

BECOME AN IFSA FLOW STATE COACH

Instinct, Focus, Performance & Conscious-State Coaching

IFTA Certified IFSA Flow State Coach Training Programme

ACTIVE FLOW STATE - TRAINED IN THE CONSCIOUS STATE

Learn to reduce internal narration, widen awareness, improve timing and focus, and coach people to access a practical state for real situations.

This programme develops a broad coaching route around the IFSA method and Instinct Field approach. Students learn how to guide active flow-state training while the client remains awake, aware, mobile and responsible for their choices. The central aim is to train focus, controlled responsiveness and reliable behaviour by reducing the internal commentary and emotional interference that can slow action.

Programme	Route	Study
IFTA Certified IFSA Flow State Coach	Online or one-to-one coached pathway	Approx. 60 hours
Online Course	Recorded teaching + workbook + exercises	£49.99
One-to-One Programme	10 x 60-minute coached sessions + assessment support	£1,000
Practice Model	Illustrative client rate for business planning	£100 per hour

This is designed as a career-change and specialist-skills pathway, with applications across everyday life, confidence, business, leadership, parenting, high-pressure roles and personal performance. A separate sports section applies the same principles to physical performance and exercise.

1. What Is an IFSA Flow State Coach?

An IFSA Flow State Coach teaches people how to access a practical, active state in which awareness stays online while unnecessary internal commentary is reduced. The work is centred on training - learning how to enter, stabilise, use and exit a state deliberately, then applying it to situations where hesitation, overthinking, emotional loading or distraction can interfere with performance.

The coach helps clients train...	Applied result
Awake-state focus	Stay present and functional while reducing mental noise.
External awareness	Read space, timing, behavioural cues and the environment more cleanly.
Controlled responsiveness	Respond without impulsiveness, panic or excessive internal rehearsal.
Micro-switching	Shift attention rapidly between body, environment, timing and task.
Decision compression	Reduce multiple internal debates into a clearer next action.
State transfer	Carry the trained state from exercises into everyday situations.

The public-facing difference

The course is positioned as coaching and performance training rather than counselling. Clients are taught practical state skills, exercises, awareness drills, focus routines, behavioural preparation and methods for real-world application. The coach does not diagnose mental-health conditions or provide medical treatment.

A coaching method built around experience

- Explain the state in plain language.
- Demonstrate a short entry method.
- Let the client experience the shift for themselves.
- Apply the state to a realistic situation.
- Review what changed in attention, timing, behaviour and internal narration.
- Repeat until the skill becomes more reliable and transferable.

CORE IDEA

You remain conscious. You train the mind to reduce interference and increase clean, purposeful action.

2. Why Instinct, Focus & Flow?

The source training describes instinct as pre-thought intelligence: the layer that detects timing, direction, readiness and spacing before the conscious mind finishes explaining. The practical coaching proposition is that a person can train access to this faster layer while keeping awareness, safety and choice online.

Interference pattern	What can happen	Training direction
Narration	Constant internal commentary and self-evaluation	Turn the volume down during action and return to analysis later.
Emotional tagging	Fear, embarrassment, anger or awkwardness becomes attached to the action	Recognise the signal while keeping it from directing behaviour.
Prediction chatter	Future loops, 'what ifs' and mental rehearsal	Compress the decision and return to the present timing window.
Over-focus	Tunnel vision, loss of wider awareness	Use micro-switching and external awareness.
Hesitation	The person knows what to do but delays	Train clean initiation and one-action movement.
Mental overload	Too many inputs competing at once	Reduce inputs, prioritise signals and simplify the next step.

The active flow-state concept

In this approach, flow is active rather than passive. The person can be speaking, working, walking, presenting, parenting, making a decision or performing a task. The state is useful when the aim is to act with less self-interruption, cleaner timing and stronger attention.

- Awareness remains present.
- The person stays responsible for their actions.
- The inner voice can become quieter rather than dominating.
- External signals and timing receive more attention.
- The client learns to enter and leave the state deliberately.
- Repetition turns the experience into a trainable skill.

3. The Conscious-State Method

A major selling point of this pathway is that the client is trained while awake and active. The source material describes the conscious mind as remaining the main state while selected tasks are allowed to run more automatically through trained subconscious processing.

