

Become a Transformation Coach!

Wake-Up Foundation is looking for individuals who want to learn how to become Transformation Coaches to help transform themselves and others. Wake-Up Foundation is a non-profit agency, developed in 2013. Its mission is to educate and inspire personal transformation in individuals to reach their full potential. We provide personal development, self-esteem, self-confidence, career and goal development, stress management, and building good health services and programs.

Qualifications:

- Must be at least 25 years old
- Knowledge and experience in one or more of the following areas:
 - personal development
 - goal setting
 - career development
 - stress management
 - health
 - self-esteem and self-confidence
- Go through a one-year training of our transformation program
- Certificates or degrees in related fields or willing to work toward it during the one-year training



The training program includes:

- Educational workshops/events
- One-on-one weekly coaching to help you develop a successful plan to be applied in life to transform yourself and to help transform others
- Support group to help you set goals and action steps to carry out your plan

Training program requirements:

- Attend all the educational workshops/events
- Attend all coaching sessions within the year (can only be rescheduled 3 times)
- Attend all support group within the year
- Achieve at least 90% of your action steps

Cost for the training program to become a transformation coach: \$2000, different installment plans are available. If you are a low-income individual and between 25-30 years old, you might be qualified for a discount on the tuition.

Once you fulfill the training program, you will be placed on our transformation coach list to be hired as an independent contractor for new contract grants and as an on-call transformation coach to conduct events, facilitate support groups, and provide coaching. If you are successful after the contract or as an on-call transformation coach, you could be hired as a permanent transformation coach employee.

If you are ready to transform yourself and others, then this transformation coach program is for you.

Program outcomes:

- Position yourself as an expert in your field
- Understand your approach to help others
- Learn to create your own content and transform it into a book (physical format and ebook)
- Develop your own website/blog to showcase your expertise
- Have a successful career path as an expert, in addition to becoming a transformation coach for Wake-Up Foundation
- Be featured and have a personal page on our website
- And many more

If you are interested in becoming a transformation coach, please contact us

Wake-Up Foundation, (916) 243-7076.

Website: www.wake-upfoundation.org



Transformation Coach Program Outline

1st month: Understanding personal transformation/human potential

- What is human potential?
- Transpersonal psychology
- Humanistic psychology
- Existential psychology

2nd month: Career development

- What is a successful career?
- Discover and apply your strengths, talents, and passion
- Success tools: the sciences, the arts, the mindset, the motivation/purpose
- Lifelong learner, different types of educations, being a successful student

3rd month: Goal setting development

- The purpose of goal setting
- Different types of goals
- Setting successful goals
- Goal setting tools

4th month: Self-esteem development

- What is self-esteem?
- Become a competent person
- Designing your ideal life
- Attracting positive people. Managing negative people

5th month: Stress management

- What is stress?
- Develop a balanced lifestyle
- Becoming a great problem solver
- Managing your top priorities and daily responsibility

6th month: Building good health

- Foundation of good health
- Nutrition, exercise, sleep
- Healthy habits
- Motivational tools

7th - 10th months: Based on your needs and improvement

11th month

- Preparation to become a transformation coach
- Create free coaching program for youth and young adults 16-24 years old
- Advertising and recruiting youths and young adults

12th month

- Practicing coaching with a youth