

Become a Meditation & Emotional Clearing Coach

Subconscious Navigation, Emotional Intelligence & Guided Meditation

IFTA Certified Meditation & Subconscious Navigation Coach Training Programme

Train to become an **IFTA Certified Meditation & Emotional Clearing Coach** and learn how to guide clients through meditation, emotional processing, daily reset practice and structured Subconscious Navigation. This programme blends **guided meditation, emotional intelligence, metaphor, body awareness, movement and practical coaching** for daily life, work, confidence, calm, focus and performance.

Qualification	IFTA Certified Meditation & Subconscious Navigation Coach
Delivery	Online self-study course or one-to-one coached programme
Guided Course Time	18 hours
Workbook & Applied Study	42 hours
Total Learning Time	Approximately 60 hours
Assessment	Workbook tasks, reflective practice, session planning and final review

Build a business model around online support, recorded programmes and one-to-one sessions at £100 an hour.

Who This Programme Is For

- Career changers who want to build a new role in the wellness, coaching or personal development market.
- Meditation teachers, yoga teachers and holistic practitioners who want a structured emotional clearing method.
- Existing coaches and therapists who want a guided meditation and Subconscious Navigation framework.
- Business owners, professionals and managers who want to teach emotional reset, clarity and focus in work environments.
- People who want an online business model with a practical one-to-one offer and digital products.

What Makes This Different

This programme does more than teach meditation scripts. It teaches students how to help clients prepare for meditation by reducing emotional carryover, releasing internal overload and guiding attention into a calmer, more functional state.

The training uses the For Daily Living approach: emotional intelligence, guided meditation, metaphor, movement, daily reset practice and the structured Subconscious Navigation process.

- Meditation coaching with emotional clearing
- Chaos-to-Calm and NAVIGATOR methods
- Practical everyday application for life, work and performance
- A recognisable meditation coach identity with a distinctive IFTA method

Course Hours, Study Time & Delivery

The course is designed as a practical foundation-level certification with guided learning, workbook study and applied session planning.

Element	Hours	What it includes
Video / guided lessons	18	Core teaching, demonstrations, frameworks and session guidance.
Workbook & reading	18	Structured study, reflection and note taking.
Practice & session planning	16	Personal practice, mock sessions, written exercises and integration.
Assessment & review	8	Workbook submission, reflections and final completion tasks.
Total learning time	60	Approximate total study time for certification.

Learning Outcomes

- Explain the core principles of meditation coaching, emotional clearing and Subconscious Navigation.
- Guide clients through structured meditation and reset routines with confidence.
- Recognise emotional triggers, overload and suppressed carryover in practical coaching settings.
- Use metaphor, visualisation and guided language to support client change.
- Create one-to-one sessions, online offers and repeatable coaching packages.
- Build a client journey that supports calm, focus, confidence, sleep, reflection and personal growth.

Syllabus: Modules 1–6

Module	Study area
1	Foundations of Meditation Coaching and the role of the modern meditation coach.
2	Emotional Clearing before Meditation - why many people need release before stillness.
3	Introduction to Subconscious Navigation (SN) and the For Daily Living model.
4	The Chaos-to-Calm cycle and the purpose of daily reset practice.
5	The NAVIGATOR framework and step-by-step client guidance.
6	Raw Emotional Intelligence, emotional awareness and expression.

Syllabus: Modules 7–12

Module	Study area
7	Emotional triggers, emotional carryover and recognising pressure patterns.
8	The emotional dictionary, symbols, metaphor and story-based change.
9	Guided meditation structure, language pacing and session design.
10	Movement, body awareness and warm-up routines for transition and release.
11	Nightly reset, calm-down routines and evening practice.
12	Meditation coaching for calm, confidence, focus and emotional balance.

Syllabus: Modules 13–18

Module	Study area
13	Relationships, communication, self-worth and social confidence applications.
14	Workplace use: leadership, business focus, career change and emotional steadiness.
15	Purpose, manifestation, creativity and personal expansion themes.
16	Client boundaries, scope of practice, safety and referral awareness.
17	Building online coaching offers, recorded programmes and guided audio support.
18	Launching your For Daily Living style meditation coaching business.

Assessment & Certification

- Complete the workbook and reflective study tasks.
- Submit example session outlines and guided practice notes.
- Demonstrate understanding of the SN structure and guided meditation process.
- Successful students receive an **IFTA Certified Meditation & Subconscious Navigation Coach** certificate.

Choose Your Route

This programme can be offered as a low-cost online entry route or as a higher-value one-to-one coaching pathway.

Option	What the client receives	Price
Online Course	Self-paced training, recorded lessons, workbook tasks and certification pathway.	£49.99
One-to-One Coached Programme	10 x 60-minute sessions, guided support, feedback, accountability and completion review.	£1,000
Recommended Single Session Rate	One-to-one meditation and emotional clearing coaching session.	£100 per hour

Target Markets

- Individuals seeking calm, clarity and emotional balance
- Professionals and business owners under ongoing pressure
- Career changers and people rebuilding direction
- Meditation, yoga and wellbeing audiences
- Managers and team leaders wanting practical emotional steadiness tools

Earnings Model: One-to-One Sessions

At a one-to-one rate of **£100 an hour**, the 21-client model produces a six-figure gross revenue pathway. The table also shows what can be earned with increased weekly hours.

Weekly One-to-One Hours	Rate	Weeks per Year	Gross Annual Revenue
10	£100	48	£48,000
15	£100	48	£72,000
21	£100	48	£100,800
25	£100	48	£120,000
30	£100	48	£144,000
35	£100	48	£168,000
40	£100	48	£192,000

Core model: £100 x 21 clients x 48 weeks = £100,800 gross annual revenue

Earnings Model: One-to-One Programme Packages

A higher-value pathway can also be built around a structured 10-session programme priced at **£1,000**.

New 10-Session Programme Clients Per Month	Programme Fee	Estimated Gross Per Year
2	£1,000	£24,000
4	£1,000	£48,000
6	£1,000	£72,000
8	£1,000	£96,000
10	£1,000	£120,000

Business Notes

- Use the online course as an entry-level product and lead interested students into one-to-one support.
- Offer single sessions, 10-session programmes, guided audios and follow-on practice support.
- Create niche offers around sleep, confidence, overwhelm, emotional reset, work pressure and daily calm.
- Teach online by Zoom and build website, social media and webinar traffic around the Eight Pillars model.

Programme Outcome

On completion, students will have a structured meditation coaching framework, an IFTA certification pathway and a practical business model that can be delivered online or through one-to-one work.

This title also gives you a strong public-facing offer: **Meditation Coach** is easy for people to understand, while **Emotional Clearing** and **Subconscious Navigation** distinguish the For Daily Living approach.

Final Positioning	Become a Meditation & Emotional Clearing Coach
Certification	IFTA Certified Meditation & Subconscious Navigation Coach
Online Course	£49.99
One-to-One Programme	£1,000
Recommended Session Rate	£100 per hour
Website	www.fordailyliving.com

Note: revenue examples show gross income illustrations based on session rates and weekly hours. Actual results depend on pricing, demand, marketing, attendance and delivery.