Stage	Coach focus	Client experience
1. Set the scene	Choose the real situation to improve.	The client knows exactly where the skill will be used.
2. Object / anchor focus	Place attention on something real and present.	Attention becomes stable and grounded.
3. Pattern interruption	Use a brief confusion, imagery or attention shift where appropriate.	Internal commentary pauses or loses dominance.
4. Externalisation	Move awareness outward into the environment.	Space, timing and sensory information become more prominent.
5. Control assignment	Keep choice and safety online while reducing narration.	The client remains awake but less self-monitoring.
6. Micro-switching	Rotate body, external field, buffer and pace.	The state remains balanced rather than collapsing inward.
7. Task execution	Perform the chosen action.	Behaviour becomes the proof of the state.
8. Return / exit	Re-centre awareness and restore normal narration.	The client deliberately returns to ordinary processing.

TRAINING PRINCIPLE

Enter - use - exit - review - repeat. The skill is learned through controlled experience, not explanation alone.

Why the exit matters

A professional coach teaches both entry and return. The state is a tool for a defined situation, not a permanent operating mode. Clients learn how to notice drift, re-centre, return to ordinary conscious processing and choose when to use the technique again.

4. What the Client Learns to Train

Skill family	Practical training
Focus control	Defocus, refocus, widen awareness, lock onto one task and recover from distraction.
Conscious voice control	Notice internal narration, reduce its influence during action and restore it for planning or reflection.
Instinct access	Practise direction, readiness, timing and action without excessive explanation.
Environmental reading	Use distance, rhythm, position, openings, behavioural cues and spatial relationships.
State switching	Move between retreat/reset mode, performance mode and ordinary processing.
Behaviour reliability	Start, continue, finish and repeat actions with less interruption.
Performance under pressure	Maintain pace, timing and presence when demand rises.
Creative flow	Generate output before evaluation and reduce perfection-driven stopping.
Communication flow	Listen, detect timing, speak cleanly and reduce internal rehearsal.
Recovery	Use short resets between tasks, conversations and demanding periods.

What makes the training distinctive

- It uses exercises and lived situations rather than theory alone.
- It can be practised in minutes and used during normal daily activity.
- The state is active, external and operational.
- The method can be layered with Subconscious Navigation where emotional build-up needs to be processed first.
- It can be applied to personal, professional and performance contexts.

The wider For Daily Living ecosystem provides further reading, exercises and specialist routes in breathwork, emotions, subconscious navigation, sleep and sports. The IFSA Flow State Coach therefore sits as a practical bridge between internal regulation and outward performance.

5. Areas & Situations Covered

Area	Examples for coaching
Confidence	Speaking up, interviews, dates, social settings, meetings, presentations, leadership presence and decision confidence.
Sales	Client conversations, prospecting, objection handling, presentation of value, listening, closing conversations and recovering after rejection.
Security personnel	Attention control, situational awareness, calm communication, fatigue-related focus and controlled response. This is performance coaching, not tactical security instruction.
Parenting	Staying present, responding rather than reacting, managing competing demands, calmer communication and maintaining boundaries.
Business owners	Decision speed, execution, uncertainty, opportunity windows, difficult conversations, productivity and creative output.
Leadership	Room awareness, clear direction, communication timing, confidence, pressure and presence.
Emotional overload	Reducing mental clutter, recovering attention, returning to the next clear action and using reset routines.
Burnout pressure	Recovery-oriented focus, task pacing, boundary awareness and workload resets. Coaching support does not replace clinical care.
Menopause transition	Confidence, sleep-related fatigue planning, focus, communication and daily coping strategies alongside appropriate medical support.
Pregnancy / birthing preparation	Calm focus, breath awareness, confidence, preparation and communication. This is supportive coaching and does not replace maternity or medical care.
Work & career	Interviews, promotion, difficult tasks, emails, deadlines, career progression, procrastination and professional presence.
Social & relationships	Listening, boundaries, dating confidence, conflict preparation, social presence and recovering after arguments.

6. Confidence, Presence & Communication

Confidence in this system is trained through behaviour rather than waiting for a feeling to arrive. The client learns to recognise the point where self-monitoring begins, shift attention outward, restore task focus and act while keeping awareness online.

