

THE
INSPIRED
UNIVERSITY



**THE INSPIRED
TRANSFORMATION
CERTIFICATION PROGRAM**



WHAT IS THE COURSE CALLED?

Transformation Coaching Certification

WHAT IS IT?

It's a program that changes everything. Firstly for the training coach and then their clients. We believe in order to teach it, you must be it. We teach our students how to transform their life.....And then how to coach others on how to do it too.

WHO IS THIS PROGRAM FOR?



- They know that they have huge potential inside of them that is unfulfilled
- They want to live a life with real purpose
- They want to feel more confident in all areas of their life
- They want to have a career they jump out of bed for
- They want to join a group of change-makers who's mission is to make this world a better place
- They want to transform and show others how it's done
- They want to own a six figure business

WHAT MAKES US DIFFERENT?

- We teach the most powerful tool in the world called 'the code'. This tool allows our students to process thought in a revolutionary way....that changes everything for both them and their future clients.
- We teach the students how to fast-track their business in the most unique and proven way so that success is theirs in the shortest time possible.
- We adore our students. We know that we are lucky to have them as part of our tribe of change-makers and we know that they will feel the same.
- We are obsessed with excellence.
- We will mentor the students forever. We want them to always know that we are here, we've got their back. Always.

WHAT MAKES US DIFFERENT?

- WE TEACH YOU 'INSPIRED BREATHWORK' - Our renowned breathwork instructor will teach you how to breathe in a whole new way that is crucial for today's world and your longevity. You learn the latest techniques that will give you a new form of health AND you get to teach it to your clients.
- We hire you. We are building a community of inspired coaches who are changemakers and make this world a better place. Reach Mastercoach status and we can't wait to welcome you to our team.

HOW LONG DOES IT TAKE?

- *6 months*
- Classes are live every Tuesday and Thursday (all classes are recorded)
- Each class provides live training, a workbook and Q&A at the end of the class with your tutor



COURSE MODULES

- The Inspired Code
- Super Performance
- Your Story/Blueprint
- Childhood
- Love
- Confidence
- Money
- Inner Strength
- Time
- Client Goals
- Intervention
- Buffering
- Fear
- The Seasons
- Money
- Massive Action
- Unconditional Love
- Weight
- Alcohol
- Inclusion
- Sustainable Growth
- Million Dollar Mentor

WHO TEACHES THE PROGRAM?

- World-class coaches who specialize in transformation and who are leaders in their area of specialty.

HOW DO WE CHOOSE OUR COACHES?

*They will have a proven track record of success,
they will be teaching with excellent results for their clients
and be a perfect fit for our culture.*

SUPPORT

Access to their coach by email for any extra support
needed at any time
24/7 customer service support

MODULE DESCRIPTION



THE INSPIRED CODE

The code is one of the secrets to happiness. If not, THE key. It has the ability to show you how to solve any problem you or your client experiences. Now be warned! Once they know it, life will change forever and they cannot un-learn this. It's Pandora's box in the most beautiful and profound way. Every single subject we teach revolves around the code and you will see that it is the most powerful tool that any human and coach can have in their toolbox.

MODULE DESCRIPTION



BELIEF

The second most important class we teach! Beliefs are often a pattern of thought that someone has had for so long, they believe it's true. Their 'story'. During this module, they learn how to see the old belief system for what it is.....a story....and how to now replace that with a new and supportive one that allows us to move forward. We teach how quickly we can open to and adopt a new belief system. One that serves us and allows us to reach our full potential.

MODULE DESCRIPTION

SUPER PERFORMANCE

When we learn how to reach our goals without the drama and immense effort, life takes on a whole new vibration. Not only that, but learning how to create goals that scare the living daylights out of us...AND reach those goals...will blow your mind. First, we help them create the goals , then align the thinking...and then to take action with conviction. We help them to create evidence on a continuous basis that re-enforces a new belief system.

MODULE DESCRIPTION

YOUR STORY/ BLUEPRINT

One of the biggest causes of suffering for the human race. Their blueprint of how they thought their life was going to turn out...and how they think their life should be. When life doesn't match our blueprint, we are deeply upset and live in it most of the time without awareness.

We teach them how to change the blueprint.....or their life. Usually, it's a bit of both. When we change the blueprint, the new one must match our deepest needs. We teach them that life happens for us and not to us. When we do this, it opens up their world of possibility and once that blueprint starts to shift and become re-imagined, life then starts to transform and greatest potentials begin to be realised.

MODULE DESCRIPTION

CHILDHOOD

We never questioned the teachings of our childhood. Most of us believed that it was mostly normal. Until now. Our feelings are 100% our responsibility and that we are entirely responsible for them. We teach them that this is the greatest news ever 😊 This is when we can step into our true power and that we can feel whatever way we want to feel regardless of anything external. Childhood experiences start to offer a PTG (post traumatic growth) message to our brains instead. We teach how.



MODULE DESCRIPTION

LOVE

We love LOVE. This is what fuels us fundamentally. During this module we discover that love is a feeling that can be chosen at any time, with any person and once we realise we have this power, all our relationships can change overnight. It's THE tool to give a life of true freedom....because when we feel love towards another person no matter what, we will feel that we have found the holy grail of happiness within ourselves.



