

DYNAMIC LIFE COACHING

**BECOME FINANCIALLY INDEPENDENT
GET CERTIFIED AS A PERSONAL LIFE COACH**



We are a COMENSA Gold Training Programme Provider in line with COMENSA's Code of Ethics and Conduct and Behavioural Standards for Coaching

ARE YOU READY FOR SOMETHING NEW?

SET UP YOUR OWN PRACTICE

This learning program is designed to help you become a high quality practicing life coach, meeting certain standards of competence. These are closely aligned with the professional competencies promoted by COMENSA (Coaches and Mentors of South Africa). Our certification process is designed to test your standards of competence. The core competencies and benchmark levels that the learning program seeks to promote are listed in this brochure.

LEARNING OUTCOMES

At the end of this learning program the delegates should be fully conversant with and be able to apply the following:

- Employ coaching principles and maximize others' efficiency; use different models to coach; question and guide a coachee; ask questions and influence others through the understanding of basic human needs and provide effective feedback to coachees and overcome any potential resistance.
- Open your own practice and get assistance on marketing your own services.
- More than 100 Life Coaching Tools and templates necessary for starting your own Coaching Practice.
- Certification as a Life Coach with the option to register as a Life Coach nationally and/or internationally.

WHO SHOULD ATTEND?

- Aspiring professional coaches, pastors, life coaches, career coaches, Neuro Linguistic Programming Practitioners, pastoral & life counsellors, religious practitioners and sport coaches.
- Business unit managers, leaders, human resource specialists, department heads, team leaders, performance management specialists, mentors & trainers.
- Anyone who wants to support other people in achieving a specific or professional goal.



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THIS TRAINING STANDS OUT AS THE MOST MEANINGFUL AND USEFUL BOTH PERSONALLY AND PROFESSIONALLY.

~ LYNN VICTOR ~

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COURSE FEE INCLUSIONS

- All training material.
- Audios & Videos where applicable.
- Assessment & Certification.
- Entrance to the Virtual e-Learning Center for 12 Months.
- 120 Credits towards Master Coach Certification.
- All necessary templates needed for your Coaching Practice - fully customizable.
- A free gift valued at R 6 300.00.

FREE GIFT

- Free entrance to a website portal to build your website and kick-start any new practice. Including hosting, free email marketing, as well as the opportunity to develop and publish your own course.
- More than 100 tools and templates.
- A module on building & marketing your practice.
- Your New Client Coaching Success Kit.
- Free subscription to The Leadership Foundation, with the option to upgrade to full membership.



"Believing in myself was something I struggled with for a long time. After years of emotional abuse I found the strength to pick up the broken pieces and move on. I began to try to find my purpose in life. I felt a spark when I found Dynamic Christian Coaching website. I know my purpose is to be a life coach and help others live joyfully. The way Dr. Leon kept me inspired was remarkable. He has a gift to see the best in those he teaches and mentors. I know I will make a difference and give back just like he does. As a single mother I was glad to be able to complete online classes around my schedule."

~ Chantel N ~

TRAINING PROGRAM CURRICULUM

01 Introduction to Coaching

- What is Coaching?
- Coaching vs Other Disciplines
- Types of Coaching
- Benefits of Coaching
- Ethical Standards
- Qualifications of a Coach
- The Ideal Client

03 Building a Relationship

- Laying the Foundation
- Building Report
- Connect with a Client

05 Choices & Change

- The Process of Change
- Change Models
- The Power of Decisions
- Motivational Factors
- A Life Vision
- Goals, Milestones & Action Steps

07 Personal Values & Rules

- A Values Driven Life
- A Coaching Value Set
- A Coach's Own Values
- Values-Driven Coaching
- Values & Rules
- Control your own happiness

09 Coaching Practice

- The Dynamic Wheel
- Worksheets & Tools
- Forms & Documents
- Accreditation, Alliance & Membership

02 Core Coaching Competencies

- The Senses
- Communication
- Powerful Questions
- Active Listening
- Projecting Yourself
- Silence
- A Coaching Model

04 Obstacles in Coaching

- External & Internal Barriers

06 The Mind-Set & Beliefs

- Mind-Set Coaching
- Beliefs
- Belief-Models

08 Understanding Behavior

- Human Needs
- Life Purpose
- Coaching Around Life Purpose

10 Marketing

- Planning a Practice
- Selling your Services
- Succeeding in Business
- Marketing Truths
- An Internet Presence

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 (ICR), 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 Fee or Deposit.
- On Boarding Emails.
- Contact Session Attendance.
- Practical Assignment.
- Assessment & Certification.

THE CERTIFICATION PROCESS

- Coaching Preparation (Growth Assignments, Self-Coaching & Submission)
- Attendance of 15 Online Webinar Sessions.
- Practical Fieldwork.
- Submission of Assignments.

Training Dates For 2026

First Group

Thursdays, 5/3 - 28/5/2026
19h00 - 21h00

Second Group

Thursdays, 4/6 - 27/8/2026
19h00 - 21h00

Third Group

Thursdays, 10/9 - 4/12/2026
19h00 - 21h00

Training Cost For 2026

R 9 950,00 Once Off
R 10 955,00 Terms
*Deposit R 3 950.00 &
3 X R 2 335.00*

TERMS & CONDITIONS

- Certification as Dynamic Life Coach after completion. One hundred and twenty (120) credits towards Master Coach Certification.
- Free gift only available to delegates after successful completion and certification.
- Audio and/or video taping of any portion of this presentation is prohibited without prior written permission.
- Payment terms available, providing full payment before completion of contact sessions.
- LEDISA Academy (Pty) Ltd reserves the right to refuse admission and/or withhold certification where evidence of payment cannot be shown.
- Course material for pre-reading (if applicable) will be sent by E-Mail or WeTransfer after payment. A self-coaching personal growth assessment must be completed and submitted no later than one week prior to the commencement of the 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 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.

"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 ~

"I registered my company in August "Open Door Coaching & Training". With LEDISA's assistance it was an easy and affordable process. Went to my first COMENSA gathering last week. It was great."

~ Dorothy Doorasamy ~

"I am super excited to see how this process assist my clients in changing their lives. And this is sustainable change. I love every minute of my work."

~ Willie Roos ~



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 (ICR), 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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