Situation	Common interruption	Flow-state coaching target
Interview	Rehearsing answers internally while the question is being asked	Listen fully, hold posture, respond from the present question.
Presentation	Monitoring voice, face and audience judgement	Use outward attention, pace and timing rather than self-evaluation.
Networking	Trying to appear confident	Respond naturally, notice timing and engage with the person in front of you.
Difficult conversation	Prediction loops about the other person's reaction	Stay grounded, listen, speak cleanly and pause deliberately.
Dating	Self-consciousness and overanalysis	Presence, listening, timing, social rhythm and authentic response.
Leadership	Second-guessing how authority is perceived	Clarity, direction, measured pace and room awareness.

Example coaching sequence

1. Identify the moment confidence normally drops.
2. Choose a real-world anchor and establish body posture and breathing.
3. Reduce the internal commentary using a short attention-shift exercise.
4. Move awareness outward and identify three environmental signals.
5. Perform one clear action - speak, move, answer, begin or decide.
6. Exit the state, review the experience and identify what changed.
7. Repeat using a slightly more demanding scenario.

COACHING OUTCOME

Confidence becomes something the client demonstrates through controlled behaviour, presence and timing.

7. Sales, Business Owners & Career Progression

Sales and business provide ideal real-world environments because they demand attention, timing, communication, adaptability and action. The coach trains state control rather than teaching a rigid sales script.

Business situation	Flow-state application
Prospecting	Reduce rejection rehearsal and move into the first action quickly.
Discovery calls	Listen for timing, tone and client needs rather than planning the next sentence.
Presenting an offer	Hold pace, explain clearly, monitor the client's response and avoid rushing.
Objections	Stay externally focused and curious instead of reacting defensively.
Decision-making	Compress information, identify the next useful action and move.
Opportunity spotting	Use wider awareness, timing and pattern recognition.
Creative work	Create first, evaluate second; reduce perfection interference.
Admin / execution	Use a start switch, one-action rule and short reset between tasks.
Career progression	Act earlier on opportunities, speak up, apply, ask and follow through.

A career-change story the course can sell

A student can begin by learning the method for themselves, practise the exercises, gain IFTA certification, choose a niche, build a simple online offer and then coach clients around defined situations. The training supports a flexible model: one-to-one sessions, short programmes, workplace workshops, digital courses and specialist packages.

- Confidence before interviews or presentations
- Sales-performance coaching
- Business-owner focus and execution
- Leadership presence and communication
- Career-change focus and action planning
- Workplace flow and productivity sessions

8. Leadership, High-Pressure Roles & Security Personnel

Leadership and high-pressure work depend on controlled responsiveness. The source material emphasises staying awake, stable and present while body awareness, space awareness, safety monitoring, choice and decision authority remain active.

Training focus	Leadership / security application
Room and environment awareness	Notice position, movement, tone, pacing and changing conditions.
Narration reduction	Avoid spending the critical moment debating how you appear.
Decision compression	Identify the next safe and appropriate action from the available signals.
Measured communication	Speak clearly, slow the pace where needed and avoid emotional escalation.
Micro-switching	Rotate attention between body, people, space and time rather than locking onto one stimulus.
Recovery resets	Return to baseline after an intense interaction or demanding task.
Boundary awareness	Maintain professional role, responsibility and limits under pressure.

IMPORTANT SCOPE

For security personnel this is attention, communication and performance-state coaching. It is not tactical, weapons, restraint or operational security training.

Leadership presence without performance anxiety

The coach can train the client to shift from self-observation to environmental reading. Rather than trying to look confident, the person practises clear direction, deliberate pacing, listening and action. This creates a practical route for managers, team leaders, business owners and people moving into higher-responsibility roles.

9. Parenting, Family Life & Emotional Overload

Flow-state coaching also has a daily-life application. Parenting can involve noise, interruptions, time pressure, competing priorities and emotionally charged moments. The training can help a parent practise returning to the present task and responding with greater control.

Parenting / home situation	Training approach
Morning rush	Prioritise the next action, reduce narration and keep pace deliberate.
Child upset	Hold body awareness, listen, reduce emotional tagging and respond rather than mirror the intensity.
Multiple demands	Use compression: identify what matters now, what waits and what can be ignored.
Conflict between family members	Use external awareness and slower communication to reduce reactive escalation.
End-of-day overload	Use retreat/reset mode before carrying work pressure into home interaction.
Personal boundaries	Practise clear language, timing and consistency rather than over-explaining.

