



**OUR
CERTIFICATION
COURSES**

ABOUT OUR COACHING PROGRAMMES

Our affiliation with esteemed Institutions across the globe underscores our commitment to delivering coaching programmes of the highest caliber, ensuring that our participants receive world-class training and support.

Our academy is committed to adding value not only to individuals but also to organizations and nations as a whole. Through our comprehensive coaching programmes, we equip participants with the skills, tools and mindset needed to drive meaningful change and foster sustainable development. Whether you are an aspiring coach, a seasoned professional, or a forward-thinking organization, OLCA Coaching LTD is here to support your journey towards success and transformation.

All coaching programmes are held virtually and renowned for being practical and experiential, empowering participants as they learn how to work with people using set skills to facilitate the process of helping them reach their desired outcomes faster than they would have done on their own.

Our coaching programmes are highly recommended for HR Managers, Team Leads, Unit / Departmental Heads, and any individual who wants to positively impact others to achieve their best in any field or capacity.



LIFE COACHING CERTIFICATION COURSE (LCC)

Our Life Coaching Certification course is delivered in two parts.

The first part is the Life Design and Mapping Class while the second part is the full and extensive Life Coaching Course.

Details of these two parts are given below:

PART 1 - LIFE DESIGN AND MAPPING CLASS

OVERVIEW

“An unexamined life is not worth living! - Socrates”

Every phenomenal life commences with an assessment – an examination of past experiences and results. The intelligence that comes from deconstructing your life proves invaluable when crafting a new and more impactful path.

If the designs and plans you had for your life and your career had been derailed by recent global events and unforeseen challenges, it becomes imperative to chart a new course for yourself.

In this masterclass, we offer you the opportunity to reconstruct your life and build up again from the scratch starting anew.

In the course of this class, you would be exposed to time tested psychological tools and interventions that are specially designed to help individuals not just design a powerful life but also begin to create the neural pathways that will help them make that life their reality on a sustained basis.

PROGRAMME BENEFITS:

At the end of this program, participants will, among other things:

- ▶ Gain insight into the current state of their personal and professional life through an in-depth analysis.
- ▶ Visualize a comprehensive dashboard displaying real-time data in various aspects of their life.
- ▶ Determine which areas of their life and career are most affected by current circumstances.
- ▶ Recognize urgent areas requiring immediate attention and intervention.
- ▶ Learn the art and science of crafting an exceptional life.
- ▶ Overcome procrastination, disempowering, negative and limiting beliefs and values hindering progress.
- ▶ Design a tailored strategy to enhance their quality of life and achieve their goals.
- ▶ Receive practical guidance on how to transform their aspirations into tangible actions and outcomes to create the life they desire and deserve.

PART 2 – LIFE COACHING CERTIFICATION COURSE

OVERVIEW

The Life Coaching Certification is set for participants to achieve within 120 days. The journey begins with an 8-day intensive, practical and experiential class that empowers you to become a highly effective coach.

You will learn how to work with people using set skills to facilitate the process of helping them reach their desired outcomes faster than they would have done on their own.

Participants would learn how to ask effective questions, build rapport, understand the effect and power of state, as well as acquire the proficiency to use various tools in working with different people to produce their desired outcomes.

THE COACHING PROCESS & MODELS

- 1 What is Coaching?
- 2 What is Life Coaching?
- 3 The Coaching Competencies.

A. Setting the Foundation

Meeting Ethical Guidelines and Professional Standards
Establishing the Coaching Agreement

B. Co-creating the Relationship

Establishing Trust and Intimacy with the Client
Coaching Presence

C. Communicating Effectively

Active Listening
Powerful Questioning
Direct Communication

D. Facilitating Learning and Results

Creating Awareness
Designing Actions
Planning and Goal Setting
Managing Progress and Accountability

- 4 The Coaching pyramid.
- 5 The Essence of Life Coaching.
- 6 The 5 Principles of Successful Coaching.
- 7 Benefits of Coaching (ROI).
- 8 The Coaching Session (What is a session like?)
- 9 What makes an Effective Coach.
- 10 The Art of Questioning and Listening.
- 11 Goal PRO – An OLCA bespoke Coaching toolkit
- 12 Types of Wheels and their uses.

