

A man and a woman are in a swimming pool, looking at each other. The man is on the left, looking towards the right. The woman is on the right, looking towards the left. They are both wearing white swimwear. The water is blue and there are bubbles around them.

## RELATIONSHIP COACHING & BOOTCAMPS

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*"The meeting of two personalities is like the contact of two chemical substances: if there is any reaction, both are transformed."*





## INTRODUCTION

Since Noah's time, long before relationship coaching was invented, people have been in pairs. Everywhere around the world, Millions of people look for the "perfect match" to share their life, yet the divorce rate is rising.

Because people change, their relationships must change with them to keep the feeling of closeness and friendship.

If you have seen the movie Mrs Doubtfire or Kramer vs. Kramer, you have probably had a glimpse of what it means to separate or divorce. The problem is that a movie cannot describe even a small portion of the emotional stress people go through when they think about separating. If you have a friend who is divorced, you know a lot more about the toll they paid for it. Separation is a failure grade we receive on one of the biggest tests in life.

Our modern society has indeed become a disposable society. We change jobs often, throw things away after buying new ones and move houses more than in the past, so changing relationships seems to many people like a modern trend. Partners consider separation and divorce as a way of getting out of the routine. Living together with the same person seems boring and the need for excitement and change is missing.

Relationship Coaching is like a professional friendship. This course will teach you the importance of challenges and acceptance. It will help you find where your communication may be stuck, where you may be going in different directions, and show you ways to restore the harmony.





## COURSE FEE INCLUSIONS

- All training material.
- Audios & Videos where applicable.
- Assessment & Certification.
- Entrance to the Virtual e-Learning Center for 6 months.
- Tools & Templates for use in own practice.
- Your New Client Coaching Success Kit.
- Free Subscription of The Leadership Foundation with the option to upgrade to full membership.

*"By implementing what I have learnt, I've seen my stormy relationship transformed into a happier and satisfying relationship. I would really like to thank you for reminding us that we will always love each other no matter what obstacles are in our way and that we make a great team."*

*~ Sharon & Wayne ~*

# TRAINING PROGRAM CURRICULUM

## 01

### Introduction

- Course Introduction.
- The Learning Journey.
- The Growth Mindset in Relationships.

## 02

### Communication & Commitment

- Open Communication.
- Communication Strategies.
- Overcoming Resistance.
- Warning Signs & Triggers.
- Quality & Safe Problems.
- Relationship Commitment.
- Compatibility.

## 03

### Relationship Challenges

- Dealing with Challenges.
- Acceptance.
- Openness & Intimacy.
- Putting the Relationship First.
- Why Love Fades.
- Relationship Drama.

## 04

### Relationship Conflict

- Personality Differences.
- Non-Negotiables.
- Relationship Roles & Expectations.
- Arguments: The Seeds of Growth.

## 05

### True Love & Partnership

- True Love, Marriage & Partnership.
- Being a Match.
- Meaning, Purpose & Vows.
- The Relationship Blueprint.
- Relationships Goals & Vision.

## 06

### Relationships and the Brain

- The Working of the Brain in Sexual Intimacy.
- Brain Differences.
- The Brain Battle.
- The Impact of the Brain on Relationships.
- Sex-Brain Profiling.

## 07

### Strengthening your Relationship

- Types of Love.
- The Love Bank.
- A Model for Love.
- Extramarital Affairs.
- Emotional Needs.
- Busting the Relationship.

## 08

### Wrapping Up

- The Purpose of Your Relationship.
- Next Steps.



## MASTER TRAINER PROFILE



Leon, the founder of LEDISA Academy (The Leadership Foundation), is regarded as an expert in the development of people in Southern Africa and is a sought-after public speaker and facilitator in the areas of motivation, people development, life transitions, overcoming challenges and increasing a sense of fulfillment and joy in life.

In the area of people development, Leon obtained B.Th. and B.D. degrees Cum Laude at the University of Pretoria and his resume includes a Doctorate Degree in Pastoral Counseling (2007). He further qualified himself as a Master Life Coach, specializing in Christian Neuro Linguistic Transformation techniques. He is currently part of an international project team researching Christian NLP and Christian Behavioural Conditioning.

