

# Bloom Holistic Life Coach CERTIFICATION PROGRAM

## **INTRODUCTION:**

If you have an innate ability to connect with others, as well as a passion for holistic living, you can make a powerful difference and enjoy a lucrative career as a Holistic Life Coach. This unique certification program blends traditional life coaching techniques with ancient philosophy, to create an effective and heartfelt approach to healing. Over the course of five months you will polish and refine your natural coaching abilities, and will fill your tool belt with all of the techniques needed to become a knowledgeable and proficient coach. You will discover how to address every aspect of a client's life – physical, emotional, cognitive, and spiritual – in order to create lasting and profound changes.

## **CONCEPTS COVERED:**

Throughout this training, you will learn holistic coaching concepts drawing from ancient wisdom and philosophy as well as modern day coaching technique Including:

- ❖ How to assist your client in uncovering their current belief systems, and how to create new and powerful thought patterns
- ❖ How to co-create an effective plan of action with your client, resulting in long term success
- ❖ How to implement the best practices, methods, and tools to help your clients achieve their goals in food and health, emotional and cognitive wellbeing, and spiritual advancement
- ❖ How to coach small groups, facilitate workshops, and host seminars in the area of Holistic Wellness

In addition you will learn how to build a successful life coaching business, including:

- ❖ How to attract the right clients to your life coaching practice
- ❖ How to brand your unique business and market with confidence and ease
- ❖ How to establish sustainable fees

## **ONLINE PROGRAM STRUCTURE:**

The bulk of your learning will happen over the course of weekly training videos followed by weekly private coaching sessions with Master Coach, Julie Wallace. \*Please note— you will need internet access, as well as a smartphone, tablet, or computer to access meetings. Each week, a new lesson will be posted on the online classroom. Your lessons will be a combination of videos and reading. Once your weekly lesson has been completed, you will have a 60 minute one-on-one zoom meeting with Julie to review the concepts taught in the weekly lesson and also allow for private coaching time.

With this format you'll receive weekly private sessions throughout the 5 month training period. This method will allow Julie to teach you the life coaching concepts and then coach you through them at the same time. This is the most optimal way for you to learn how to coach! The training is rich in education and fascinating content, and you will be provided with all of the tools and education needed to become a knowledgeable and proficient coach.

## **PRO BONO COACHING SESSIONS:**

One of the most essential parts of becoming a Holistic Life Coach is practice! It's important to actually apply the techniques you learn in a real world setting in order to become a proficient coach. Therefore, upon completion of your training sessions, you will be required to coach your very own client, pro-bono (pro-bono is just a fancy word that means you'll be coaching free of charge). This process is essentially "coaching on training wheels" and we'll provide you with every bit of information and support to guide you through it. You'll be provided with a "beginner" coaching outline, and will be told exactly what to do during your sessions. It's simply a way to get your feet wet, and to "rip the bandaid off" when it comes to coaching. Trust us, there's no better way to learn how to coach than to COACH (and again, we'll be supporting you the entire way!). Your pro-bono coaching process will begin at the close of our final training session. You'll be required to find your own client, but Julie will provide plenty of time and support throughout our training sessions to assist you with this. You will be required to provide Julie with a recording of your third pro-bono coaching session which will act as your final review.

Again, you do not need to be tech-savvy to complete this training, and Julie will provide you with detailed instructions as to how to create and submit your recording. Julie will listen to the recording and provide feedback via a 30 minute private Zoom session. In addition, you will be reviewed by your pro-bono client and will also be asked to complete self review. Certification will be received within 30 days after submitting your recording / review forms, so long as you have met all standards according to the rubric provided.

**\*\*Please note, you will not receive your graduation certificate until the pro-bono coaching process has been completed, and only if you have met all of the required standards. Your certificate will be mailed to you upon completion of your review!**

### **WHAT'S INCLUDED:**

- Online classes through our virtual classroom
- 15 private coaching hours with Master Coach Julie Wallace
- Bloom School of Holistic Life Coaching training materials and worksheets
- Materials and tools to launch a successful life coaching practice
- One-on-one pro bono client review and Q&A with Julie

### **CERTIFICATION REQUIREMENTS:**

- ❖ Trainees must complete all training videos and complete all assignments in order to be certified.
- ❖ Trainees must complete all 15 private coaching sessions with Julie
- ❖ Upon completion of our training sessions, each participant will be required to coach a client pro bono through a 4 week, guided life coaching system. One session must be recorded and submitted for review by Julie as part of certification requirements.
- ❖ Your graduation certificate will not be received until your pro bono coaching sessions have been completed, and only if all required standards are met (based on the provided rubric).
- ❖ Your certificate will be mailed to you upon completion of your final review. Failure to complete the pro-bono coaching process will result in a withholding of your certification

### **COST AND PAYMENT PLAN:**

Total cost of the training is \$2700 with payment plan OR \$2450 if you pay in full. This fee includes all video lessons, 15 private coaching sessions with Julie, a private review with Julie, and any additional hand-outs and training materials. All payments are non refundable.

### **PAY IN FULL WITH DISCOUNT:**

Pay in Full Rate: \$2450.00. All payments are non-refundable.

### **OPTIONAL PAYMENT PLAN:**

Payment plan Rate: \$2700 with 6 equal payments of \$450 withdrawn monthly from the credit card on file. All payments are non-refundable.

\*If a trainee wishes to use a payment method different from the card kept on file, they **MUST** make arrangements before the due date otherwise a late fee will be applied. A late fee of \$15 will be applied to any payment received after the due date. If a payment is more than 10 days past-due, this fee will increase to \$25. Trainees with past-due balances will not be able to attend training sessions until arrangements to make a payment have been made with your lead Coach - Julie Wallace. There will be no refunds made for any amount once paid. Please understand our refund policy is firm and we will not make exceptions.

### **ADDITIONAL COSTS:**

❖ **BOOKS**—The cost of the required books is not included in this fee. All books must be purchased separately prior to the start date of the Training. Books can be purchased in hard copy, digital, or audio format. Cost varies, but books will average a total of around \$150.

❖ **ENNEAGRAM RHETI TEST**— all trainees are asked to take the RHETI Test at [www.EnneagramInstitute.com](http://www.EnneagramInstitute.com). The cost of this test is \$12.

## **REQUIRED READING LIST:**

- ❖ The Four Agreements by Don Miguel Ruiz
- ❖ Creative Visualization by Shakti Gawain
- ❖ A New Earth by Eckhardt Tolle
- ❖ How to Meditate by Pema Chodron
- ❖ You are Enough by Panache Desai
- ❖ What Happened to You by Oprah and Dr. Bruce Perry AUDIO VERSION

Books are not included in the cost of the Program. All books must be purchased prior to the start date of the training.

## **READY TO ENROLL?**

Head back to [BloomHolisticLife.com/training](https://BloomHolisticLife.com/training) and select the ENROLL NOW button!

Hope to see you soon!

Julie