- 13 Building Rapport.
- 14 Coaching Styles and Zones
- 15 Goal Setting Practice (The TGROW Model)

PROGRAMME BENEFITS

Upon completing this course, participants will:

- ▶ Acquire proficiency in setting and attaining powerful goals.
- ▶ Employ techniques to facilitate their clients' attainment of happiness and fulfillment in life.
- ▶ Aid their clients in integrating their life purpose seamlessly into both their professional and personal spheres.
- ▶ Gain insight into the concepts of belief and values, and their profound impact on personal development and actions.
- ▶ Assist their clients in redesigning their life, career, and lifestyle to align with their aspirations and values.
- ▶ Cultivate a more balanced perspective on life and develop the ability to harness empowering beliefs to achieve extraordinary outcomes.

PROGRAMME CERTIFICATION PROCESS

This Certification can be attained within a span of 120 days through the following essential steps:

STEP 1

Attend the compulsory 8 days' experiential and interactive classroom sessions.



STEP 2

Upon COMPLETION of the classes, you will be issued a Certificate of ATTENDANCE stating that you are a Coach-in-Training.

(POST CLASS ENGAGEMENT: At the end of the 8 days experiential classroom sessions, students will be put in a mastermind group for two weeks where they work on practice materials for a maximum of 3 hours per week)



STEP 3

Complete and submit the required class assignments within a 90-day timeframe.



STEP 4

13 hours of watching of the Transformation show series (Africa's first life coaching reality tv show) and an additional 20 hours of discussion and asking questions regarding students' observation.



STEP 5

Complete and submit the Mandatory 50-hours Coaching Practice Log within the 120 day timeframe. You will be assigned to a Certified and Practicing Life Coach as your Supervisor /Mentor, to help you through the practice process.



STEP 6

Await review of all your submissions by the faculty.



STEP 7

Receive a **CERTIFIED** Life Coach designation.







THE CATALYST INTEGRATIVE COACHING AND MENTORSHIP PROGRAM (CICMP)

Our Certified Coaches seamlessly and naturally transition into The Catalyst Integrative Coaching and mentoring program (CICMP) where they receive personal guidance and mentorship from The Catalyst Dr. Lanre Olusola for a duration of 12 months.

The CICMP Vision is to yearly facilitate the transformation of minds and lives of a selected group of coaches.

There are four levels of the CICMP running at present, namely:

-  **CICMP Gold** (Level 1) - Associate Integrative Coach)
-  **CICMP Platinum** (Level 2) – Professional Integrative Coach
-  **CICMP Diamond** (Level 3) – Advanced Professional Integrative Coach
-  **CICMP Pearl** (Level 4) – Master Professional Integrative Coach

This 12-month intensive programme comes with learning and development activities to encourage the development of a growth mindset and includes coaching masterminds, coaching and personal development books reviews, peer to peer learning, collaboration among coaches and knowledge sharing sessions from The Catalyst and seasoned professionals.

Coaching and personal development-oriented books such as Co Active Coaching, Think and Grow Rich, The Power of Now, The Alchemist, 7 Habits of highly Effective People, The Tipping Point and other similar material are reviewed in this program.

Below are examples of customized and standard knowledge sessions designed to equip our coaches with the skills needed to thrive in today's ever-changing world.

- I Amplify your message (How to win with effective communication strategies)
- II How to succeed as a Coach
- III Competencies & skills for Great Coaching
- IV Activating the power of Intuition in Coaching
- V Coaching Toolkit and starter pack
- VI The Catalyst Ten-Tion, EEL, HBD and DAMES success model



CICMP Target Avatar

Professionally Trained & Certified as Coaches and/or Therapists/Counsellors.

