

LovelyLife® Coach Training Info 2024



Individuality and Flexibility Create Effectivity

Our dream is, that you feel even better!

LovelyLife® coaches are building a network of the world's best supporters, to travel side by side, on the path to embracing a healthy lifestyle.

We believe, that personal encounters enable flexible, individual, and effective coaching.

We coach and train individuals and work communities to support brain health in a sustainable way.



LovelyLife® Coach Training Objectives

- Each training participant stops to consider **own personal well-being**.
- We assemble **knowledge, skills, and experiences** to ensure high quality training.
- **We familiarize ourselves** with the 16 week LovelyLife® wellness coaching program, which provides a concrete tool to guide and coach clients.
- **Together** we make the LovelyLife® coaching **team strong**.



Your Own Well-Being Will Radiate To Your Clients

- During your wellness coach training, you will travel through your own well-being journey. You will feel better, and be happier and more energetic.
- **Your enthusiasm about well-being will be contagious.** Through your own experiences, telling your clients about the emotions, successes - as well as difficult moments - will be easy.
- You become a credible seller, when you yourself feel good, and you know what your clients will be getting into! Selling will not be pushy, but a genuine desire to share well-being, and a lovely life, to as many clients as possible, who are struggling with fatigue and frustration. Your own well-being will radiate to your clients.



How Do We Support Your Success?

- We have created a comprehensive **LovelyLife® wellness coach training concept** for your use, which is at core of all our services.
- With the help of **completed** assessments, and feedback forms, **you help your client** to pause, and recognize and strengthen new routines, which fit their life circumstances.
- In the **online discussions**, in the LovelyLife® coach learning environment, you can ask questions and share your experiences.
- **The strong network of LovelyLife® team members** increase client awareness and spread the word. We are active in social media. And we know thoroughly our services and are inspired by our team.



NEW from the start of 2024: You will also learn how to deliver the Energize Your Brain Coaching (selected as the 2023 Wellbeing Achievement of the Year) and short Strengthening Brain Wellness Workshops.



LovelyLife® Coach Training Process

Phase 1 Wellness Coaching 4 months & Phase 2 Wellness Coach Studies 6 months

WELLNESS COACHING IN THE ROLE OF A CLIENT
16 weeks



Wellbeing Navigator

Personal meetings with LovelyLife® coach every 2 weeks
(startup meeting + 8 follow-up meetings)

Get to know the tools

Lectures and learning exercises in Uranet
Your personal diary of insights

Final work and discussion

Joint start-up day

Group meeting 2,5 h

Group meeting 2,5 h

Group meeting 2,5 h

Coaching exercises

Wellbeing Navigator training

NEW: The learning material has been supplemented with proactive brain health themes.

Structure Of Your Studies

Phase 1: Personal LovelyLife® wellness coaching

- Personal meetings with LovelyLife® coach every 2 weeks, 9 meetings in total.
- Personal Wellbeing Navigator
- Start flexibly at a time that suits you. Duration 4 months.

Phase 2: Wellness coach studies

- Online weekly lectures, additional materials and assignments.
- Group meetings
- Coaching exercises
- Training to use Wellbeing Navigator with the client
- Start with a scheduled study group in Finnish or English. Duration 6 months.



Personal Coaching

- Topics of the personal wellness coaching:
 - **Nutrition and weight management** (Finnish nutritional recommendations) - eating habits, meal composition, beverages
 - **Exercise and daily activity** (UKK-institute exercise recommendations) - less sitting, diverse and enjoyable activity
 - **Sleep and recovery** - cherishing sleep, different means of recovery
 - **Permissive attitude towards life** - along with self-compassion, strengths, resources, and personal relationships.
- Coaching includes:
 - Personal meetings with a LovelyLife® Coach
 - Online lectures on the related topics
 - Weekly exercises which are supported by follow-up form



WELLBEING BEGINS WITH AWARENESS

Navigate successfully

Besides the goal, you need to know where you take off to successfully navigate to being well. Mapping your starting point is crucial to find your first steps and implement them in the right order.



Know where to start

It is paramount to understand where you are embarking on the path to wellbeing. With the help of the **wellbeing navigator**, you will find out your strengths and possible places for development.



Everyone has a different path

We have different experiences, and our life situations are unique. In addition, we each have our own preferred style of action. Making a journey of wellbeing makes sense when it is tailored to suit us.



Know where to go

The **wellbeing navigator** shows you what you should change and how to change it. It makes it easier for you to get started when you know what are the first steps to get off to a good start.

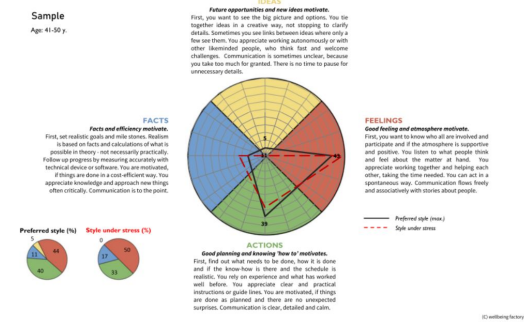
REPORT

WELLBEING NAVIGATOR VISUALIZES THE OVERALL PICTURE AND IS EASY TO INTERPRET.