Emotional overload and the reset principle

The course teaches the difference between processing emotion and performing a task. Where emotional backlog is prominent, Subconscious Navigation can be used as the internal processing route; active flow-state work then becomes the outward operational route. This creates a clear teaching sequence: regulate, reset, focus, act, review.

- Recognise overload before it becomes behavioural spill-over.
- Use short recovery spaces between roles and environments.
- Reduce unfinished mental loops.
- Re-establish body and external awareness.
- Return to one clean action at a time.

10. Menopause, Pregnancy, Birthing Preparation & Life Transitions

This programme can include supportive coaching around major life transitions where confidence, focus, sleep disruption, stress, self-image, communication and emotional load can affect daily functioning. The coaching role remains practical and non-medical.

Context	Coaching themes
Menopause transition	Confidence at work, concentration routines, communication, fatigue-aware planning, self-advocacy and daily reset skills.
Pregnancy	Calm focus, changing routines, communication, planning, confidence and maintaining a sense of control.
Birthing preparation	Breath awareness, focus cues, relaxation-to-action switching, partner communication and confidence preparation.
Return to work	Presence, identity adjustment, confidence, energy pacing, meetings and career re-entry.
Relationship change	Boundaries, social confidence, direction and reducing repetitive internal replay.
Career change	Decision compression, action, interview performance, learning and new-role confidence.

PROFESSIONAL BOUNDARY

Coaching complements appropriate medical, maternity and mental-health support. It does not diagnose, treat or replace regulated healthcare.

Why this belongs in the course

The coaching method is designed around state and function: what the client needs to do, how they want to show up, what internal interference appears, and what practical state helps them move through the situation. That gives the coach a wide field without turning the course into counselling.

11. Burnout Pressure, Low Energy & Recovery

The course can address the functional side of burnout pressure: mental carryover, constant internal processing, reduced concentration, task avoidance, decision fatigue and difficulty switching off. The aim is to teach short resets, pacing and state changes that support day-to-day functioning.

Pattern	Possible coaching exercise
Mental carryover	A two-minute retreat/reset between environments or roles.
Task resistance	One-action entry: start the smallest physical step before evaluating motivation.
Decision fatigue	Compression drill: reduce choices, identify the next useful action and defer the rest.
Scattered attention	External scan followed by a single-task focus block.
Post-conflict replay	Exit the interaction, re-centre, reduce narration and choose the next behaviour.
Low drive	Movement-first approach: start with action, let momentum build after initiation.
End-of-day inability to switch off	Deliberate return ritual: body, breath, environment, closure and exit.

Coach language

- Work with current function and practical goals.
- Ask what happens before the client slows, freezes, avoids or overthinks.
- Identify the state transition rather than labelling the person.
- Train recovery and pacing as skills.
- Refer onward when symptoms suggest medical or mental-health assessment is appropriate.

12. Sports & Exercise - Separate Specialist Section

Sports is treated as a distinct application section. The same active flow-state principles are transferred into movement, exercise and performance, but the coach learns to recognise that physical performance adds extra considerations around technique, fatigue, safety and the demands of the sport.

Sports application	What is trained
Gym / strength work	Task focus, movement rhythm, reduced distraction and clean transitions between sets.
Running / endurance	Pacing awareness, rhythm, external focus and controlled response to discomfort.
Team sports	Space, timing, scanning, decision windows and rapid return after mistakes.
Racket / ball sports	Tracking, timing, movement readiness and reduced self-talk between points.
Combat / contact sport performance	Awareness, timing and composure within sport rules and qualified coaching.
Competition preparation	Confidence, attentional control, pre-performance reset and recovery after errors.
Exercise adherence	Start behaviour, consistency, reducing procrastination and building repeatable routines.

Sports pathway position

The general IFSA Flow State Coach course gives the state-control foundation. A dedicated sports course can then go deeper into sport-specific application, physical output, movement timing and performance routines. This keeps the main course broad while creating a clear progression product within the academy.