Coaches in Training at a reputable Coach Training Institution.

Member of a Reputable and Recognized Coaching Association.

Committed to the professional practice of coaching.

Committed to and willing to Invest in Personal and Professional Development.

Spiritually/Emotionally Intelligent.

Mature and GROWTH Minded.



THE ADVANCED COACHING CERTIFICATION

This certification course at OLCA is comprehensive, bespoke, rigorous, hands-on and genuinely transformational.

Our world today is Volatile, Unpredictable, Complex, Ambiguous and Disruptive (VUCAD) and traditional methods no longer suffice to resolve challenges regarding the mind, emotions and optimal performance.

Building upon the foundational principles covered in our Life coaching certification course, our advanced coaching course delves deeper into specialized techniques and advanced strategies to enhance coaching effectiveness and impact. Designed for experienced coaches looking to elevate their practice to the next level, this course offers comprehensive training in advanced coaching methodologies, specialized areas of focus, and advanced skill development.

Participants will deepen their understanding of Coaching theory and practice through immersive learning experiences, interactive workshops, and real-world case studies. They will explore advanced coaching models and frameworks, refine their coaching skills, and develop expertise in specialized areas such as leadership development, team coaching, and organizational change management.

KEY TOPICS COVERED IN THE COURSE INCLUDE:

Advanced Coaching Models

Participants will explore advanced coaching models and frameworks – eg Time to think, Force field analysis, The GOLD models, solution-focused coaching, positive psychology coaching, and narrative coaching, to enhance their coaching effectiveness and versatility.

Specialized Coaching Techniques

Participants will learn specialized coaching techniques and interventions tailored to specific client needs and cultural contexts and action planning, strengths-based coaching, values clarification, and emotional intelligence coaching.

Advanced Communication Skills

Participants will refine their communication skills, including active listening, powerful questioning, reflective feedback, and nonverbal communication, to build deeper rapport with clients and facilitate transformative conversations.

Ethical And Professional Standards

Participants will explore ethical and professional considerations in coaching practice, including confidentiality, boundaries, conflicts of interest, and cultural sensitivity, to ensure ethical conduct and maintain professional integrity.

Practical Application and Supervision:

Participants will have opportunities for supervised coaching practice, peer feedback, and reflective supervision to apply their learning in real coaching scenarios and receive personalized guidance and support from experienced coaches.

By completing our advanced coaching course, participants will emerge as highly skilled and competent coaches equipped to drive meaningful change, facilitate personal and professional growth, and make a positive impact on individuals, teams, and organizations.

PROGRAMME BENEFITS

Upon completing this course, participants will attain:

- ▶ Cutting-edge coaching interventions, techniques, tools, and strategies for achieving rapid and lasting transformation.
- ▶ Mastery of the skills necessary to facilitate effective Team Coaching.
- ▶ Advanced proficiency in goal-setting techniques to drive meaningful progress.
- ▶ Models for seamlessly integrating coaching and therapy for optimal client outcomes.
- ▶ Enhanced understanding of various personality assessments and their strategic deployment for maximum impact.

PROGRAMME CERTIFICATION PROCESS

This Certification can be attained within a span of 60 days through the following essential steps:

STEP 1

Attend the compulsory 3 days' experiential and interactive classroom sessions.

(POST CLASS ENGAGEMENT: At the end of the 3 – Days experiential classroom sessions, students will be put in a mastermind group for six weeks where they work on practice materials / models for a maximum of 2 hours per week).

STEP 2

Submit video evidence of practice sessions.

STEP 3

Await Review of all submissions by the faculty.

STEP 4

Receive a CERTIFIED Advanced Coach designation.