As a business coach, he gained valuable experience being part of a project team researching and establishing the first Sasol open cast colliery in Mpumalanga, South Africa, as well as working as a Materials Manager, Marketing Manager & Supply Chain Manager for various companies, including Sasol, Genfood Industries, Master Runners and Agrifeed International.

He is currently a member of Coaches & Mentors South Africa (COMENSA), the Association for Neuro Linguistic Programming (ANLP), International Coaches Register, the American Association of Christian Counselors (AACC), the International Christian Coaching Institute (ICCI) as well as the Association of Christian Counsellors South Africa (ACCSA).

His passion for the development of people led to the establishment of LEDISA Academy (Pty) Ltd, focusing on the positioning of people for development and growth through mentoring, coaching, counselling and customized training. Leon is currently the Managing Director of LEDISA Academy (Pty) Ltd as well as Founder of the internationally recognized Life Coach Academy.

*"The way Dr. Leon kept me inspired was remarkable. He has a gift to see the best in those he teaches and mentors."*  
~ Chantel N ~

*"Leon is for sure an excellent coach and trainer. Thanks for the effort. You are a great inspiration."*  
~ Mala James ~

## REGISTRATION PROCESS

- Completion of Enrollment Form.
- Confirmation & Billing.
- Booking of Seat / Payment of Deposit.
- Contact Session Attendance.
- Practical Assignments.
- Assessment & Certification.

## MINIMUM ENTRY REQUIREMENTS

- No minimum entry requirements but being a Life Coach will be beneficial.
- This is an additional certification for Coaches to practice and specialise as a Relationship Coach.
- Bootcamps are aimed at couples with the need to enrich, repair and/or grow their relationships.

**Note: Evergreen video course will be available from June 2024.**

### Training Dates For 2025

**This course is available as an evergreen video course**

Permanently available in our Study Centre.

### Bootcamp Weekends

April 2025

November 2025

(Final Dates TBC)

### Training Cost

R6 450.00

*"I had been through years of counselling, yet still felt depressed, anxious and suicidal. I prayed for answers. Your coaching program has been a miracle. I see significant changes in the way I interact with family, friends and co-workers. I have let the past go, my confidence is good and I feel a new inner peace."*

*~ Martha F ~*





## TERMS & CONDITIONS

- Certification as a Relationship Coach, with the option to sign up with COMENSA and/or the International Coaches Register.
- Relationship Coaching can be added to your profile.
- No part of this presentation can be recorded on audio or video without written permission first.
- On request, payment terms are available, with full payment due before the end of contact sessions.
- LEDISA Academy (Pty) Ltd has the right to refuse admission and/or withhold a certificate if there is no proof of payment.
- Course material for pre-reading (if applicable) will be sent by e-mail or WeTransfer after payment. Personal growth assessments for self-coaching must be filled out and turned in at least one week before the first contact session.
- In the event of unforeseen circumstances, LEDISA Academy reserves the right to change the program content, speakers, venue, or date. In this instance, you will be notified no less than ten (10) working days prior to the event.
- Should the event be postponed, you will have the option to attend the next available date of the relevant event.
- Cancellation of registration after training material has been sent to delegates will not be accepted. A cancellation fee of 50% of the course fee will be applicable in the instance where training material has already been sent out to the delegate requesting the cancellation.



## **LEDISA ACADEMY (PTY) LTD**

LEDISA Academy (Pty) Ltd is a leading provider of quality work based learning and training solutions and resources throughout South Africa and abroad, from Government funded skills training, corporate training, personal development, coaching, mentoring, counselling, bespoke professional qualifications through to employability services and the development of people through growth and quality training course material. LEDISA Academy (Pty) Ltd is an accredited training provider registered with SAQA (ETDP SETA, SSETA & TETA) and International Coaches Register, as well as a Registered Training Institute with COMENSA (Coaches and Mentors South Africa).



**FOR MORE INFORMATION  
CONTACT OUR ADMIN OFFICE**

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