



PAUSE FACTORY

EMOTIONS ▪ PEOPLE ▪ PERFORMANCE



EMOTIONAL INTELLIGENCE CERTIFIED LIFE COACH

...an EQ based Life Coaching Certification

Core-Course: April 8th – 14th 2019



WHAT IS LIFE COACHING?

The International Coach Federation (ICF) defines coaching as “partnering with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential, which is particularly important in today’s uncertain and complex environment.



Emotional
Intelligence
Certified
Coach (EICC)

WHY LIFE COACHING

By becoming an EQ Certified Life Coach, you can help people and organizations and even yourself to overcome challenges and achieve lasting results by deploying a combination of coaching and emotional intelligence competencies in a scientific manner.

As a Certified Life Coach, you will be to help your clients unlock their potential to be their absolute best. You can create transformation in individuals and organizations, whilst building a highly satisfying career.

Life Coaching is a \$2 billion industry and growing geometrically. As a Certified Life Coach, you’ll be your own boss. This means you can set your own schedule and have unlimited earning potential and make solid income depending on your personal business and financial acumen and preference.

IS LIFE COACHING FOR YOU?

The simplest way to know life coaching is a field you should explore is finding yourself in situations as listed below:

- You find yourself advising people a lot
- People find it easy to come to you for advice
- People find it easy to open their secrets to you and tell you things that they would not ordinarily tell others
- You are concerned when people around you are not achieving or moving forward in life
- You sustain a desire to find a better and structured way to advice people instead of just talking to them
- You don't want to be a clergy but you want to impact on people's life
- You deeply value personal growth
- You see potential in people and you are concerned with helping them

WHAT EICC WILL DO FOR YOU!

When you go through our in-depth coaching program you will experience a makeover that will welcome you into another level of existence

- You will become a more confident person because of your new disposition
- You will gain clarity about your life and offer clarity to other people
- You will become less and less judgmental
- You will increase expertise in living and achieving your dream life
- You will find fulfillment in helping others become better people
- You will help others perform at their highest level
- You will achieve your noble goal daily
- You will help others experience emotional healing
- You will make the world around you a better place
- You will have a business of your own that can be made full time or part time
- You will make money whilst enjoying your life
- You become a succor point for many
- You will have the opportunity to express



A New Life!

Change

Balance

Peace

WHY ATTEND?



WHY?

At Pause Factory, we design our coaching program using the ICF core competencies plus Six Seconds emotional intelligence competencies, tools and resources blended with hands on African coaching experience to establish expertise for you to achieve the transformation your clients seek.

WHAT?

Earn the title **Life Coach** and become skilled to support noble transformation whilst building your own practice. Earn **Life Coaches Association of Nigeria Accreditation** and Pause Factory's (a partner to Six Seconds Emotional Intelligence Network) Emotional Intelligence Certified Coach.

WHO?

It includes those who want to clean themselves of cloudy beliefs disempowering their advancement, those self-saddled to make change and change makers saddled by organization who are responsible for improving the performance of others.

WHEN & WHERE & FEE

Pre-Course Assessment: Before April 5th

Pre-Course: On Line- April 5th

Core Course: April 8th – 14th Ikeja Lagos

Post Course Sessions:

On line April 26th | May 3rd | May 10th

Practicum: 50 Hours Coaching

Fee: =N= 350,000

Early Bird-March15-=N= 300,000

At the end of the certification process:

At the end of this certification process, you will have been prepared to initiate an effective coaching practice whether as a business or personal coach with expertise in the ICF Competencies, potent Emotional Intelligence tools and structural framework. The integration of Emotional Intelligence competencies and Emotional intelligence tools will help you develop the ability self-check and be fully present in a coaching sessions irrespective of your personal circumstances.

EICC is built around three major framework which are:

The Coach

The Structure

The Process/Tools & Resources

In total, the Emotional Intelligence Certification will span over 60 Instructional Hours via online and face to face in-class sessions.