PROGRESSION

IFSA Flow State Coach -> Sports & Exercise Flow State Specialist

13. Course Syllabus - Foundations

Module	Detailed study
1. Flow State Foundations	What active flow is, how it differs from passive relaxation, the coaching role, client expectations and professional scope.
2. Instinct & Pre-Thought Intelligence	Direction, timing, readiness, signal recognition and the difference between controlled instinct and impulse.
3. The Conscious Voice	Narration, self-evaluation, prediction chatter, emotional tagging and the practical skill of turning narration down during execution.
4. External Awareness	Moving attention outward, reading space and environmental cues, widening sensory bandwidth and avoiding inward drift.
5. Compression - Simulation - Prediction	How the source system describes overload, hesitation and timing; drills for simplifying signals and identifying the next action.
6. IFSA Entry, Hold & Exit	Structured entry, state confirmation, control rules, safe return, re-entry and deliberate practice.

Assessment activity

- Explain active flow state in client-friendly language.
- Demonstrate a short conscious-state entry and exit.
- Write a safety and scope statement for the method.
- Complete a seven-day personal practice log.
- Identify three situations where narration interferes with action and design a training response.

14. Course Syllabus - Applied Coaching

Module	Detailed study
7. Confidence & Social Presence	Interviews, speaking, dating, networking, meetings and confidence-drop recovery.
8. Communication & Difficult Conversations	Listening, timing, clear speech, boundary communication, conflict preparation and post-conflict reset.
9. Sales & Business Flow	Prospecting, client conversations, objection handling, decision-making, opportunity recognition and creative output.
10. Leadership & High-Pressure Roles	Presence, command pacing, environment reading, decision compression, responsibility and recovery.
11. Parenting & Family Application	Overload, competing demands, calmer response, boundaries, home/work transition and emotional spill-over.
12. Life Transitions & Personal Performance	Career change, menopause support, pregnancy/birthing preparation, return to work and confidence rebuilding.

Coaching practice

Students build session plans for at least four different client types, showing how the same core method changes according to context. The emphasis is on practical exercises, client observation, clear instructions, deliberate return and review rather than a one-size-fits-all script.

15. Course Syllabus - Performance, Practice & Business

Module	Detailed study
13. Burnout Pressure & Recovery	Mental carryover, task fatigue, reset skills, pacing, low-energy days, boundaries and onward referral.
14. Creativity, Learning & Focus	Output-first creativity, study flow, work blocks, distraction reset and attention recovery.
15. Sports & Exercise Application	Physical flow, timing, movement, competition focus and the boundary between flow coaching and sport-specific technical coaching.
16. Session Design & Programme Building	Assessment questions, goal setting, 20-minute resets, 60-minute sessions, packages, progress reviews and client homework.
17. Professional Practice & Ethics	Coaching boundaries, client consent, records, safeguarding awareness, medical/mental-health referral, claims and responsible AI use.
18. Build Your Coaching Business	Niche selection, website positioning, content, pricing, one-to-one offers, online courses, workshops, webinars and 90-day launch plan.

Certification portfolio

- Completed workbook and reflective study tasks.
- Personal practice log demonstrating repeated state entry and exit.
- Four client-case plans across different application areas.
- One full 60-minute coaching-session plan.
- One short 20-minute flow-state reset format.
- Business pathway and professional-scope statement.
- Completion review for IFTA certification.

16. Session Models Students Can Sell

Offer	Example purpose	Position
20-minute Flow Reset	Before an interview, presentation, difficult conversation, work block or important event	Entry / taster
60-minute Flow State Coaching	Teach entry, apply it to one situation, practise, review and set homework	Core 1-to-1
4-session Confidence Programme	Confidence, social presence, speaking and real-world exposure practice	Short programme
6-session Business Flow Programme	Decision-making, sales, execution, focus and leadership presence	Specialist package
Parenting Presence Programme	Overload, calmer response, boundaries and work/home transitions	Niche package
Workplace Flow Workshop	Focus, decision compression, communication and recovery resets	B2B / group
Sports Flow Programme	Pre-performance, movement focus, timing, error recovery and consistency	Specialist progression
Online IFSA Flow Course	Self-guided education, exercises and practice routines	Scalable digital offer

Client journey

8. Choose the situation the client wants to improve.
9. Identify where thought, emotion or attention interferes.
10. Teach the core state and exit protocol.
11. Apply it to a safe, relevant rehearsal or real-world task.
12. Give a short practice routine between sessions.
13. Review behaviour and results rather than chasing a particular feeling.
14. Progress to more complex environments as the client gains control.

