



## 1-day certification programme

Continue & Begin Fast Coaching® is a personal development framework which helps individuals and groups grow skills and competences to achieve their personal development ambitions by creating rapid change in personal behaviour. It enhances self-worth and stimulates personal belief in opportunity and possibility.

Continue & Begin Fast Coaching® was developed by Nick Drake-Knight, an internationally acclaimed coach, motivational speaker and author. It has proved to be remarkably effective and is now used as the preferred people development model in a diverse range of environments including, business, education establishments, healthcare operations and family contexts.

Continue & Begin Fast Coaching® is delivered to commercial, public and third sector organisations. It is used by many global brands every day to drive up performance quickly.

New Code Continue & Begin Fast Coaching® is the latest development of this powerful coaching method.

The 1-day certification programme will cover the following key elements:

- ✓ Various coaching models and how Continue & Begin Fast Coaching® is different;
- ✓ New Code Continue & Begin Fast Coaching®
- ✓ Patterns that connect
- ✓ NDK Performance Model®
- ✓ Language structure and patterns
- ✓ Change drivers
- ✓ 3 Chunks & 7 Questions in New Code Continue & Begin Fast Coaching®
- ✓ Can't to Can Belief Busting®
- ✓ Can't vs Won't
- ✓ Group coaching

The programme will equip delegates with a core skill of careful use of language during the coaching process and a practical tool kit to help them understand and apply the principles of Continue & Begin Fast Coaching® to help people develop even higher levels of performance than they already exhibit, whatever the context.

This one-day certification programme will be delivered by Zoryna O'Donnell, a Licensed Trainer of New Code Continue & Begin Fast Coaching®, a member of the International Coach Federation (ICF) and the European Mentoring and Coaching Council (EMCC).

**Contact us for further information and a quotation:**

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**L&M Plus Consulting Ltd.**