EXECUTIVE COACHING AND SELF MASTERY FOR LEADERS

DURATION: 4 months (16 weeks)

CURRICULUM

I. Coaching Fundamentals

- Coaching Fundamentals
- GoalPRO-X
- The Self-Mastery Pyramid

II. Self-Mastery in Leadership

- Self awareness in Leadership
- Self discovery in Leadership
- Self exploration in Leadership
- Self transformation in Leadership
- Self love in Leadership
- Self mastery in Leadership

III. Advanced Coaching Techniques

- Advanced goal setting techniques and tools
- Prioritization and decision making techniques
- Time and Energy Mastery
- Other advanced coaching techniques and tools

IV. Executive Presence and Personal Branding

- Fundamentals of executive presence
- Know thyself
- Building executive presence
- Building your personal brand
- Positioning your personal brand
- Effective brand expression
- Public speaking and presentation skills
- Effective communication

V. Leadership Development

- 5 Level Leadership Pyramid
- Self Leadership
- Organizational Leadership
- People Leadership
- Thought Leadership
- Business Leadership
- Understanding the differences between:
 - Your leadership role
 - Your individuality
 - Your organization
 - Your technical and operational competencies vs your strategic and tactical competencies
 - Advanced Leadership Dynamics
 - Leadership Styles and theories
 - Disruptive Leadership
 - Agile Leadership
 - Team building strategies

VI. Strategic Thinking and Innovation

- Strategic mindset
- Growth mindset
- Critical reasoning
- Innovation techniques
- Design thinking

VII. Emotional Intelligence and Mastery in Leadership

- Elements of Emotional Intelligence
- Deadly Emotions
- Stress Management
- Building Emotional Resilience
- Managing Emotions of people
- Emotional mastery

VIII. Building and Managing Relationships

- Eliciting beliefs and values
- Managing diverse beliefs and values
- Conflict resolution
- Ethical Leadership and Diversity
- Diversity in leadership
- Ethics in leadership
- Managing Team dynamics
- Team Leadership

IX. Coaching and Productivity

- Coaching for high performance and productivity
- Group goal setting
- Organizational goal setting

X. Disruption and Change Management

- Fundamentals of Disruption
- Fundamentals of Change Management
- Risk Management

XI. Practical Coaching and Reflection

- Practice coaching sessions
- Reflection and feedback

XII. Mentoring and Continuous Learning

- Mentoring and Leadership
- Coaching and Leadership
- Talent Management
- Post class learning
- Peer to peer learning
- Book reviews
- Video reviews
- Self learning

XIII. Practice, Practice, Practice!



BE TRANSFORMED TRIBE - CLUBHOUSE EVENTS

To further develop our Coaches, they attend The Be transformed tribe on clubhouse every Wednesday where topics around the 12 critical areas of life are discussed and on Sunday with deep spiritual teachings are shared by The Catalyst, Dr Lanre Olusola and other panelists.

Below are topics covered during our discussions:

- 👂 Establishing healthy habits
- 👂 Strategies for preventing burnout
- 👂 The influence of self-love on relationships
- 👂 Crafting a life vision
- 👂 Reinventing yourself: Techniques for life redesign
- 👂 Identifying and emulating success models
- 👂 Communication and conflict resolution within families
- 👂 Discovering purpose in work, career and business
- 👂 Fixed versus growth mindset
- 👂 Harnessing the power of gratitude
- 👂 Overcoming fear and doubt
- 👂 The healing power of apologizing and forgiving
- 👂 The dangers of unforgiveness
- 👂 Wisdom for conflict resolution



NEUROLINGUISTIC PROGRAMMING LEVEL 1

Our Neuro-Linguistic Programming Certification course is delivered in two parts.

The first part is the Self-Mastery Course while the second part is the Neuro-Linguistic Programming Class proper.

Details of these two parts are given below:

PART 1: SELF MASTERY COURSE

OVERVIEW

To consistently succeed in life, work and business in today's world of uncertainties, you must have "game excellence". Your Success is dependent on your personal effectiveness and self-mastery.

Consistent success and competitive leverage require that you staying motivated, exceeding norms and overcoming all barriers – whether they be emotional, psychological or environmental.