1. Preferred style
2. Fulfillment of WHO's recommendations for physical activity.
3. Fulfillment of national dietary and nutritional recommendations.
4. Recovery and sleep

<https://hyvinvointinavigaattori.fi/>

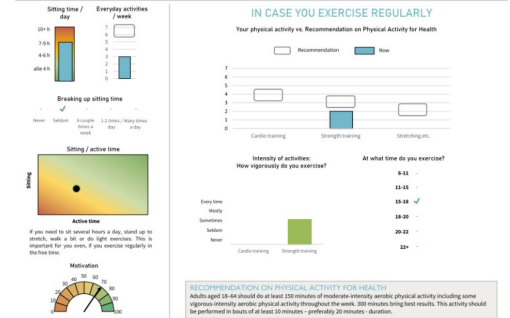
PREFERRED STYLE



NUTRITION



EXERCISE



RECOVERY



The 6 Modules of LovelyLife®- Coach Training

1. Acting as a LovelyLife® coach, and personal well-being
2. Nutrition and weight management (4 weeks)
3. Exercise and daily activity (4 weeks)
4. Sleep and recovery (4 weeks)
5. Life management (4 weeks)
6. Selling LovelyLife® services, marketing, pricing, and contracts

The goal is, that everyone complete the training, and become coaches, within six months.



LovelyLife® Coach's Diary of Insights

- The diary of insights can be filled out any way you find comfortable:
 - Write down insights and feelings, that arise during the training period, either in a notebook, on the computer, or alongside the follow-up chart as notes.
 - Be creative, use poetry, video, pictures, drawings.
- The important thing is, to take note of your insights and feelings every week - they tend to be forgotten regrettably quickly, but are extremely valuable for yourself and your future clients.
- Your personal LovelyLife® coach will follow your diary of insights during each of your meetings.



LovelyLife® Coach Final Work

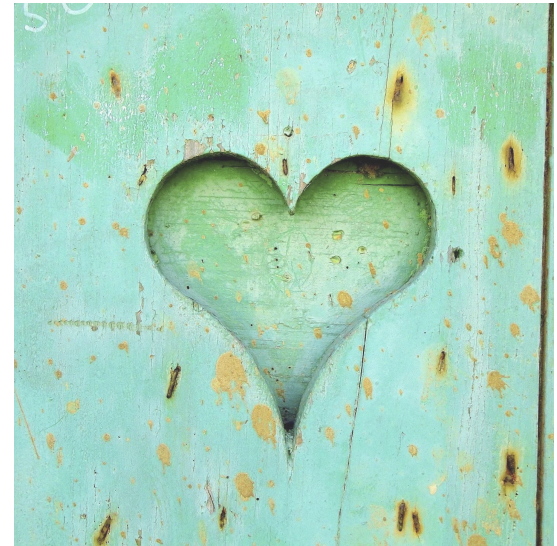
- As a final work, you are to write a concise, approximately 2 page (A4) long, essay on two wellness related topics of your choice.
- The other essay should cover your thoughts related to acting as a LovelyLife® coach – challenges, opportunities, feelings, financial effects on your business, etc.
- The second wellness related topic can be chosen freely depending on your own interests.
- Alternatively, the second part of the final work can be done by drawing, using video, or any other manner, in which you can best present your thoughts and insights.
- The most important thing is, that your final work displays your personal reflections, leaning on all that you have learned during your training.



LovelyLife® Coaching

- Is always based on scientifically researched information and generally accepted nutritional recommendations
- Is meant for healthy adults, who need to brush up on their living habits to achieve a healthier and lovelier life
- Do not conform to frequently changing, or fashionable, diet and workout trends
- Do not replace any professional advice, when specific and individual dietary or exercise instructions are needed, due to, for example, illness

A LovelyLife® coach does not create absolute, black-and-white, rules, or blame for slip-ups, but encourages forward towards best individual solutions, supporting the client's own insights!



Requirements For Completion Of Training

1. Committing to your personal wellness journey
2. Successful completion of online exam and learning exercises for each module
3. Completing training exercises
4. Assembling your diary of insights from your wellness journey, and training exercises.
5. Final work

After graduation you are:

- Certified LovelyLife® Coach
- Licenced to use TAZ!®-profile and Wellbeing Navigator



LovelyLife's Earning Model

LovelyLife Ltd

- Wellness coach training
- LovelyLife® wellness coaching online course revenue.
- Share of services sold to workplaces.

LovelyLife® Coach

- Coaching fee for individual and group coaching startup meetings, and for follow-up meetings every two weeks.
- Fee for LovelyLife® lectures, for which ready-made material is available.
- Other complementary services sold for coaching clients.



IhanaElo® + LovelyLife® = Well-Being to the World





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Master of Economic Sciences

Founder and CEO, IhanaElo Oy - LovelyLife Ltd

LovelyLife® Wellness Coach and Coach Trainer

LCF Life Coach®

BrainID® mentor and Firstbeat Life Service Provider

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