

**UNLEASH
YOUR INNER
COACH**

Meta-Coaching

Coaching at a Higher Level

**Enriching Your Competencies
For State-of-the Art Coaching**

L. Michael Hall, Ph.D.

www.meta-coaching.org



The Meta-Coach Training System is one of the most advanced Coach Training programs in the world. If you are already a Coach in private practice, you will find that this training offers you the next step in your professional development. If you are a therapist, consultant, or trainer and want to add these competencies to your repertoire, the program is tailored to do that. **The Meta-Coach Training System** combines *seven* cutting-edge models in order to embrace all of the dimensions of coaching for a systematic approach.

Meta-Coach Training is a hands-on experiential training designed to change your life and revolutionize your coaching practice and empower your communication skills as a presenter and trainer. There are three (3) modules for the program that ends with the ACMC credentials (Associate Certified Meta-Coach). Within these modules you will learn and develop your competency in using the 7 models.

Module I: Coaching Essentials

The NLP Communication Model

- Support skills for rapport & connection
- Listening skills for detecting patterns
- Precision questioning skills for clarity
- Reading people skills
- State accessing and management skills

This module will *not* be conducted in Colorado, but there are Training Centers around the USA and world providing basic introductions to NLP and the full NLP Practitioner training.

Call for details.

Module II: Coaching Genius

The Meta-States Model

- Following a client's energy
- Asking layers of Meta-Questions
- The Step-Back Skill
- 14 Coaching Patterns
- Step into "the zone" of your coaching genius
- Eliminate "Dragons"
- Blow-out Excuses

Discover the structure of *Meaning*

Neuro-Semantics takes NLP and other Cognitive-Behavioral models to the next level by providing a model for *self-reflexive consciousness*, our special kind of consciousness. The Meta-States model enables you to work with and track the logical levels that a client jumps and tracks the inner communication that's "in the back of the client's mind."

This training specifically applies the model to the structure of the "flow" state of being "in the zone." Now *being fully present* and engaged, you can access this state anytime that you so choose. Discover and experience 14 powerful coaching patterns for unleashing your potentials.

Module III: Coaching Mastery

ACMC Coach "Bootcamp"

The Axes of Change model

- The only non-therapeutic Change Model
- Facilitate generative change
- Discover the 9 coaching roles as a Change Agent
- Discover how to know where you are with a client and what to do next

The Matrix Model

- A model combining the best of cognitive-behavioral and developmental psychologies
- Think systemically about the human mind-body system
- Follow a client's energy in the system
- Identify leverage points for Change
- Gain rapport with the client's frames
- Discover how to step in and out of your own Matrix of meaning frames

The Self-Actualization Quadrants

- Synthesize Meaning and Performance and discover the *Actualization Pathway*
- Facilitate self-actualization in yourself and others
- Diagnose where a client is in terms of actualizing their highest potentials

The Benchmarking model

Operationalize intangible concepts
Ground change and transformation as
you establish metrics for measuring
success
Have your own communication and
coaching skills benchmarked

The Facilitation Model

Because we facilitate the inner and outer
resources of a client to an agreed-upon
outcome, Coaching preeminently is a
facilitation.
Discover ten coaching *processes*
Develop competency in facilitating.

Discover the unique place that *Self-Actualization Psychology* plays in the emerging field of Coaching. This training provides the most cutting-edge models that now exist in this field. By developing competency with these tools you will be able to enter the field or use for your own personal enhancement.

The Secret of the 7 Models

Meta-Coaching incorporates 7 models because *coaching* is essentially 7 things:

- 1) *Communication*: A special conversation that gets to the heart of things.
- 2) *Unconscious Communication*: Using human reflexivity to step back to notice our unconscious frames of meaning (beliefs, values, decisions, etc.) “in the back of the mind.”
- 3) *Generative Change*: Change at multiple levels, behavioral, developmental, and transformative for going to the next level.
- 4) *Implementing and measuring difference*: Coaching leads to actions so we can measure the difference as we close the knowing-doing gap.
- 5) *Working Systemically*: Coaching is holistic, a non-linear working with the mind-body-emotion system.
- 6) *Self-Actualizing*: Coaching mobilized hidden resources in order to unleash new potentials.
- 7) *Facilitating processes*: Coaching facilitates all of these processes simultaneously using high level facilitation skills.

The Systematic Approach of Meta-Coaching

- 1) *Communication*:
The NLP Communication Model
- 2) *Unconscious Communication*:
The Meta-States Model of Reflexivity
- 3) *Generative Change for multiple levels of transformation*:
The Axes of Change Model and the Crucible Model
- 4) *Implementation and Measurement*:
The Benchmarking Model
Mind-to-Muscle Patterns
- 5) *Working Systemically*:
The Matrix Model
- 6) *Self-Actualization of Potentials*:
The Self-Actualization Matrix, Self-Actualization Quadrants
- 7) *Facilitation of multiple processes*:
The Facilitation Model

“Meta-Coaching was one of the most powerful programmes I have ever attended. Achieving outcomes on a daily basis creates accountability and ownership.”

