

Choose your future!

the
smart
school

Transformational Coach

Small Business Coach

Dynamic Youth Coach

NLP Therapist & Hypnotherapist



Choose your future!

“ The best time to plant a tree was 20 years ago.
The next best time is now.
Ancient Chinese proverb

How true this is! Yet every day people around the world trudge along in poor relationships, stick with jobs that bore them, underperform at work, run businesses that barely survive, spend money they haven't got. And feel that things will never change.

But they can change!

And coaching is at the heart of this change.

Whether you want to learn coaching to get more from your team in the workplace, or to create your own inspirational business or even just to give back to the world, there's never been a better time to acquire the wonderful art of coaching.

We're passionate about delivering truly exceptional programmes that give you what you need to succeed and this booklet gives you a snapshot of the four key programmes we run which are helping people create futures they really love.

Discover how you can:

- **Become a personal transformation coach** and work with individuals or in companies to create lasting change
- **Become an NLP therapist** blending NLP and hypnotherapy to work on the core issues that hold people back in life
- **Become a small business coach** to help local businesses succeed
- **Become a youth coach** to support young people in a range of environments on the issues that concern them

There's nothing stopping you from creating the future you want in coaching.

Talk to us and find out how we can help you make it happen.

How our programmes work

Although the content of each programme is different, they are each based on principles that we know will ensure you become highly skilled and confident to work with people on their whole range of concerns. The programmes all comprise of:

Live classroom training

At the heart of each programme sits the live training weekends. Every weekend blends theory and knowledge with practice, creating a safe space to try out new approaches.



Real-life practice

The programmes are delivered over a number of months to ensure you have time to practise the skills. Each course requires you to complete a set amount of real-life practice so that you gain the confidence to take your skills in to the real world after qualification.



Mentoring

You'll have mentoring throughout your journey so that you can overcome any challenges around client work or your journey through the course itself. Mentoring ensures that you stay on track and achieve your outcomes from the programme.



Online learning

Each programme includes a blend of supplementary video learning, a full resource kit and an interactive online community to ensure you have all you need to stay motivated and confident between and after training weekends.



Assessment

Although the methods differ for each programme, you will complete the course with an assessment that allows you to feel confident that you have mastered the skills and are ready to practise them professionally.



Transformational Coaching

Personal Transformation Coaching is our internationally recognised coach training programme designed for those who wish to become life coaches or to coach within organisations.

Professional recognition



The Training

The course is made up of four live training weekends which give you the skills to coach at a transformational level with your clients or team.

- Foundations – your core coaching skills
- Hearts and Minds – for cognitive behavioural work
- Expressions – drawing on NLP coaching
- Connections – unlocking change with TA

In addition, you'll be supported with mentoring, online learning resources, a full start up kit and a wonderful online community.

Qualification time is around 5 to 8 months.

How is this different?

Unlike most coaching courses which offer one core approach which focuses on client behaviour, this programme gives you a range of approaches including cognitive behavioural coaching, transactional analysis, person-centred work and NLP coaching. This powerful combination allows you to work on clients' emotional, cognitive, relational and behavioural aspects for much greater and deeper change.

Who is this for?

You should choose this programme if you wish to:

- Become a life coach
- Become an executive coach
- Become a corporate coach working with teams
- Add coaching to your management skills

Find out more

Go to our website at www.thesmartschool.co.uk or call us on 0844 656 0444

Person-Centred NLP & Hypnotherapy

Our Person-Centred NLP & Hypnotherapy Programme is unlike any other NLP course around having been designed to train and develop professional NLP therapists and hypnotherapists.

Professional recognition



British Institute of Hypnotherapy



The Training

The course is made up of six live training weekends which give you the confidence to work at the deepest level of unconscious core transformation with your clients.

- Perception and Communication
- Trance and Hypnosis
- Anchors and State
- Instant Change
- Healing Parts
- Timeline & Beliefs

In addition, you'll be supported with mentoring, online learning resources, a full start up kit and a wonderful online community.

Qualification time is around 6 to 8 months.

How is this different?

Most NLP courses are delivered over seven or eight days consecutively with no client practice. Whilst this is easy to complete, the reality is that they leave you lacking the confidence to work with real clients. Our programme is all about becoming genuinely skilled and confident at using NLP and hypnotherapy with your clients during and after qualification. That's why it's delivered over six months with mentoring and why we ensure you practise with real clients.

Who is this for?

You should choose this programme if you wish to:

- Become an NLP therapist and hypnotherapist
- Add NLP & hypnotherapy to your existing work
- Create a holistic transformational practice

Find out more

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Dynamic Youth Coaching

The Dynamic Youth Coaching programme is a powerful and unique holistic approach to working with young people on the full range of their life issues. If you want to inspire, empower and motivate young people, this is the programme for you.

