



Awakening the Coach Within Training Program

"A course like no other. Innovative! Creative! Dynamic! Ellen encourages you to think outside the box and to get in touch with the magician within..." – Diane M. of Ottawa

Coaching is quickly becoming a very sought after skill to have...and it makes sense as opportunities to make coaching your career are expanding all the time. But it is a skill set that can be used just about anywhere as it improves your interpersonal skills and relationships and it provides a platform for personal introspection and growth.

The program attracts people from many professions, such as teachers, entrepreneurs, artists, trainers, sales professionals, accountants, etc. - some are looking for a career change while others desire tools to expand their perspective, improve their overall performance and deepen their life experience.

This course is for you if you want to....

- Learn the fundamentals for being a coach
- Expand your abilities to affect change and help others
- Deepen your connection within yourself
- Expand your interpersonal & leadership skills
- Learn techniques for marketing yourself/business
- Connect to a deeper, stronger part of your being
- Receive support and encouragement for starting your own coaching practice/business
- Increase your confidence levels
- Become more comfortable with incorporating spirit into your work and daily life
- Connect with like minded individuals & have a dynamite experience!

We cover topics such as:

The art of asking questions, The various realms of coaching – business, relationship, spiritual & life coaching, How to market yourself, Establishing your own practice/business, The skill of self-coaching, Coaching Tools, Clearing energy, Handling difficult clients, and MORE!

This is meant to be experiential so you will practice coaching and be coached by the others.

The group is joined by 2 other well established and successful guest coaches so that you are exposed to different coaching styles and approaches – A top executive coach from Philadelphia to teach about corporate/executive coaching, and A spiritual practitioner.

Course includes:

8 Tele-sessions, 1 full day group session in person in Toronto AND a recording of all telesessions.

(if you have never been part of a teleclass fear not...I will be there to support you through it and I promise you will enjoy the experience)

Dates:

Mondays April 14, 21, 28 May 5, 26 & June 23, 30

Tuesday May 20

Live full day session May 10 in Toronto



Times:

Sessions are 2 hours each and begin at 7pm EST
Full Day in person session is from 10am – 5pm EST

Fee: \$1500.00 (includes recordings of all teleclasses!)

To Register, or if you would like more information email info@ellengoldhar.com, or call 416-727-7324.

Note: a short telephone call may be required in order to assess the appropriateness of this program for you. To ensure a quality experience for all, space is limited to 8 people.

The Alumni Calls:

All grads of the program are welcome to join FREE of charge a one hour support call every other month...it's a chance to connect with other grads and get some additional support (plus it's fun!).

What past grads had to say:

"The class was superb in every way. You broadened my perspective of coaching, and of life, to a greater extent than I ever thought possible in just a few weeks. The people you attract to you are so amazing, both my fellow students and guest teachers. This rounded out the course in a very special way. I look forward to moving into coaching as a full time profession. I also look forward to additional opportunities to tap into your knowledge and your wonderful energy."

-Viki Lemke, North Carolina

"I have just completed my Coach's Training with Ellen, and what can I say except that, as equally and profoundly as she touched my life through her personal coaching, she has encouraged, shaped, molded and inspired my career as a Coach. When I knew that I wanted to pursue this as a career, other courses simply didn't appeal to me, so I went straight to Ellen and asked if she would share her knowledge in some way, shape, or form. How glad I am that she did! The sessions were not only informative, but liberating. Any new venture or transition can be fraught with insecurities and questions and the challenge of the unknown. Ellen provided the safe framework to practice, learn, gain knowledge and more importantly to gain confidence in my own voice and style as a Life Coach. I would highly recommend this course to anyone who wants to follow their heart, touch lives and become a Coach."

-Terry Meyer, Calgary, Alberta

"Thank you so much for the time and effort you put into the coaching class and for such a wonderful experience! Having known and worked with you previously, I expected great things, but I had no idea just how **life-transforming** the experience would be!! The knowledge you provided and the fun and interesting way in which it was communicated exceeded even my expectations. I'm certain there are many classes out there that can provide a certain degree of information, but I'm also clear that there are few, if any, that can provide the level of **inspiration** and the ability to feel as confident and prepared to work as a Life Coach as yours did. Working so intuitively as you do, you were able to respond to each member of our group to see that everyone's needs were met and all felt complete in their experience and ability to move forward in whatever way they were drawn.

Thank you for the gifts of trust in myself and the universe and the ability to count on my own intuition more so than any set of "rules" or "guidelines" to be the best coach I possibly can. I will forever be grateful to you for fostering not only the practical learnings



that I took from this course, but also the intangible lessons that will proudly and forever distinguish me as a "product of Ellen." You're truly the best!"

- Leanne Model, Chicago, Illinois

"What an incredibly powerful and fun coaching course you offered us. Each and every session was packed with wonderful lessons and energy. While you were careful to cover all that we were expecting, I loved that you also went with where we were at, spending time on what we needed in the moment. You were always extremely open and candid about sharing your own unique coaching experiences which made for invaluable learning. Your approach exudes a joy and spirituality that is contagious to say the least. Having us practice coach with each other between sessions and then giving us feedback was enlightening and empowering. And then inviting other coaches to talk about how they approach their practices was a great way to see how there are many ways to do it and that developing my own style is not only okay but necessary in order to be authentic. I was having so much fun on each call that I must say I was sad when the course ended. For anyone who wants to coach from their heart and with joy, I would highly recommend you take Ellen's course. I doubt you'll find another one like it!"

- Wendy Mills, Ottawa, Ontario

"What a gift. This is what I would call Ellen Goldhar's "Awakening the Coach Within" program. It is not simply a course, it is a transformational and inspiring journey to reconnecting with all of the possibilities and all of the opportunities that the universe has to offer. It has helped to lay the groundwork for this new and exciting aspect of my life...coaching. The women/students who participated in this course brought so much energy, enthusiasm, and so much of themselves to the process. Ellen's amazing facilitation and guidance helped us to reveal our gifts and talents to others and most importantly to ourselves. I highly recommend this course to anyone looking for the real deal."

- Inya Chehade, New Jersey - www.chehadewellness.com

"I so thoroughly enjoyed Ellen's Coaching program. I went in with the hopes of expansion and was so pleasantly enriched by this program. My confidence in myself has grown and after an early exercise of envisioning myself as a coach, I am proud to say that I have manifested a wonderful practicum client, and am totally looking forward to continuing my journey playing life-coach. I highly recommend it to anyone thinking of entering this field or simply desiring of having a positive life-enhancing experience."

- Sharron Katz, Toronto, Ontario

" Ellen Goldhar is not only an amazing teacher and mentor, she is one of the most giving individuals I have ever met. She shares her knowledge with such openness of spirit and invites you to take it, run with it and make it your own. As a result, I graduated from her program feeling incredibly empowered and eager to join the coaching field. It was an honour and a joy to study with her."

- Karen Zila Hayes, Toronto, Ontario - www.powerplacecoaching.com and www.knitmagic.com

"There is a teacher in all of us and if it's your calling to support others through their journey, this course will provide the tools to help you on yours."

- Nicole MacDonald, Ontario