your own everyday worry and hesitation.

WHERE THE LEARNING BECOMES PRACTICAL

Think of a client facing an interview or presentation. Instead of spending all their energy imagining what might go wrong, the aim is to help them feel more settled and able to prepare. Another person may want to feel less restricted by a specific fear. Their needs and readiness guide the work.

These techniques are taught within the wider system. The name Anxiety Eliminator™ describes the course process; it is not a promise that every form of anxiety will disappear or that a particular outcome will happen within a fixed time.

LEVEL 2 / THE UNCONDITIONAL SELF-LOVE TECHNIQUE

Build a relationship with yourself that does not depend on being perfect

How kindly do you speak to yourself when you make a mistake? For many people, self-acceptance comes with conditions: “I will feel good about myself when I achieve more, lose weight, earn enough or finally get everything right.”

The difficulty is that there is always another condition. Even when something goes well, the feeling of being enough can disappear as soon as the next challenge arrives.

With the Unconditional Self-Love Technique, you will learn a process designed to support a more loving and accepting relationship with yourself. You will work with the way a person experiences their own worth, beyond achievements, approval and comparison.

What this can help you and your clients change

- Develop a kinder response to mistakes and imperfections.
- Completely accept yourself, just the way you are.
- Work towards greater self-worth and less dependence on outside approval.
- Support the confidence to express needs and set boundaries.
- Reduce the habit of comparing yourself unfavourably with others.
- Make room for relationships in which you do not have to keep proving your value and worth.

A CHANGE THAT CAN REACH MANY PARTS OF LIFE

A client may say yes to everything because they fear disappointing people. As they develop greater self-acceptance, the goal is for a boundary to feel like a reasonable choice rather than proof that they are selfish. You can connect that inner work with how they communicate their needs.

This is also personal work for you as a future coach. You can care deeply about doing a good job while learning to treat yourself with kindness, ask for support and keep developing your skills.

LEVEL 2 / THE DRIVER FOCUS FILTER™

Change the question that keeps directing your attention

If you keep asking yourself, “What if I fail?”, you may become very good at noticing everything that could go wrong. If your recurring question is, “Am I good enough?”, even an ordinary conversation can start to feel like a test.

I use the term Driver Focus Filter™ for this recurring focus pattern going on in the brain. In this part of the course, you will learn to identify the question that keeps influencing what a person notices and how they interpret their experience.

You will learn a method to embody eight chosen positive focus points and create a more empowering direction for your attention and your client’s. These priorities might include connection, peace, learning, confidence, purposeful action or a financial goal.

What this can help you and your clients change

- Become more aware of the questions behind your everyday self-talk.
- Notice opportunities and useful information that worry may be crowding out.
- Bring your attention back to what matters to you.
- Help clients approach a challenge with a more constructive question.
- Connect a change in focus with practical choices and action.

A QUESTION THAT OPENS UP ACTION

Instead of repeatedly asking, “Why can’t I ever get this right?”, a client might learn to ask, “What can I learn here, and what is the next useful step?” The situation may still need work, but the new question gives them something constructive to do with it.

You can apply this in your personal life, your work and your coaching. The aim is to become more deliberate about where you place your attention, rather than letting the same limiting question run every conversation in your head.

LEVEL 2 / SUCCESS MINDSET STRATEGIES

Bring your thoughts, choices and actions closer to the life you want

Your coaching work also includes helping people build a more useful everyday success mindset. Someone may have a meaningful goal, yet spend most of their attention rehearsing failure, criticising themselves or waiting until they feel completely certain.

Here, we bring together practices that help clients notice those patterns and respond more deliberately. You will learn to connect the inner work with the way a person approaches their day, their goals, their relationships, their income potential, their career and opportunities.

What this can help you and your clients change

- Outcome-based thinking: clarify what you want to create, so the conversation in your head can move you towards a useful next step.
- Thought awareness: notice discouraging self-talk and practise a response that supports learning and action.
- Perception shifting: consider another interpretation of yourself, another person or a difficult situation.
- Belief work: connect the beliefs explored in the system with the goals and behaviours you want to support.
- Intention, gratitude and visualisation: give attention to what matters, recognise what is valuable and mentally rehearse a chosen direction.
- Personal responsibility: identify the choices within your influence and act on them.

A MORE USEFUL RESPONSE TO A SETBACK

If a plan does not work, you can help a client ask what they have learned, what remains important and what they can adjust. The benefit is a way to keep engaging with life, rather than treating one disappointment as a verdict on their future.

I also share my perspective on manifestation, the law of vibration and levels of consciousness as personal-development and spiritual growth. Across this part of the course, the practical invitation is to become more aware of how you live, what you focus on and what you choose to do next.

YOUR NEXT STEP

Become a coach with skills you can bring into real life

As you can see, the course gives you many ways to work with the things that keep people stuck. There is a place for communication and goals, and a place for the beliefs, emotional patterns, inner conflicts, behaviours, habits and past experiences that can get in the way.

For me, the value is in bringing that learning into a person's life. Feeling more confident in a conversation. Following through on a meaningful goal. Setting a boundary. Understanding an old reaction. Taking a step they have been putting off.

You will have opportunities to apply the learning to yourself as you prepare to support others. That personal understanding can bring more warmth, patience and confidence to the way you coach.

Your six certifications

On successful completion of the course and its certification requirements, you will receive certifications in:

Life Coach	**Life Transformation Coach**
Mental Performance Coach	**Emotional Wellbeing Coach**
Negative Emotional Therapy™ Practitioner	**Neuro-Linguistic Programming Practitioner**

Isobel and I would love to help you explore whether this journey is right for you. Read the full Info-Pack for the training details, accreditation information, fees and payment options, or contact us with your questions.

☞**Explore your Life Transformation Coaching Course Info-Pack**

Burk & Isobel Esterhuyse

support@transformationcoachingacademy.co.za | +27 83 609 1976

Individual experiences and results vary. Coaching supports personal development and does not replace medical or psychological treatment.