**Michelle Clark, Business Development
Manager, Collective Investments
South Africa**

Why Register Today?

- C Save 10% for registering early.
- C Secure your place in the Training.
- C Obtain International Certification as a Associate Certified Meta-Coach – the ACMC credentials with the MCF
- C Ground your coaching practice in the Cognitive-Behavioral sciences
- C Model several Expert Coaches
- C Be coached to your Matrix Business plan and create your own business plan
- C Discover the secrets from the experts for creating a successful coaching business: selling yourself as a Coach
- C Learn *the Axes of Change*—the only non-therapy based Change Model today
- C Clearly distinguish and position your Coaching as a professional modality
- C Become a member of an International Meta-Coaching Community and part of the Meta-Coach egroup support



THE META-COACH™ TRAINING SYSTEM

The Ultimate Coach Training

Who are the Developers of the Meta-Coach Training System?

Dr. L. Michael Hall initiated the system as a cognitive psychologist and modeler by interviewing world class master coaches and examining the structure and essence of “coaching” as a discipline. In his years of modeling he has developed most of the Neuro-Semantics and Meta-Coaching models. One of the world-class coaches that he interviewed was *Michelle Duval*, a Master Coach and CEO of *Equilibrio International*. Michelle specializes in executive and personal coaching and has been running *Equilibrio* as a highly successful coaching organization in Sydney, Australia since 1998. Together they have designed and created the Meta-Coach Training System and authored two books on it (www.equilibrio.com.au).

Presenter

This *Meta-Coach Training* will be presented by Dr. L. Michael Hall who is a Cognitive Psychologist and original developer of most of the models used in Meta-Coaching, he co-founder of the International Society of Neuro-Semantics and co-founded the Meta-Coach Foundation (MCF) with *Michelle Duval* a Master Coach and CEO of *Equilibrio*.

For the Meta-Coach Brochure — write or call for it or see it on www.meta-coaching.org.

“Meta-Coaching is all about *co-creation*. It has given me the understanding that I can never create an outcome for you, but I can help you co-create your own miracle.”

Schoeman Rudman, CEO
FNB Insurance & FNB Solution, South Africa First Rand Bank

META-COACH TRAINING

Neuro-Semantics Ltd.

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877- 686 - 2867 Toll free

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REGISTRATION FOR META-COACH TRAININGS

T Yes, I'm ready to take my coaching, communication, and self-actualization to the next level!

Name: _____
(Print clearly the Name you want on Certificate)

Address: _____

City, State, Zip: _____

Country: _____

Email: _____

Credit Card: [Visa, Master Card, and Discovery] _____
(____ / ____) Expiration Date

___ *Coaching Essentials* In Portland Oregon (not Colorado) April 4-6. via Apositiva
Cat@apositiva.com (503) 525-0595

___ *Coaching Genius* \$445 July 1-3, 2008, 3-day Training in the Meta-States Model

___ *Coaching Mastery* \$2,995 July 5-12, 2008 8-day Training in the Axes of Change, the Matrix,
Benchmarking, Self-Actualization Quadrants, Matrix Business Plan

Total \$3,445

Mail this form and/or check to:

[Make checks payable to]

Want to Save Money??

Be an Early Bird!

Then save 30% before March 1

20% if you register before April 1

10% if you register before June 1

Neuro-Semantics Ltd. — Meta-Coaching

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Fax (970) 523-5790

100% Money Back Guarantee: Our goal is your complete satisfaction in getting full value and benefit from this training. If at the end of day one you are not totally convinced of the benefits, your investment will be refunded in full. Cancellation: If there's a cancellation within 2 weeks of the training, there's a \$50 administration fee.



We have set the following as the pricing for the Meta-Coach Training in the USA in July of 2008

While the price currently being charged for Coach Training in the field is between \$5,000 to \$10,000, we have set a price far below that. Our commitment is to provide the highest quality of models, experiences, and training opportunities for a reasonable price. We also have scholarships for people from third world countries where the standard of living and average income is lower and for students. We also have savings for registering early.

	Price At the Door	<i>Early Bird Prices</i>		
		Before March 1 <i>30% discount</i>	May 1 <i>20%</i>	By June 1 <i>10%</i>
<i>Coaching Essentials</i> 3-day Training NLP Communication Model		Not available in Colorado in July <i>Contact Cat Wilson, Portland Or. Apositiva (503) 525-0595</i>		
<i>Coaching Genius</i> 3-day Training Meta-States Model	\$450	\$315	\$360	\$405
		July 1-3, 2008		
<i>Coaching Mastery</i> 8-day Training Axes of Change Model Matrix Model Benchmarking Model Self-Actualization Quadrants Facilitation Model Matrix Business Plan ACMC credentials	\$2,995	\$2,095	\$2,395	\$2,695
		July 5-12, 2008 9 am to 9 pm The Meta-Coaching Boot Camp		
As Package (another 5%)	\$3,445	\$2,240	\$2,585	\$2,930