17. Change Career - Build a Professional Route

The course is designed to show a student what happens after learning the method. The goal is a usable professional identity, a clear audience and a business model that can begin part-time and grow around existing work.

Stage	Action
1. Learn	Complete the training, book reading, exercises and personal practice.
2. Practise	Build reliable entry/exit skills and write session formats.
3. Certify	Complete IFTA assessment requirements and receive the academy certificate.
4. Choose a niche	Confidence, sales, leadership, parenting, career change, business flow, workplace performance or sports.
5. Build an offer	Create a 20-minute entry session, a 60-minute core session and a structured package.
6. Build visibility	Website page, social media demonstrations, educational videos, webinars and local/online networking.
7. Gain clients	Use consultations, introductory sessions and clearly defined outcomes.
8. Expand	Add group workshops, online learning, specialist routes and further IFTA study.

A portfolio career

A Flow State Coach can combine private clients with an existing career, workplace training, online teaching, specialist packages and other Eight Pillars pathways. That flexibility is particularly useful for career changers who want to build gradually before deciding whether to move into coaching full-time.

18. Path to Finances - £100 per Hour Model

The figures below illustrate gross turnover based on a £100 one-to-one session rate and 48 working weeks. They are business-planning examples rather than income guarantees.

Client hours / week	Weekly gross	48-week gross
5	£500	£24,000
10	£1,000	£48,000
15	£1,500	£72,000
21	£2,100	£100,800
25	£2,500	£120,000
30	£3,000	£144,000
35	£3,500	£168,000
40	£4,000	£192,000

THE £100K MODEL

$£100 \times 21 \text{ client hours} \times 48 \text{ weeks} = £100,800 \text{ gross annual turnover.}$

Programme route examples

Example offer	Sales volume	Illustrative gross
£1,000 ten-session programme	2 new clients per month	£24,000 / year
£1,000 ten-session programme	4 new clients per month	£48,000 / year
£1,000 ten-session programme	6 new clients per month	£72,000 / year
£1,000 ten-session programme	8 new clients per month	£96,000 / year
£1,000 ten-session programme	10 new clients per month	£120,000 / year

19. Multiple Routes to Revenue

Revenue route	How it fits IFSA Flow State Coaching
One-to-one coaching	Core personalised sessions around confidence, focus, performance and real situations.
Structured programmes	Four-, six- or ten-session pathways around a niche or outcome.
Power sessions	Short pre-event or pre-performance resets for defined situations.
Workplace workshops	Focus, communication, decision-making, leadership presence and reset skills.
Online courses	Recorded education, exercises, state practice and guided routines.
Webinars	Confidence, business flow, parenting presence, leadership or active flow-state introductions.
Books & workbooks	Further reading and deeper study across the For Daily Living ecosystem.
Sports specialist route	A separate progression for exercise and physical performance.
Corporate / team training	Group application to communication, execution, creativity and controlled response.

Positioning examples

- IFSA Flow State Coach for Confidence & Communication
- IFSA Flow State Coach for Sales & Business
- IFSA Flow State Coach for Leadership
- IFSA Flow State Coach for Parenting & Family Presence
- IFSA Flow State Coach for Career Change & Performance
- IFSA Flow State Coach for High-Pressure Professionals
- IFSA Sports Flow State Specialist

20. Training Routes, Prices & Study Hours

Route	Includes	Price
Online Course	Recorded teaching, reading guidance, workbook, exercises, assessments and certification pathway.	£49.99
One-to-One Coached Programme	10 x 60-minute sessions, direct teaching, guided practice, feedback, workbook support and completion review.	£1,000

Learning component	Approx. hours
Guided teaching / video study	20
Book and workbook study	15
Personal state practice	10
Applied drills and scenario practice	8
Session planning / case work	4
Assessment and business plan	3
Total learning time	Approx. 60 hours

Suggested reading pathway

- Passport to the Subconscious - emotional processing and Subconscious Navigation foundation.
- Emotions Never Win - deeper emotional and behavioural application.
- Behaviour Always Wins - instinct, external awareness, execution and behaviour reliability.
- Focus and Performance with Instinct - active performance state, real-world applications and sports progression.
- Breathwork for Daily Living materials - breath, regulation, awareness placement and state preparation.