Professional recognition



The Training

The course is made up of five live training weekends which give you the skills to work with young people in a range of environments from schools to families and with the full range of life concerns.

- Core Youth Coaching Skills
- Dynamic Youth Coaching Model
- The Power of Groups
- Creativity, Drama and Engagement
- Empowering Young People

In addition, you'll be supported with mentoring, online learning resources, a full start up kit and a wonderful online community.

Qualification time is around 5 to 8 months.

How is this different?

There is nothing else like this available for people who want to work as youth coaches. The programme not only gives you the coaching skills you need to support young people, it gives you a complete system to work on the whole person, to work one-to-one and in groups and to introduce a range of creative engagement processes that will allow you to add your own personal approach to your coaching.

Who is this for?

You should choose this programme if you wish to:

- Become an independent youth coach and mentor
- Add coaching to your existing work with young people
- Work with youths in the community, schools or families

Find out more

Go to our website at www.thesmartschool.co.uk
or call us on 0844 656 0444

Rapid Results Business Coaching

Rapid Results Small Business Coaching is our comprehensive programme for people who want to create their own small business coaching practice working with local businesses. Rapid Results is a complete system that enables you create a great business with a high income whilst making a big difference.

Professional recognition



The Training

The course is made up of six live training weekends which give you the skills to work with small businesses to achieve brilliant results across all their needs.

- Understanding the Business
- Marketing & Sales Review
- Rapid Results Strategies
- Online Presence and Inbound Marketing
- Growth Strategies
- Creating and Growing your Business

In addition, you'll be supported with 12 months business mentoring, online learning resources, a full Business Kit and a wonderful online community. Qualification time is around 5 to 8 months.

How is this different?

Where most coaching courses offer a non-advisory approach to working with clients, this programme recognises that small business owners need something different. They need advice, education, signposting, even hands on help. As a Rapid Results Business Coach you will have all the skills and knowledge you need to create amazing results with your small business clients helping them make more money with less stress as you create your own brilliant business at the same time.

Who is this for?

You should choose this programme if you wish to:

- Become a highly-paid small business coach
- Add business coaching to your existing skills

Find out more

Go to our website at www.thesmartschool.co.uk or call us on 0844 656 0444

Discover our growing range of specialist short CPD courses for qualified coaches and practitioners

Continuing Development

We believe that as a professional coach or therapist you are embarking on a journey of constant improvement and development.

That's why we offer short courses for qualified coaches, therapists and practitioners.

Professional recognition



Group Coaching Skills – 2 days:

Take your coaching beyond one-to-one with our Group Coaching Skills course.

You'll discover how to work with groups to get the very best from them as you create a coaching space in which your participants can express their views, concerns, challenges and decisions within a group setting.

You'll learn key group coaching approaches including Action Learning, World Café, Balint and Open Space along with key frameworks for understanding groups.

Being and Meaning: Existential Coaching – 2 days:

In this cutting edge course for coaches, you will discover how the philosophical stance of existentialism, which has long had a role in psychotherapy, can be used in coaching to help clients address the deepest concerns about human existence.

When people struggle with the meaning of their life, their purpose or even their mortality, they are confronting the conditions of life that affect us all. Most coaching approaches however fall short of helping clients tackle these life themes.

For existential coaching such themes are the core of its concern. You'll learn how to work with people on their sense of meaning, purpose, power, choice, guilt and anxiety within a framework of open, positive coaching.

Find out more

Go to our website at www.thesmartschool.co.uk or call us on 0844 656 0444

Professional Recognition

We are proud to offer some of the most highly accredited coaching and NLP courses around, with national, international and industry recognition. This means you can be confident that not only have our programmes undergone rigorous scrutiny and quality assurance but that they continue to do so and that our training and assessment is regularly checked. Each programme carries with it the credentials you need to mark you out as a true professional in your field.

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The International Coach Federation is the world's largest and the most prestigious coaching body and sets the standard internationally for quality coaching and coach training.



The Institute of Leadership and Management is the UK's largest awarding body for leadership and management qualifications and ensures you can confidently use your coaching skills in organisations.



The Complementary Therapists Association is a leading professional organisation representing complementary therapists in the UK and Ireland allowing you feel confident you can work holistically with clients.



British Institute of Hypnotherapy

The British Institute of Hypnotherapy and NLP is one of the longest standing professional bodies working in this field and ensures our NLP programme is of an exceptional standard for therapeutic use.

4 Ways to Discover More

1 Visit our website at www.thesmartschool.co.uk and download the prospectus of the programme that interests you

2 Attend a **FREE** Discovery Day in central London where you can find out more about the Smart School's Personal Transformation Coaching Programme

3 Call us on **0844 656 0444** to arrange a chat with someone about one of the programmes

4 Book your place **directly** on the website or by phone today



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