Mastery – every and any form of it – is never a genetic disposition. It is always learned. At that is the focus of this Masterclass – to help you develop the capacity for Self-Awareness, Self-Mastery, Self-Expression, and Self-Optimization.

With the knowledge of self comes awareness and recognition of one's tendencies, strengths, weaknesses, personality and even the subtleties of one's personhood.

With self-mastery, you become aware of the best way to deploy your strengths, tone down your weaknesses and draw strengths from the difference of your personality.

This Masterclass is specifically designed to help individuals understand the concept of self and how that can gain mastery in the key areas of their lives. It is delivered using the **D.A.M.E.S** Model. **D.A.M.E.S** is an acronym for: Discovery, Awareness, Mastery, Expression, and Supremacy.

PROGRAM STRUCTURE

STEP 1

Attend the compulsory 8-day intensive, experiential and interactive classroom sessions.



STEP 2

4 weeks post class activities.



STEP 3

Prepare for Course examination.



STEP 4

Upon completion of examination, participants will receive a Certificate of Attendance only.



STEP 5

Complete and submit the Mandatory 50-hours Practice Log. You will be assigned to a Certified NLP practitioner as your Supervisor, to help you through the practice process



STEP 6

Await Review of all submissions by the faculty.



STEP 7

Be Awarded a Practitioners Certificate in Neuro-Linguistic Programing.

WHO CAN ATTEND

- ▶ Teachers, Parents, & School Administrators
- ▶ Clergy
- ▶ CEO's
- ▶ Anyone needing interventions for emotional trauma
- ▶ Therapists and Wellness/Wholeness Practitioners
- ▶ Participants with basic foundation in Psychology and Psychotherapy
- ▶ Integrated Practitioners

Then you need to sign-up for this class as it is specially designed to help you understand all of the above.



NEUROLINGUISTIC PROGRAMMING LEVEL 2

OVERVIEW

This level 2 Neurolinguistic Programming takes a deeper dive into the matrix of human behavior. It focuses on deeper aspects of behavior formation, personal motivation and the workings of the subconscious mind.

This advanced level Neurolinguistic programming course probes the deeper levels of consciousness, subconscious prompters and methods of resolving problems deep seated problems. Here participants will learn how to go into the matrix and work with

timelines – regressions that allows for the resolutions of past traumatic issues.

If you have taken our NLP level 1 course, then consider everything you learned there an introduction to the unconscious.

This level 2 course takes every simple module covered in the first level a step further.

Here participants will understand hypnotic processes, auto and hetero-suggestions as well as a detailed understanding on the language of the subconscious mind.

BENEFITS OF THE PROGRAM

If your most pressing personal and professional progress needs include:

- ▶ To get detailed insight into the workings of the human mind
- ▶ To get a full picture into how behaviours are formed, extinguished and modified
- ▶ Understand the workings of the subconscious mind
- ▶ Get complete insight into subconscious motivations
- ▶ Resolve and integrate personas that are disjointed
- ▶ Understand the use of timeline to resolve past traumatic issues
- ▶ Understand the use of timelines to construct a desired future
- ▶ Knowing how to 10x your personal and professional performance.
- ▶ Knowing how to optimize your potentials and do more with what you currently have.

Then you need to sign-up for this class as it is specially designed to help you understand all of the above.

PROGRAM STRUCTURE

STEP 1

Attend the compulsory 8-day intensive, experiential and interactive classroom sessions.



STEP 2

Prepare for Course examination.



STEP 3

Upon completion of examination, participants will receive a Certificate of Attendance only.



STEP 4

Complete and submit the Mandatory 50-hours Practice Log. You will be assigned to a Certified NLP practitioner as your Supervisor, to help you through the practice process

STEP 5

Await Review of all submissions by the Faculty.

STEP 6

Be Awarded a Practitioners Certificate in Neuro-Linguistic Programing.

