# WE REPEAT WHAT WE DON'T REPAIR





# INTRODUCTION

Are you hurting? If you have recently ended a love relationship, you are. Those who appear not to hurt when their love relationships end, have either already worked through a lot of hurt, or have yet to feel the pain. So go ahead, acknowledge that you're hurt. It's natural, expected, healthy, even okay to hurt. Pain is nature's way of telling us that something in us needs to be healed, so let's get on with the healing.

There is an adjustment process after a breakup- with a beginning, and end, and specific steps of learning along the way. While you're feeling some of the pain, you're more anxious to learn how to be healed. Change is hard work. While you were in a love relationship you might have been comfortable enough that you felt no need to change. But now there is that pain. What do you do?

We can help. During this journey we will share with you some of the learning in people that takes place in the breakup process. You will learn specific ways of dealing with certain emotions and stumbling blocks.

We invite you to join us on this emotional journey and "climb this mountain" together.

One day you will tell your story of how you've overcome what you're going through now, and it will become part of someone else's survival guide.



# **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 Relationship Recovery Process

### 02

#### Denial

- · The end is clear
- · From denial to acceptance

# 03

#### Fear

- The context of your fear
- Befriend your fear
- Dealing with fear

# 04

## Adaptation

- Healthy relationships
- Adaptation strategies
- Reasons for ending relationships
- The responsibility bridge
- · Your inner critic
- Take control

# 05

#### Loneliness

- Stages of loneliness
- · Being alone

### 06

### Friendship

- · The hurt of rejection
- Guilt
- · Dumper and dumpee
- · Dumping language
- Down in the dumps

# 07

### **Guilt / Rejection**

- True Love, Marriage & Partnership
- · Your Dream Relationship
- Meaning, Purpose & Vows
- The Relationship Blueprint
- · Relationship Goals & Vision

# 08

#### Grief

- · The faces of grief
- Symptoms of grief
- Stages of grief
- Working through grief

# 09

## Anger

- Phases of anger
- Types of anger
- Beneficial anger
- Scapegoats & Martyrs
- Venting & expressing anger
- Beyond the breakup
- Fair fighting methods
- Assertive anger

### 10

#### **Letting Go**

- Disentanglement
- Hard work
- · Invest in yourself

### 11

#### Self-Worth

- · The importance of self-worth
- · Steps to a greater self-esteem

# 12

#### Transition

- Family & childhood influences
- Rebellion
- · Stormy & rough seas
- Creating calmness
- Leftovers

# 13

## Openness

- Masks
- Masking exposed
- Who are you?
- From masks to openness

## 14

#### Love

- Falling in love with love
- Unconditional love
- Styles of loving
- Love yourself

# 15

#### Trust

- Styles of relationships
- Feelings to actions
- Rebuilding trust

# 16

#### Relatedness

- Growing relationships & affairs
- · Emotional relationships
- · Therapeutic relationships
- · Healthy termination

# 17

### Sexuality

- · One stage at a time
- · A date?
- · Getting back to normal
- · There's more to life
- · Roles & rules
- Be careful

# 18

# Singleness

- · Me & my shadow
- · Successfully single

# 19

### Purpose

- · Past, present & future
- Your lifeline

# 20

#### Freedom

- · Breathing in thin air
- Becoming free
- · The children of freedom

# 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.

His 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.

**Training Dates For 2024** 

This course is available as an evergreen video course

Permanently available in our Study Centre.

April 2025 November2025 (Final Dates TBC)

> Training Cost R6 450.00

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

"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 Recovery Coach, with the option to sign up with COMENSA and/or the International Coaches Register. Bootcamp delegates receive a Certificate of Completion.
- · Relationship Recovery 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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