



**Lifeforming**  
LEADERSHIP COACHING

*Assembling The Whole Story.*

## Lifeforming Coaching Values

- Transformation is primarily experiential, not informational
- Transformation comes through real, everyday life experiences
- Effective coaching flows out of mental, emotional and spiritual maturity
- Each person is a uniquely designed individual who is accountable for managing their own life
- Authentic relationships are foundational to leadership growth and abundant living

Lifeforming Leadership Coaching is a leadership coach training organization for relationally focused leaders looking for profound, but measurable tools to catalyze change in their spheres of influence.

Distinct from other coach training organizations we train through one-on-one experiences to deliver immediate and sustainable change.

**The Real Talk Training Seminar  
will be held at:**

101 North Lynnhaven Road, Suite 304  
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## Real Talk Training Seminar

Lifeforming has the tools and methodology  
to unlock sustainable personal change

## Unlock Sustainable Personal Change Through Real Talk Training:

- Connect Relationally with Your Children
- Communicate Intimately with Your Spouse
- Uncover Forgotten Dreams
- Make Conflict Less Damaging and More Productive
- Lead Engaging Meetings
- Excel in Customer Service



Lifeforming training does not just present great concepts—instead, it turns your whole life into a leadership laboratory.

## Use Professional Coaching Techniques to Revolutionize Your Everyday Communication

Real Talk Training is a one-day seminar training leaders in effective interpersonal communication skills.

RTT is an interactive experience including demonstration, practice and constructive feedback.

Drawing from the same insights and exercises of



our intensive programs, the RTT Seminar equips attendees to use professional coaching techniques to revolutionize their everyday communications.

You also have the option to continue with the fifteen-week Accelerated Coach Training Program at the end of the seminar.

The RTT Seminar provides interactive training in listening for the deeper meaning, asking questions to open others up and solving problems permanently by *not* giv-



ing advice.

You'll learn ways to get a response instead of a reaction, how to jump-start a significant conversation with anyone, and how to avoid the #1 killer of authentic communication.

Don't miss this opportunity to unlock sustainable change in your ability to communicate.



### ACCELERATED COACH TRAINING

The ACT Program is a fifteen-week program designed for those who desire to use coaching practices in their current role.

Registration is open at the RTT Seminar.

### PROFESSIONAL PROGRAM

The Professional Program is a one-year, comprehensive training that equips you to coach at the professional level.

Visit our website to register for the next open semester.

[LIFEFORMINGCOACH.COM](http://LIFEFORMINGCOACH.COM)



### The RTT Seminar Outline:

*Session One:*  
Real Talk Overview

*Session Two:*  
Real Time Connections

*Session Three:*  
Ask More, Tell Less

*Session Four:*  
Asking Powerful Questions

*Session Five:*  
Listening to What Really Matters

*Session Six:*  
Giving Constructive Feedback

*Session Seven:*  
The Power of Reflection

*Session Eight:*  
Developing Your Support Team