MODULE DESCRIPTION

CONFIDENCE

Confidence is like any other emotion. It's a feeling and we can train ourselves to access it in an instant. Being confident is nothing more than a feeling of certainty that you can accomplish whatever you set your mind to. We teach them that you don't need to know it all and that the worst that can ever happen is a feeling. We teach them how to trust their self, that no matter what happens, they will be able to figure it out...and learn even more.

MODULE DESCRIPTION

MONEY

We teach them how to become a money master.....if we don't learn this, money will manage us. We teach them that money only holds the power we give it and that we can transform our finances by transforming our beliefs around it. 20% of the money game is mechanics and 80% psychology.....we teach them how to turn obstacles into opportunities, how to focus on strengths and create an abundance mindset. So that we get out of our own way and create the financial life we have always wanted.

MODULE DESCRIPTION



INNER STRENGTH

True power is generated from within. In society we are given the message that power comes from external actions and a certain position in life. It doesn't. True power comes from within. It comes when we are moving forward in life through decision making, not reacting to situations, knowing how to stay in our power and not allowing outside circumstances to control us. The key to personal power is compassion for ourselves, an understanding of who we truly are and how to create and practise your own power each and every day.

MODULE DESCRIPTION

CLIENT GOALS

Getting deep to the core of our real clients goals. Not the ones they mention on the first or second call but the ones that they are afraid to say out loud. When we discover the truth of our client and the goals that they really desire, that is when our coaching goes to a new level. This is when we connect with our clients in a whole new world. Learning how to get to their true goals takes skill. This module is essential for doing the real work that is needed.



MODULE DESCRIPTION

BUFFERING

Today's world allows us to experience certain pleasures whenever we choose. Food, sex, alcohol, shopping, drugs etc. Not only does it sabotage the life we could be living and dream of, it also robs the people we love the most of experiencing us in our truest, most loving form. When we avoid pain or negative emotion, it stops us from truly experiencing our lives fully. When we learn to stop buffering, we begin to experience the truth of our lives and when we do this, our life takes on a new path. It's the path we were meant to live in order to fulfil our truest potential.

MODULE DESCRIPTION

FEAR

When we begin to see that our anger and frustration is often masking the real fear we feel, we can immediately begin to feel better and begin a freedom in our lives. The truth of our fear becomes a guide instead of masking it and hiding from it with outbursts and un-reasonable behaviours. In this module, we teach them how to find and acknowledge our fear and how to utilize it in a way that serves us. We teach them how to produce from that place that serves others and yourself instead of sabotaging your world.

MODULE DESCRIPTION

THE SEASONS

Our life is always the changing of seasons and once we understand and expect this, we can begin to foresee what we need to, in order to embrace the seasons of our life. What to do in one season in order to get the greatest rewards in the next. We teach them that no season lasts forever and even when in deepest winter, spring is always on it's way. Remembering, planning and training ourselves to live in this feeling is a key tool in living our lives through embracing all the seasons.

MODULE DESCRIPTION

MASSIVE ACTION

One of the most important modules we teach. We teach them how to take continuous massive action in our lives, until our results are achieved. More importantly, how to manage our emotional response when failure and obstacles come knocking. We teach them the difference between consuming data and tools and actually implementing them to achieve results. We teach them how to fall in love with failure and the true freedom that it gives us for the rest of our life.

We discuss the worst two emotions a human experiences and how to process them so that they serve and don't sabotage. We teach them our 90 day action challenge that is the cornerstone of this training.

MODULE DESCRIPTION

WEIGHT

We teach them how to loose the weight permanently without the drama. We teach them why we eat and not what. How understanding how our brains and hormones effect our weight and how to manage them permanently.



ALCOHOL

We teach them a module that takes the power away from consuming alcohol to choosing it...or not. This class teaches how to manage urges, how to stop judgement and how to honor a commitment that you actually choose.



MODULE DESCRIPTION



INCLUSION

This is a module that supports our world to become a better and more inclusive place to be, with one another. It focuses on creating an understanding of the unique challenges that diverse students and clients face. It allows us to support, mentor and guide each other to a better and equal playing field.



SUSTAINABLE GROWTH

We teach them how to transform your life and the life of your clients. Most importantly, we make sure we teach how to continue and keep this incredible new life, skill and tools. How to ensure our growth is sustainable and managed in the way that it should be in order for us to continuously blow our minds on what is possible.

MODULE DESCRIPTION



MILLION DOLLAR MENTOR

Becoming a world-class coach is only half the equation and we know that financial success for coaches can be hard-won. We have designed a program taught by leading entrepreneurs that teaches you how to succeed in business in the easiest way possible.

There is a way and we show you how. We teach coaches how to blow their minds on what's possible and this program is one of the greatest steps you will ever take for your future business success.

Our aim is to create the Number 1
Transformation Coaching program in the world.

We commit to excellence in all that we do
creating not just customers, but raving fans.

A tribe of 'Transformation Titans' who will join
us in transforming lives all over the world.

We cannot wait for you to
join us in creating a
Transformation Revolution!

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