



WORKBOOK

# Empowerment Life-Coaching



This workbook is a gift from us designed to help identify your resources, strengths, and key personal insights.

*Written by*

Dr. Jerrell Stokley, Jr. - CEO  
Maximum Success Coaching





# Welcome

I am professional, intentional, and optimistic. These attributes are a part of the ingredients that drive me to help others find fulfillment, laughter, and hope. Maybe you are the same. Coaching helps me express these ingredients.

I have spent the last twelve years and thousands of hours becoming an expert Coach and Coach Trainer. I know what is required of a credible Coach. I've bottled my experience and knowledge into an Online Coach Certificate program that is ICF standard. It will equip you with the tools and knowledge to excel as a Coach.

Best regards,

*Dr. Terrell Stokley, Jr.*





# What to Expect Online Coach Certification

## ONLINE LEARNING MODULE

- Just a few hours a day online
- Learn at *YOUR* pace
- Exercises to help you identify:
  - Core Values
  - Purpose
  - Life Satisfaction
  - Mission Statement
  - Business Statement
- Personal Coach Trainer
- 3 Peer Coaching Sessions
- Coach Certification
- Hands-on Coaching
- Over 40 hrs of ICF Standard training



## WORKSHEET

# Coach Assessment

This quick Coach Assessment will aid in identifying if you possess the contagious characteristics of a coach.

Rate yourself on a scale of 1-10 for each trait. If you score above a 5 for three or more, then you are a Coach.

Empathy

Values

Surrendering Aid

Relationship

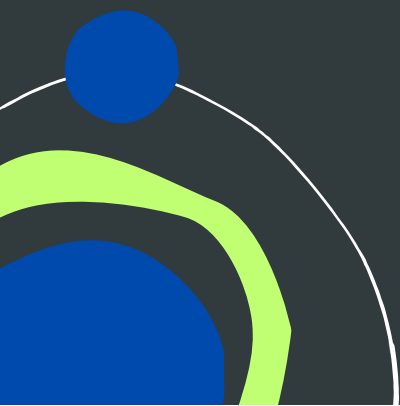
# Coach Skills and Strengths

Any Coach worth his/her fee masters a few key disciplines. We'll be able to help you excel in each area.

A life-changing empowerment Coach:

- Listens Deeply
- Ask Powerful Questions
- Is Fully Present
- Believe 100% in Each Client
- Is Relatable
- Unearth Answers
- Fosters Accountability
- Partners for SMART Goals

As an ICF Coach Member and Certified Coach Trainer, I have designed our program to be simple, informative, and transferrable. We guarantee you will succeed in our program.

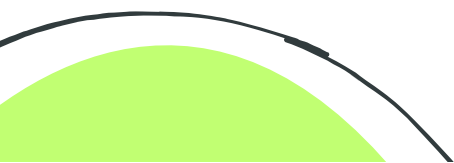




# Discover Your Skills and Strengths

Evaluate your skills by answering the following questions:

- What skills do I use most?
- What are my core values?
- How do I invest into others?
- What strengths do I possess?
- What abilities & skills do I want to develop in myself?



ACT NOW!

# Join Our Life- Coaching Success Stories



Once you are a Certified Empowerment Coach through Maximum Success Coaching, the sky is the limit.

You can start attracting clients immediately through friends, associates, community, church, and social media relationships.

Your success is waiting. Your future is calling. This ebook is just a taste of where you are headed. Great relationships await YOU!



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