



# Empowered AF Coach Certification

EUPHORIC COACHING ACADEMY

# Curriculum

## INTRODUCTION TO COACHING

Module 1 - Introduction to Coaching and Program Orientation

Module 2 - Leadership Development for Coaches



# Curriculum

## MINDSET COACHING

Module 3 - How the Subconscious Mind Works vs. The Conscious Mind

Module 4 - Mindset 101

Module 5 - Reality as We Know It and Neuroplasticity

Module 6 -Origin of Limiting Beliefs

Module 7 – Thought Work

Practicum



# Curriculum

## ALCOHOL-FREE LIFE COACHING

Module 8 - Neuroscience and Alcohol

Module 9 – Alcohol Beliefs

Module 10 – Changing Alcohol Beliefs

Module 11 – You are Not Your Behavior and Human Needs

Practicum



# Curriculum

## SUCCESS COACHING

Module 12 – Self-Actualization

Module 13 – The Empowered Client

Module 14 – Manifestation

Module 15 – Towards Purpose

Module 16 – Fulfillment and Growth

Practicum



# Curriculum

## NLP PRACTITIONER TRAINING

Module 17 - Intro to NLP and NLP Communication Model

Module 18 – Submodalities and NLP Techniques

Module 19 – Meta Model and NLP Techniques

Practicum

Module 20 Root Causes and T.I.M.E. Techniques

Practicum

Module 21 EFT and Somatic Practices

Practicum



# Curriculum

## HYPNOTHERAPY TRAINING

Module 22 – Intro to Hypnotherapy and the Krasner Method

Module 23 – Explaining Hypnotherapy, Suggestibility Tests, and Convincers

Practicum

Module 24 - Interview, Inductions and Desired Results

Practicum



# Curriculum

## DEVELOPING A COACHING PRACTICE

Module 25 – Code of Ethics and Trauma Sensitivity

Module 26 – Active Listening and Powerful Questioning

Module 27 - Foundations of a Coaching Session\*

\*Order of modules and titles are subject to change

