

Yes2Life Coach, Level I

- We will get to understand the basic of Coaching
- How to create a coaching relationship and make an ethic contract

Yes2Life Coach, Level II

Deeping your coaching skills

- We will be working with belief systems and a healthy identity
You will become more aware of the mutual communication between people. You will learn to understand the meaning behind the works and behavior. This will make you an even more qualified Yes2Life Coach
- You will gain knowledge, skills and personal experience in these areas
- To understand and work with belief systems in both the individual and the organization
- To have a balance between the personal and professional life
- Being in touch with your core/being and your ego/doing, to ensure the result of coaching is ethical and in balance
- To be true to yourself
- Why it's important to use all of your senses in coaching
- Decoding the importance of language in coaching

"If you believe you can and if you believe you can't, in both cases you are right"

Yes2Life Coach, Level III

Happy Healthy relations

"To love and be loved is to feel the sun from both sides" David Viscot

Yes2Life Coach, Level IV

The Hero and Heroines Journey

- On level IV we will work on how to awaken our creativity, and to balance our ideas and vision with our core values and a realistic plan for us to manage to make our dreams come true
- Using generative, creative and deep transformational methods we will build a platform from where you can awaken and free your potential into your own life and into the world
- It is fundamentally important in life that we know how to balance our energy so our ego (doing) and our authentic self (being) are supporting each other. When in balance we get more joy, love, intuition and peace in ourselves and the world around us. This brings optimal performance and passion to our life and work. The unique energy of the soul will manifest even stronger
- If we identify too much in the energy of the ego, we get symptoms like stress, depression, anxiety, lack of self-confidence and psychosomatic symptoms
- Together we will strengthen your identity as a Yes2Life Coach. To discover your way of adapting Yes2Life Coaching in your profession
- From the myth of Hero and Heroines Journey, we will work with your personal and professional story/path. The importance through storytelling and essential archetypes to tell the stories that support your journey
- When we explore this material on level IV, we will adapt it in your coaching sessions with clients