WHO CAN ATTEND?

- ▶ Teachers, Parents, & School Administrators
- ▶ Clergy
- ▶ CEO's
- ▶ Anyone needing interventions for emotional trauma
- ▶ Therapists and Wellness/Wholeness Practitioners
- ▶ Participants with basic foundation in Psychology and Psychotherapy
- ▶ Integrated Practitioners



NEUROLINGUISTIC PROGRAMMING LEVEL 3

OVERVIEW

This Level 3 Neurolinguistic Programming (NLP) course is designed for those who have successfully completed Levels 1 and 2 and are seeking to attain mastery in NLP. This advanced program delves even deeper into the intricacies of human behavior, subconscious patterns, and the power of language. Participants will explore sophisticated techniques for influencing and transforming subconscious processes, enabling profound personal and professional growth.

In Level 3, you will learn advanced strategies for working with the subconscious mind, including complex regression techniques, multi-dimensional timeline work, and integrating fragmented personas. This course is ideal for those looking to achieve mastery in resolving deep-seated psychological issues and creating lasting positive change.

BENEFITS OF THE PROGRAM

If your most pressing personal and professional development needs include:

- ▶ Gaining a profound understanding of the human mind's advanced workings.
- ▶ Mastering advanced techniques for behavior formation, modification, and extinction.
- ▶ Deepening your knowledge of subconscious motivations and influences.

- ▶ Perfecting the use of advanced timeline techniques to resolve past traumas and construct desired futures.
- ▶ Enhancing your ability to integrate disjointed personas for greater wholeness.
- ▶ Achieving 10x improvement in personal and professional performance.
- ▶ Maximizing your potential and achieving more with your current capabilities.

Then you need to sign up for this Level 3 class, which is meticulously designed to help you master all of the above.

PROGRAM STRUCTURE

STEP 1

Attend the compulsory 8-day intensive, experiential, and interactive classroom sessions.



STEP 2

Prepare for the comprehensive course examination.



STEP 3

Upon completion of the examination, participants will receive a Certificate of Advanced NLP Training.



STEP 4

Complete and submit the mandatory 100-hours Practice Log. Each participant will be assigned to a Master NLP Practitioner as a Supervisor, who will guide them through the practice process.



STEP 5

Await review of all submissions by the Faculty.

STEP 6

Be awarded a Master Practitioner Certificate in Neuro-Linguistic Programming upon successful completion and approval of all requirements.

WHO CAN ATTEND?

- ▶ Advanced Practitioners of NLP
- ▶ Senior Therapists and Wellness/Wholeness Practitioners
- ▶ Psychologists and Psychotherapists with significant experience
- ▶ Senior Executives and Leaders seeking transformational tools
- ▶ Integrated Practitioners with comprehensive foundational knowledge in psychology
- ▶ Educators and Trainers aiming for mastery in human behavior techniques
- ▶ Professionals in need of advanced interventions for emotional trauma



EMOTIONAL FREEDOM TECHNIQUES (EFT) AND MATRIX REIMPRINTING Level 1

Our Emotional Freedom techniques (EFT) & Matrix Re-Imprinting Course is delivered in two parts.

The first part is the Science of Healing, Abundance, Restoration and Peace (SHARP) while the second part is the EFT & Matrix Re-Imprinting Class proper.

Details of these two parts are given below:

PART 1: SHARP - (Science of Healing, Abundance, Restoration and Peace)

OVERVIEW

PART 1 Wholeness and abundance is perhaps the one thing that plagues many in today's fast paced, and highly individualized world.

Most people are seeking the keys to wealth, health and peace. Peace has been described by some as the most expensive commodity in todays, as expensive as it is elusive. It has become the pursuit of many and the possession of just a very minute few. And it becomes even more elusive when the lack of it is combined with ill health and material scarcity.

