

# 2017 PERFORMANCE COACH TRAINING

## COURSE OVERVIEW

	FOCUS	HIGHLIGHTS	COACHING TOOLS & TOPICS (PREVIEW)
<b>PART 1</b>	<b>Basic Coaching Foundation</b>	A rock solid understanding of what coaching is and how to be highly effective and successful at it!	<ul style="list-style-type: none"> <li>• Foundational psychology</li> <li>• Ethics for coaches</li> <li>• Coaching agreements &amp; establishing trust</li> <li>• Powerful questions,</li> <li>• How to set the best actions, goals and accountability</li> </ul>
<b>PART 2</b>	<b>Human Drivers</b>	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>
<b>PART 3</b>	<b>Performance Coaching Tools &amp; Strategies</b>	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>
<b>PART 4</b>	<b>Decision Making Models</b>	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>
<b>PART 5</b>	<b>Building Resilience</b>	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>
<b>PART 6</b>	<b>Experts &amp; Strategic Advisors</b>	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"> <li>• Relationships - Understanding intimate relationships</li> <li>• Science - Basic Neuro</li> <li>• Psychology (understanding the brain)</li> <li>• Coaching Sales - Convert leads to clients</li> <li>• Legal - Setting up &amp; Protecting your business</li> <li>• Webinars - Selling through teaching</li> </ul>