



34 Years of Excellence  
Professional Massage and  
Holistic Healing Arts  
Optimum Health and Lifestyles  
Since 1980  
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# Holistic Life Coaching

*The world's premiere health and life coaching program*

**This program starts regularly throughout the year in the San Francisco Bay Area.**

## THE POSSIBILITY

- Have you dreamed of having a financially rewarding career that makes a huge difference in people's lives every day? Explore the possibilities of a sustainable and fulfilling career as a life coach, health coach or holistic practitioner at the World School!
- After 34+ years of training hundreds of advanced holistic coaches, we're very confident of the rewards of this career AND our ability to empower you to build sustainable and emotionally rewarding work for yourself.

## COURSES IN:

- Advanced Holistic Health and Life Coaching
- Success Psychology and Behavior Transformation
- Personal Growth and Healthy Lifestyles
- Compassionate Communication and Relationships
- Coaching Business Success

## WHAT MAKES OUR PROGRAM SO SPECIAL?

- **THIRTY FOUR YEARS:** a program totally unique and powerful in the world of coaching
- Receive holistic coaching training: **INCREASE YOUR INCOME SIGNIFICANTLY**
- Discover **THE KEYS TO SUCCESS PSYCHOLOGY** for you AND your clients
- Explore **ADVANCED TRAINING IN BEHAVIOR CHANGE** ensuring goals can be met
- Work with **YOUR OWN LIFE COACH** and your own personal life goals
- Develop **GROUP COACHING SKILLS** and increase your revenues substantially
- Discover secrets of successful marketing and **KEEP YOUR PRACTICE FULL**
- Outcome-based coaching methods to ensure **EXTRAORDINARY SUCCESSES**

## BUSINESS DEVELOPMENT

- Receive coaching-specific business **TRAINING FROM SUCCESSFUL COACH/ENTREPRENEURS**
- Discover continuous quality improvement tools that **KEEP YOUR BUSINESS GROWING!**
- **LEARN THE ART OF SUCCESSFUL, HEART-BASED CLIENT ENROLLMENT**

# Holistic Life Coaching Program - 500 hours

## The Psychology and Practice of Coaching Success and Advanced Holistic Coaching Skills: Personal and Professional Development – 500 hours

This course combines “how-to” coaching training with highly practical hands-on coaching for yourself and others. The Holistic Life Coaching Program will provide you the tools to empower both yourself and others for a lifetime of success.

<b>Curriculum</b>	<b>Hours</b>
Aromatherapy .....	5
Coaching Assessment and Planning Skills.....	10
Coaching Clinic Laboratory: Enrollment Skills .....	10
Coaching for Behavior Change: Your Power to Create .....	38
Coaching Practice Sessions .....	12
Coaching Skill Development Calls (Teleconferences).....	24
Energy Bodies Awakening .....	32
Expression and Leadership.....	63
Flower Essences .....	5
Holistic Coaching Skills: Inquiry and Introspection .....	12
Holistic Coaching Skills: Process.....	14
Holistic Fitness and Nutrition .....	53
Life Regression .....	14
Private Mentoring.....	15
RePatterning- Pre and Peri-natal Trauma .....	44
Team Coaching and Development.....	30
The Mindful Lifestyle: Stress Management Coaching.....	32
The Relationship Course, Part 1: Compassionate Coaching (NVC) .....	22
The Relationship Course, Part 2: The Path of Connection.....	18
The Science of Success: Thank and Be Wealthy.....	28
Touch for Health .....	19

### CEU's: Continuing Education Courses May be Taken Separately!

This special program is popular amongst bodyworkers and other health professionals who already have certification yet want to expand on their current offerings and scope of success.

Ask about our business entrepreneurial training hours available if needed.



**Completion of this 500 hour program entitles you to a California Certificate as a Holistic Life Coach.**

### Other Career Certification Options:

California Massage Practitioner (CMP) .....	250 hours
California Massage Therapist (CMT) .....	500 hours
Energy and Somatic Massage Therapist (ESM).....	750 hours
Master Bodyworker (MBW) .....	1000 hours
Holistic Health Wellness Practitioner Program (HHWP)	
• Master Bodyworker Program (MBW) .....	1000 hours
• Holistic Life Coaching Program (HLC) .....	500 hours
Holistic Teaching, Training and Coaching Program (TTC).....	500 hours
Holistic Health & Wellness Leadership Program (HHWL)	
• Master Bodyworker Program (MBW) .....	1000 hours
• Holistic Life Coaching Program (HLC) .....	500 hours
• Holistic Teaching, Training & Coaching (TTC) ...	500 hours

### 4 Holistic Careers in One: Holistic Health and Wellness Leader!!

Completing the Master Bodyworker Program, the Holistic Life Coaching Program and our extraordinary holistic leadership experience, called the Holistic Teaching, Training & Coaching Leadership Program (TTC) provides you with a Holistic Health and Wellness Leadership (HHWL) certificate with over 2000 hours of holistic career training!