We thought, at OLCA Coaching limited, to leverage our vast experience and resources in wholeness and wellness interventions to help people meet the all-elusive needs. Hence the creation of the SHARP – Science of Healing, Abundance, Restoration and Peace - Program

This program is an advanced therapy program designed to be both educative and curative. In the course of the program, participants will learn the science behind the key therapy interventions that will be deployed and they get to see the practical application of the interventions. So, they get to both learn and experience the practicality of what they have learned. But most importantly, they get to know how to consistently access wholesomeness – healing, wellness, abundance, and peace.

The therapy interventions used in the course of the SHARP program includes: Emotional Freedom Techniques (EFT) and Matrix Re-imprinting, Energy Medicine, Energy Psychology, The Peace Process, CBT, Thought-Field Therapy, Love and Peace Therapy and some more.

- ▶ Understand the key therapy interventions that works for wholeness and peace.
- ▶ Understand the concepts of body energy systems and energy meridians.
- ▶ Know how to access deep states of rest and peace.
- ▶ Understand the impact of negative emotions.
- ▶ Eliminate the impact of deep-seated emotional traumas and scars.
- ▶ Understand and apply the science of abundance
- ▶ Learn how to optimize their lives.
- ▶ Get healing from debilitating ailments that have emotional roots.
- ▶ Understand the keys to emotional and psychological wholeness.
- ▶ Resolve cases of Post-Traumatic Stress Disorders (PTSD).

WHO CAN ATTEND?

- ▶ Therapist and Counsellors
- ▶ Medical and health care practitioners who want insight into alternate medicine
- ▶ Integrated practitioners
- ▶ Mental Health Practitioners
- ▶ Health & Wellness Practitioners
- ▶ Individuals with deep rooted emotional scars
- ▶ Trauma survivors
- ▶ Individuals with PTSD

PART 2

OVERVIEW

Emotions help us navigate through life. They create the impulses for our actions and reactions. They prime us to act and adapt. In short, emotions help us survive. But then, the greatest and most life altering events of our lives almost always leave emotional scars. The effects of these emotional scars are such that they impact our everyday normal lives. They continue to bleed into our future, corrupting our outcomes in life and leaving us with a crippling sense of hopelessness and helplessness. We say these are some of the greatest because most of them defy pharmacological interventions and for those that responds to pharmacotherapy, the risk of dependence on the drug is unavoidable but we have good news!

There is a therapeutic intervention that draws on advances in Energy Psychology, Energy medicine and Thought field therapy which can help deal with these kinds of emotional scars. The intervention is called Emotional Freedom Techniques (EFT).

COURSE BENEFITS

At the end of this program, participants will, among other things:

- ▶ Eliminate deep seated pain arising from emotional trauma.
- ▶ Learn how to overcome anxiety and worry.
- ▶ Learn how to extinguish emotional events that are bleeding into your future consistently – as situation known as Post
- ▶ Traumatic Stress Disorder (PTSD).
- ▶ Are you acutely stressed? Overcome Learned helplessness
- ▶ Learn the therapy techniques for extinguishing deep seated emotional pain that has defied all kinds of intervention.
- ▶ Understand the code for operating in the Matrix.
- ▶ Understand the body's energy system and the energy meridians.
- ▶ Learn how to find true internal harmony.
- ▶ Understand Thought Field Therapy and The Healing Process.
- ▶ Take charge of your emotional state and be in control of how you feel every time.
- ▶ Learn how to use EFT to help your clients as a therapist.

WHO CAN ATTEND?

- ▶ Junior and senior Level Management
- ▶ Anyone needing interventions for emotional trauma
- ▶ Therapists and Wellness/Wholeness Practitioners
- ▶ Participants with basic foundation in Psychology and Psychotherapy
- ▶ Integrated Practitioners

NB: This course is in 2 Levels. At the end of this level 1 EFT Course, participants will get a Certificate stating that they have completed the Level 1 EFT Course. But on completing level 2 of the EFT Course, they will qualify to be awarded a Practitioners Certificate in EFT & Matrix re-imprinting.

