

# SCHEDULE 2023

MAY 07	MAY 16	MAY 23	MAY 30	JUN 06
<p><input type="checkbox"/> 9AM-1PM</p> <p><b>COURSE INTRODUCTION:</b></p> <p>In this four hour intensive Lydia will cover module one and The Five Step Method.</p> <p>Hours: 4</p>	<p><input type="checkbox"/> 7PM-8PM</p> <p><b>SKILLS CLASS 1:</b></p> <p>Transformative Questioning</p> <p>Hours: 1</p>	<p><input type="checkbox"/> 7PM-8PM</p> <p><b>SKILLS CLASS 2:</b></p> <p>Masterful Listening</p> <p>Hours: 1</p>	<p><input type="checkbox"/> 7PM-8PM</p> <p><b>SKILLS CLASS 3:</b></p> <p>Clear Communication</p> <p>Hours: 1</p>	<p><input type="checkbox"/> 7PM-8PM</p> <p><b>BUSINESS CLASS 1:</b></p> <p>Ideal Client</p> <p>Hours: 1</p>
JUN 13	JUN 20	JUN 27	JUL 04	JUL 11
<p><input type="checkbox"/> 7PM-8PM</p> <p><b>SKILLS CLASS 4:</b></p> <p>Clarifying, Reflecting, Reframing</p> <p>Hours: 1</p>	<p><input type="checkbox"/> 7PM-8PM</p> <p><b>SKILLS CLASS 5:</b></p> <p>Acknowledging &amp; Messaging</p> <p>Hours: 1</p>	<p><input type="checkbox"/> 7PM-8PM</p> <p><b>SKILLS CLASS 6:</b></p> <p>Contracting and Measuring</p> <p>Hours: 1</p>	<p><input type="checkbox"/> 7PM-8PM</p> <p><b>BUSINESS CLASS 2</b></p> <p>Social Media</p> <p>Hours: 1</p>	<p><input type="checkbox"/> 7PM-8PM</p> <p><b>SKILLS CLASS 7:</b></p> <p>Strategise to Realise</p> <p>Hours: 1</p>

# SCHEDULE 2023

JUL 18	JUL 25	AUG 01	AUG 08	AUG 15
<p><input type="checkbox"/> 7PM-8PM</p> <p><b>SKILLS CLASS 8:</b></p> <p>Taking Action</p> <p>Hours: 1</p>	<p><input type="checkbox"/> 7PM-8PM</p> <p><b>COACHING DEMO</b></p> <p>Hours: 1</p>	<p><input type="checkbox"/> 7PM-8PM</p> <p><b>BUSINESS CLASS 3</b></p> <p>Communication</p> <p>Hours: 1</p>	<p><input type="checkbox"/> 7PM-8PM</p> <p><b>SKILLS CLASS 9:</b></p> <p>Progress and Accountability</p> <p>Hours: 1</p>	<p><input type="checkbox"/> 7PM-8PM</p> <p><b>SKILLS CLASS 10:</b></p> <p>Awareness and Partnering.</p> <p>Hours: 1</p>
SEP 05	SEP 12	SEP 19	SEP 26	OCT 03
<p><input type="checkbox"/> 7PM-8PM</p> <p><b>BUSINESS CLASS 4</b></p> <p>Community</p> <p>Hours: 1</p>	<p><input type="checkbox"/> 7PM-8PM</p> <p><b>SKILLS CLASS 11:</b></p> <p>Personality and Profiles</p> <p>Hours: 1</p>	<p><input type="checkbox"/> 7PM-8PM</p> <p><b>SKILLS CLASS 12:</b></p> <p>Energy and Intuition</p> <p>Hours: 1</p>	<p><input type="checkbox"/> 7PM-8PM</p> <p><b>SKILLS CLASS 13:</b></p> <p>Body Language and Tone</p> <p>Hours: 1</p>	<p><input type="checkbox"/> 7PM-8PM</p> <p><b>BUSINESS CLASS 5:</b></p> <p><u>Selling.</u></p> <p>Hours: 1</p>