The books provide depth, terminology, exercises and continued practice. The course turns that ecosystem into a structured professional coaching route with guided teaching, assessment and business application.

21. Learning Outcomes

By the end of the programme, a successful student should be able to:

- Explain the IFSA active flow-state concept in clear client-friendly language.
- Describe instinct as controlled responsiveness and distinguish it from impulsive behaviour.
- Teach a conscious-state entry, hold, task-application and exit sequence.
- Recognise narration, emotional tagging, prediction chatter, hesitation and overload as common interference patterns.
- Use external awareness, compression, micro-switching and task execution drills.
- Create confidence and communication exercises for real situations.
- Adapt the method for sales, business owners, leadership, parenting, career change and high-pressure professionals.
- Use clear professional boundaries around burnout, menopause, pregnancy and birthing preparation.
- Explain how Subconscious Navigation can complement flow-state work where emotional carryover is present.
- Deliver short sessions, full one-to-one coaching sessions and structured programmes.
- Design a sports application while respecting the boundary between flow-state coaching and sport-specific technical instruction.
- Complete IFTA assessment requirements and present a clear professional offer.
- Build a simple business pathway using one-to-one sessions, programmes, workshops and online learning.

OUTCOME

A coach who can teach people how to access a practical state, use it in real life, and build repeatable performance through experience and practice.

22. Professional Scope, Safety & Ethics

Principle	How it applies
Client remains in control	The method is taught as conscious-state coaching with awareness, choice and responsibility maintained.
Defined purpose	Each exercise has a clear coaching goal and a deliberate return.
Appropriate environment	Flow-state drills are practised only where attention shifting is safe and suitable.
No medical diagnosis	The coach works with functional goals and refers health concerns to appropriate regulated professionals.
No counselling claim	The public role is coaching, skills training, focus, performance and behavioural application.
Informed consent	Clients understand what will be practised, why and how they can stop at any point.
Progressive practice	Begin with short low-demand exercises before more complex real-world application.
Responsible claims	Describe learning and potential applications without guaranteeing clinical, financial or performance outcomes.
Record keeping	Maintain appropriate coaching notes, consent records and session plans.
Continuous development	Use reading, practice, supervision/peer review and further IFTA study to maintain standards.

IFTA certification

IFTA certification confirms successful completion of the academy's own course and assessment requirements. It should be presented accurately as IFTA training and certification and should not be described as a regulated healthcare qualification unless separate external status has been obtained.

23. Your Path Through IFTA

Step	Progression
READ	Use the For Daily Living books and training manuals to build the underlying knowledge.
LEARN	Complete the IFSA Flow State Coach course and guided exercises.
EXPERIENCE	Practise the state personally until entry, use and exit become familiar.
APPLY	Build session formats around confidence, communication, business, leadership and everyday performance.
CERTIFY	Complete the workbook, practice evidence, case plans and IFTA completion review.
BUILD	Create an online and one-to-one offer, choose a niche and begin developing visibility.
SPECIALISE	Add sports, breathwork, emotions, sleep, life coaching or other IFTA pathways.
PROGRESS	Continue into advanced practitioner and wider Instinct Field study.

ONE METHOD - MANY REAL SITUATIONS

Confidence. Sales. Leadership. Security personnel. Parenting. Business. Career change. Emotional overload.
Life transitions. Sports. Focus. Performance.

Final course position

IFSA Flow State Coaching is positioned as a practical method for training attention, instinct, conscious-state control and real-world performance. Students learn how to turn down the dominance of the conscious inner voice during action, widen awareness, connect with their instinctive abilities and practise a state that can be carried into everyday situations.

The selling point is the experience: read the books, take the course, practise the exercises, change the way you approach situations and discover a coaching method that gives clients something they can actively learn and use.

Course	IFTA Certified IFSA Flow State Coach
Online	£49.99
One-to-One Programme	£1,000
Total Study	Approx. 60 hours
Business Model	Illustrative £100/hour coaching model
Website	www.fordailyliving.com