

# Effortless Coach Education Program

Effortless Coaches are independent coaches who share their experience and expertise. They apply the best modern methods, are highly effective and know how to attract the right clients directly. They see the great need for coaching around them. Together, they stand strong in the market. Both their business and content practices are characterised by the effortlessness that comes with natural flow.

The Effortless Coaching Expertise Centre offers enterprising people, with the right background and attitude for this profession, the opportunity to get started as an Effortless Coach in three months time.

After a compact professional training in 'Effortless Coaching', the most powerful and complete modern coaching approach, you will be equipped to coach corporate clients as well as private individuals.

## Holistic way of working

- As an Effortless Coach, you are focused on the client's end result and not limited to one specific technique. Effortless Coaching uses the latest insights from neurophysiology and the quantum physical worldview.
- It integrates the principles underlying the works of Bruce Lipton, Candace Pert, Tom Campbell, Deepak Chopra, Eckhart Tolle, Brandon Bays, Byron Katie and others, into one holistic approach.
- The program provides both the content and the business foundation for successfully exercising your role as a coach.

## Open and free cooperation

- You owe no remittance on your earnings after training.
- You invest exclusively in the training, experiencing for yourself the fascinating process of your own transition to effortless living and working, and learning how to help others overcome their deeply rooted obstacles and apply the principles of effortless living, with lasting results.
- You will learn how to get effortlessly booked with the right clients as an Effortless Coach, especially in this time when traditional means no longer work well.

- Your clients include private persons, self-employed and employees, you will determine your own specialisation according to your circumstances, expertise and affinity.
- After training and certification, you will be part of our professional network and have ongoing access to substantive and business support from the Effortless Coaching expertise center, which oversees Quality, Promotion, Arbitration and Continuing Education.

## Your background

- Have you supported people in healthcare or education, or after a career as a manager, would you like to use your knowledge and experience to help others in their personal growth?
- Are you a coach, and long for colleagues, a wide range of your own clients and a powerful innovative approach?
- Are you a therapist or psychologist and want to broaden your services and reach new clients, especially outside the domain of the health insurance company?
- Are you at a crossroads in your development, longing for more effortlessness for yourself in your personal and professional life?

Then Effortless coaching is the way to make that a reality and provide for your own income, independent of an employer.

## International Live Online Study Program

The Effortless Coach Education Program has a basis in over 10 years of working on site with hundreds of professionals who wished to add professional coaching to their career. Effortless Coaching focuses on the essence of what coaching really is and incorporates quantum based sciences to broaden and deepen the scope of what a coach can do for a client.

Since 2021 Effortless Coaching has also gone online, to find that the power and depth of the program can be very well transmitted and experienced in the live online format. The program is the same, the result as well. Every minute spent in this program is fully live with the teachers involved all the time, except for extra practice time outside of the days of training. This can be done by the participants without the facilitators present. If you participate be ready for a powerful personal transformation and a clear professional preparation that enables you to coach

anyone in any situation in a deep way. All within the scope of three months, for those who match our criteria.

## Participation criteria

Professional/Academic work and perception level. Preferably work experience in people-oriented positions as a trainer, coach, counselor, mediator, psychologist, physician, HR advisor, manager or supervisor.

You possess an entrepreneurial spirit and above all the will to help people in their personal growth. And you long to be actively engaged and have a (full time or part time) fully booked coaching practice.

## Duration and study load

The training has a unique study and learning formula, in small groups of 6 - 9 participants we work together for 3 months, a total of 15 course days in constantly changing subgroups. You will also spend an average of one half-day per week on study, reading material and exercises. After this period there is an opportunity for personal mentoring if desired.

## Enrolment and Cost

Contact us through [info@effortlesscoaching.nl](mailto:info@effortlesscoaching.nl) and we will arrange a personal contact with one of the facilitators for you in which your options and wishes can be discussed. Please provide your motivation and CV in that email if possible. The cost of participation is €3995,- including all materials and exams, free of tax.

## Schedule

### Effortless Coach Education Program EC2304INT (Apr - Jun 2023)

Duration: 15 days from 09.00 until 16.00 European standard time

- April: 4, 5, 12, 19, 26
- May: 10, 17, 24, 31
- June: 6, 7, 14, 21, 28
- July: 5

EC2304INT is open for booking

## Effortless Coach Education Program EC2309INT (Sep - Dec 2023)

Duration: 15 days from 09.00 until 16.00 European standard time

- September: 12, 13, 20, 27
- October: 4, 11, 25
- November: 1, 8, 14, 15, 22, 29
- December: 6, 13

EC2309INT is open for booking

### Facilitators

*Gerard Meerstadt, the developer of Effortless Coaching, has coached and trained professionals throughout his professional career in IT management and has focused on the role of independent coach for entrepreneurs since 2001. He is the creator of the "Effortless" concept, author of the book of the same name and originator of Effortless Coaching. The Effortless Coach Education Program was his move to share his experiences with this new integral form of coaching with others seeking new effective paths in coaching and a deeper fulfilment of their own professional expression.*

*Dona Dareshoori, Effortless Coach and business trainer, "Making the world a better place!" Is her drive in the work she does. "I support people to find their dreams, qualities, talents and passions. I am interested in the social aspects that are required to allow for a dignified life for everyone. I believe that everyone who follows their dreams and do what they are good at, can have a great impact on their environment and consequently on the whole world. I am the connecting factor - ambitious and focused."*



"Good techniques are just a prerequisite; what matters most is the readiness of the coach to fulfil this unique role. The Effortless Coach Education Program covers both."