# SCHEDULE 2023

OCT 10	OCT 17	OCT 24	NOV 07	NOV 14
<p><input type="checkbox"/> 7PM-8PM</p> <p><b>SKILLS CLASS 14:</b></p> <p>Part A: Core Values</p> <p>Hours: 1</p>	<p><input type="checkbox"/> 7PM-8PM</p> <p><b>MINDSET SUCCESS CLASS:</b></p> <p>Hours: 1</p>	<p><input type="checkbox"/> 7PM-8PM</p> <p><b>SKILLS CLASS 15:</b></p> <p>Part B: Emotional Needs</p> <p>Hours: 1</p>	<p><input type="checkbox"/> 7PM-8PM</p> <p><b>SKILLS CLASS 16:</b></p> <p>Part C: Limiting Beliefs</p> <p>Hours: 1</p>	<p><input type="checkbox"/> 7PM-8PM</p> <p><b>SKILLS CLASS 17:</b></p> <p>Part D: Working with the Ego</p> <p>Hours: 1</p>
NOV 21	NOV 28	DEC 05	DEC 12	DEC 19
<p><input type="checkbox"/> 7PM-8PM</p> <p><b>LIVE EVOLUTION CLASS 1:</b></p> <p>Purpose &amp; Passion</p>	<p><input type="checkbox"/> 7PM-8PM</p> <p><b>COACHING DEMO</b></p> <p>Hours: 1</p>	<p><input type="checkbox"/> 7PM-8PM</p> <p><b>LIVE EVOLUTION CLASS 2:</b></p> <p>Self Love &amp; Wellbeing</p> <p>Hours: 1</p>	<p><input type="checkbox"/> 7PM-8PM</p> <p><b>BUSINESS CLINIC</b></p> <p>Hours: 1</p>	<p><input type="checkbox"/> 7PM-8PM</p> <p><b>PRACTICE COACHING</b></p> <p>Hours: 1</p>

# SCHEDULE 2024

<p>JAN 02</p>	<p>JAN 09</p>	<p>JAN 16</p>	<p>FEB 06</p>	<p>FEB 13</p>
<p><input type="checkbox"/> 7PM-8PM</p> <p><b>PRACTICE COACHING</b></p> <p>Hours: 1</p>	<p><input type="checkbox"/> 7PM-8PM</p> <p><b>LIVE EVOLUTION CLASS 3:</b></p> <p>Spirituality &amp; Growth</p> <p>Hours: 1</p>	<p><input type="checkbox"/> 7PM-8PM</p> <p><b>BUSINESS CLINIC</b></p> <p>Hours: 1</p>	<p><input type="checkbox"/> 7PM-8PM</p> <p><b>PRACTICE COACHING</b></p> <p>Hours: 1</p>	<p><input type="checkbox"/> 7PM-8PM</p> <p><b>LIVE EVOLUTION CLASS 4:</b></p> <p>Love &amp; Relationships</p> <p>Hours: 1</p>
<p>FEB 20</p>	<p>MAR 16</p>	<p>MAR 17</p>	<p>MAR 18</p>	<p>MAR 19</p>
<p><input type="checkbox"/> 7PM-8PM</p> <p><b>BUSINESS CLINIC</b></p> <p>Hours: 1</p>	<p><input type="checkbox"/> 12.45-2.45PM</p> <p><b>THE HAPPINESS RESET</b></p> <p>Hours: 2</p>	<p><input type="checkbox"/> 12.45-2.15PM</p> <p><b>THE HAPPINESS RESET</b></p> <p>Hours: 1.5</p>	<p><input type="checkbox"/> 12.45-2.15PM</p> <p><b>THE HAPPINESS RESET</b></p> <p>Hours: 1.5</p>	<p><input type="checkbox"/> 12.45-2.45PM</p> <p><b>THE HAPPINESS RESET</b></p> <p>Hours: 2</p>

# SCHEDULE 2024

MAR 20	MAR 21	MAR 22	APR 02	APR 09
<p><input type="checkbox"/> 12.45-2.15PM</p> <p><b>THE HAPPINESS RESET</b></p> <p>Hours: 1.5</p>	<p><input type="checkbox"/> 12.45-2.15PM</p> <p><b>THE HAPPINESS RESET</b></p> <p>Hours: 1.5</p>	<p><input type="checkbox"/> 12.45-2.45PM</p> <p><b>THE HAPPINESS RESET</b></p> <p>Hours: 2</p>	<p><input type="checkbox"/> 7PM-8PM</p> <p><b>LIVE EVOLUTION CLASS 5:</b></p> <p>Money &amp; Career</p> <p>Hours: 1</p>	<p><input type="checkbox"/> 7PM-8PM</p> <p><b>BUSINESS CLINIC</b></p> <p>Hours: 1</p>
APR 16	MAY 07			
<p><input type="checkbox"/> 7PM-8PM</p> <p><b>PRACTICE COACHING</b></p> <p>Hours: 1</p>	<p><input type="checkbox"/> 12.30pm-2.15pm</p> <p><b>REFLECT &amp; REVIEW WRAP UP CALL WITH LYDIA</b></p> <p>Hours: 1.75</p>			

## Live Weekend Dates

Coach acceleration weekend Sept 16th & 17th 2023

Business acceleration weekend Nov 25th & 26th 2023

You will be invited to attend the ALIVE weekend in Ibiza on 12th & 13th October 2024.

## Buddy Coaching

Your first buddy will be assigned to you in month two and then you will change buddy every month. You will need to find a minimum of two additional hours a month for this. We also recommend finding practice clients where possible from month two—this would be additional to your buddy hours. To reach 40 hours of coaching practice that would be one coaching session a week from month 3.

## One-to-One Mentoring

Month 3: 30 minute session

Month 4: 30 minute session

Month 5: 30 minute session

Month 7: 45 minute session

Month 9: 45 minute session

Month 10: 45 minute session

Month 12: 20 minute session