

PERFORMANCE COACH TRAINING

SAMPLE CURRICULUM

	FOCUS	HIGHLIGHTS	COACHING TOOLS & TOPICS (PREVIEW)
PART 1	Basic Coaching Foundation	A rock solid understanding of what coaching is and how to be highly effective and successful at it!	<ul style="list-style-type: none"> • Foundational psychology • Ethics for coaches • Coaching agreements & establishing trust • Powerful questions, • How to set the best actions, goals and accountability
PART 2	Human Drivers	Understand why people do what they do & how to activate them to action!	<p>"Jairek's training has been a game changer for my personal training business. It's made my work even more rewarding as my clients see even greater change and results." - Doug Zimmerman, PCU Graduate Coach</p>
PART 3	Performance Coaching Tools & Strategies	Habits, rituals & routines to achieve and maintain peak performance!	<p>"PCU is truly a fantastic experience and I have learned an incredible amount!" - Aaron Ammar, PCU student</p>
PART 4	Decision Making Models	How to navigate the most challenging life decisions you are faced with	<p>"PCU is loaded with tools, strategies and tested-out ideas. Super learning!" - Yulia Urukova, PCU student</p>
PART 5	Building Resilience	Tools aimed at helping you overcome the major challenges life throws your way	<p>"I've learned more about coaching in 10 modules of Performance Coach University than I have in the last 2 years trying to piece it all together. This program is extremely valuable and is definitely the fulcrum to my practice." - Josh Gauthier, PCU student</p>
PART 6	Experts & Strategic Advisors	Guest experts sharing with you the best of what they know: marketing & sales for coaches, legal requirements & guidelines for coaches, basic neuroscience for coaches, mastering the "business" of coaching & intimate relationships in coaching.	<ul style="list-style-type: none"> • Relationships - Understanding intimate relationships • Science - Basic Neuro • Psychology (understanding the brain) • Coaching Sales - Convert leads to clients • Legal - Setting up & Protecting your business • Webinars - Selling through teaching