You will learn to

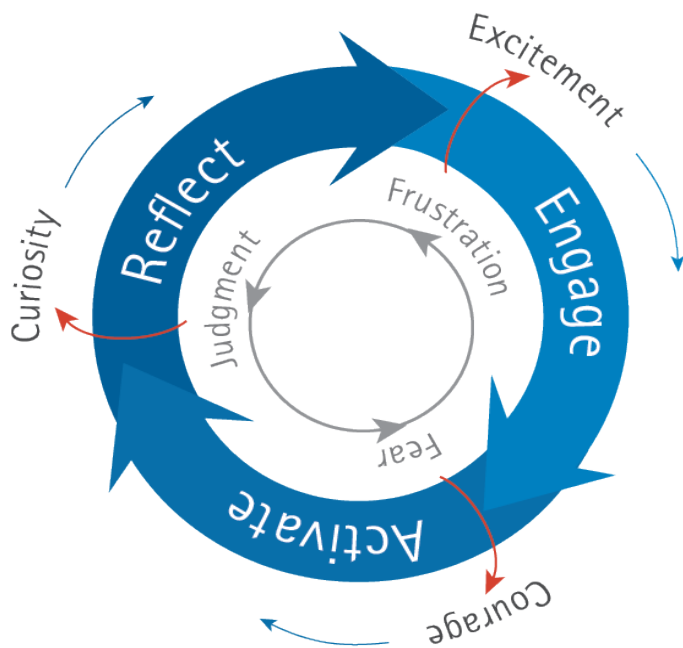
- Increase insight and skills to be the best possible coach
- Establish a coaching program that assuredly increase performance
- Build your coaching practice in an effective and organized way
- Give client potent result that makes them come back to you

You will be able to join the Life Coaches Association of Nigeria and be accredited above ordinary member.

MODELS & METHODS

CHANGE MAP

This model articulates change as an interactive process blending the rational stages of growth with the emotional drivers that make change fail or succeed.



The Six Seconds EQ Model

A process framework for putting emotional intelligence into action, the model includes three key steps, or “pursuits” that coaches need for themselves - and their clients.

Increase self-awareness (“**Know Yourself**”)

Respond instead of reacting (“**Choose Yourself**”)

Align your choices with your long-term purpose (“**Give Yourself**”)

Within these three areas are eight practical competencies that serve as tools for using EQ in our daily lives.

THE EICC COACH FRAMEWORK

Our framework is a blend of ICF global coaching competencies and the **KCG Coaching Wheel**. This unique blend recognizes that both the coach and the client’s emotional intelligence is of paramount importance in effective transformation.

We believe that client’s transformation starts from the coach and when the coach builds skill in being **more aware, more intentional, and more purposeful** then a powerful transformation is assured.

The next stage of the framework are the three essential skills of coaching: **Listen, Ask, Connect**. By using these skills effectively, coaches build their clients’ insight and commitment to action.

The final ring shows the goals. Clients need to match up **what** they do, **how** they’re doing it, and **why**. This allows them to operate with true integrity, putting their actions, intention, and purpose into alignment.

A. Setting the Foundation

1. Meeting Ethical Guidelines and Professional Standards
2. Establishing the Coaching Agreement

B. Co-creating the Relationship

3. Establishing Trust and Intimacy with the Client
4. Coaching Models

C. Communicating Effectively

5. Active Listening in Coaching
6. Powerful Questioning in Coaching
7. Direct Communication in Coaching

D. Facilitating Learning and Results

8. Creating Awareness
9. Designing Actions
10. Planning and Goal Setting
11. Managing Progress and Accountability

12. Intro to Therapy

PROGRAM INFORMATION

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Core Course:	April 8 th – 14 th Ikeja Lagos
Post Course Mentoring:	On line April 26 th May 3 rd May 10 th
Practicum:	50 Hours Coaching (Before Certification)
Fee:	=N= 350,000
Early Bird:	March15-=N= 300,000

Fee covers:

- Training Manual and Materials
- Assessments
- Take Away Tools
- Daily Tea & Lunch break
- Certificate of Attendance and Certification Certificate (2 Certificates)

ABOUT US

Pause Factory is one of the only three African Preferred Partners of Six Seconds USA (the world's largest Emotional Intelligence Network) and the only partner in West Africa; we are also a member of International Society for Emotional Intelligence.





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