

International Certification On Using Type In Life Coaching

WANT TO BECOME CERTIFIED PERSONALITY
TYPE ASSESSOR?

1 Understanding Preference

Discovering Preference In Following
4 Dichotomies

2 **E** ——— **I**

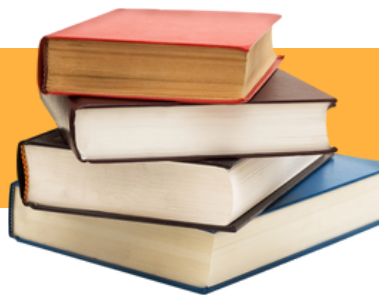
3 **S** ——— **N**

4 **T** ——— **F**

5 **J** ——— **P**

Whats Your Type _____?

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SCHEDULE



Total Mins	90 Minutes
Class 1	Completion of prework and Introduction of the course.
Class 2	ICLC will be covered in 2 classes of 45 minutes each. With clear understanding of all types.



COURSE OVERVIEW

Introduction

This course is designed to equip you with the essential knowledge and skills to apply personality type insights in life coaching. By understanding the unique personality types of your clients, you will be able to provide personalized coaching that fosters growth, development, and the achievement of personal goals.

Please note: Completion of the ICTA (International Certification on Personality Type) module is a prerequisite for all other courses, including ICLC.





Objectives

By the end of the ICLC module, you will:

- Gain a comprehensive understanding of how personality types influence personal development and life coaching outcomes.
- Learn to apply the 5-step model to life coaching practices.
- Develop strategies to tailor coaching approaches to the unique needs and preferences of each client.
- Utilize cognitive functions to enhance life coaching techniques.
- Understand the challenges and strengths associated with different personality types in personal growth.
- Foster positive client-coach relationships through personality type insights.

A yellow highlighter pen with a black cap is shown from a top-down perspective, writing the words 'New Life' in a bold, black, sans-serif font. The text is written on a white surface, and the highlighter's tip is visible at the end of the word 'Life'. The words 'Old Life' are written in the same font and color above the new text, but they are not highlighted. The overall image conveys a message of transformation and renewal.

Old Life

New Life



Course Content

1. Introduction to Life Coaching Using Type

- Overview of the significance of using personality types in life coaching.
- Enhancing coaching effectiveness through understanding personality types.

2. Personality Types and Personal Development

- Detailed exploration of how different personality types influence personal growth and development.
- Case studies showcasing effective life coaching strategies based on personality type insights.

3. The 5-Step Model for Life Coaching by Type

- Explanation of the 5-step model for adapting coaching methods to personality types.
- Step-by-step guide to implementing each step in life coaching practices.
- Practical examples demonstrating the model in action.

4. Cognitive Functions and Personal Growth

- Understanding the 8 cognitive functions and their impact on personal development.
- How cognitive functions manifest in personal preferences and behaviors.
- Real-life examples illustrating cognitive functions in life coaching.



5. Strategies for Effective Life Coaching

- Techniques for personalizing coaching approaches based on personality type.
- Methods for addressing personal development challenges unique to different personality types.
- Strategies for helping clients leverage their strengths and overcome challenges.
- Practical tips for creating a positive and supportive coaching environment,

6. Fostering Positive Client-Coach Relationships

- Techniques for building strong and positive relationships with clients.
- Understanding and addressing the unique needs and preferences of each client.
- Enhancing communication and conflict resolution in the coaching process.

7. Practical Applications in Life Coaching

- Case studies and examples showcasing the application of life coaching by type in various settings.
- Application of personality insights in different life coaching contexts.





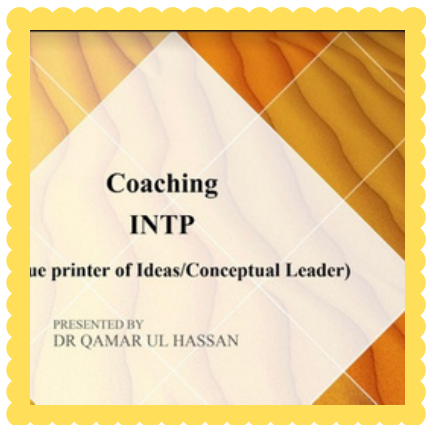
Learning Resources

- Infographics and visual aids to help grasp complex concepts.
- Ebooks and articles authored by Dr. Qamar-ul-Hassan and other experts.
- Practical guides for effective life coaching.
- Lifetime access to Dr. Qamar's Type Library.





Learning Resources

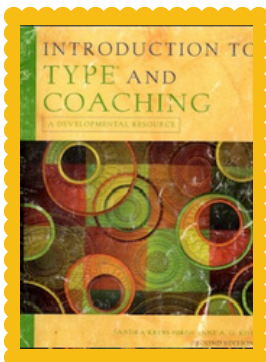
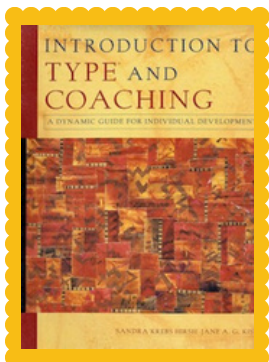
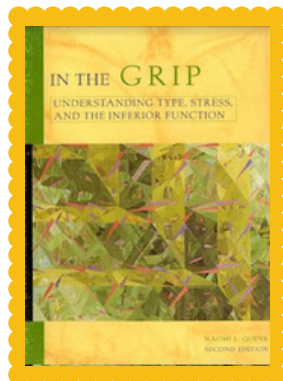
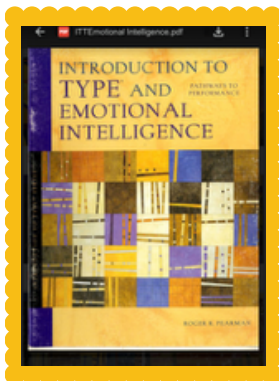
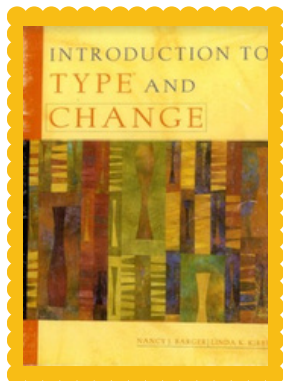


LIFE COACHING PRESENTATIONS

Engaging presentations on life coaching for 16 personality types by DR Qamar ul Hassan.



A rich collection from Dr. Qamar's library





CONTACT INFORMATION

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