PROGRAM DURATION: 4-DAYS

NB: The Science of Healing, Abundance, Restoration and Peace (SHARP) program can run as a stand-alone class but for our EFT & Matrix Re-Imprinting students, we run SHARP's modules on the first two days of the course.



EMOTIONAL FREEDOM TECHNIQUES (EFT) AND MATRIX REIMPRINTING Level 2

OVERVIEW

This second level course in Emotional Freedom techniques and Matrix re-imprinting takes a deeper dive into understanding and defusing the impact of deep-seated trauma.

This is a practitioner's focused level. The contents and modules are designed to help practitioners acquire more tools and find deeper clarity in their approach to helping clients resolve deep rooted emotional hurts. Practitioners will also learn how to work with clients virtually while also learning how to operate on groups using EFT techniques.

If you desire to master the advanced techniques of EFT and Matrix Re-imprinting, then this course is for you.

COURSE BENEFITS

Some of the other things participants will learn in the course of this level two program will include:

- ▶ Ways to find core issues - questions and techniques to get to the core issues and root causes of physical and emotional problems.
- ▶ Addressing physical issues - methods to get to the core issues and emotional reasons behind physical issues and disease.

- ▶ Further methods for testing results - determining whether an issue has been completely collapsed and how to look for remaining aspects.
- ▶ Working with EFT by telephone - including exploring the many benefits of using EFT over the telephone.
- ▶ Delivering EFT in groups - looking at the application, uses and many advantages of group tapping.
- ▶ Borrowing benefits - see and experience the many powerful positive side effects when using EFT in groups.
- ▶ EFT with other complementary interventions
- ▶ Experience working with bothersome memories, phobias and addictive cravings.
- ▶ What to do when EFT doesn't work
- ▶ Principles from The Palace of Possibilities - understanding how our lives, the people with whom we have interacted and the situations we have found ourselves in the past, cloud and become the focus and filters through which we see and experience life now.
- ▶ Using affirmations with EFT.
- ▶ Understanding the reasons why these potentially incredible methods of focusing our intention and creating our desired reality often fail to work. Also how we can use EFT to remove these obstacles and create the future we desire
- ▶ Additional tapping points. Learn other meridian points that can be added to aid EFT treatments.
- ▶ Ways to inject more gentleness into the EFT procedure - the 'gentle' techniques: the 'tearless trauma' technique 'chasing the pain' and 'sneaking up on the problem'
- ▶ Practice, practice, practice

WHO CAN ATTEND

- ▶ Anyone who has completed a level 1 training in NLP (From a credible organization – with proof)
- ▶ Junior and senior Level Management
- ▶ Anyone needing interventions for emotional trauma
- ▶ Therapists and Wellness/Wholeness Practitioners
- ▶ Participants with basic foundation in Psychology and Psychotherapy
- ▶ Integrated Practitioners

NB: On Completing the Levels 1 & 2 of our EFT Programs, participants will qualify to be awarded an EFT & Matrix Re-Imprinting Practitioners Certificate.





EMOTIONAL FREEDOM TECHNIQUES (EFT) AND MATRIX REIMPRINTING Level 3

OVERVIEW

Level 3 of the Emotional Freedom Techniques (EFT) and Matrix Re-imprinting course represents the pinnacle of mastery in energy psychology.

Designed for experienced practitioners, this advanced course provides an in-depth exploration of sophisticated techniques for profound emotional and psychological transformation.

Participants will delve into complex issues related to family dynamics and systemic thinking, gaining tools to address and resolve issues that stem from familial and systemic influences.

This level builds on the foundations established in Levels 1 and 2, focusing on mastering advanced interventions to achieve lasting change for clients.

Key Components of the Level 3 Program Include:

- ▶ **Advanced Trauma Resolution:** Techniques for addressing and healing deeply embedded traumas and complex emotional patterns.
- ▶ **Family Dynamics and Systemic Thinking:** Understanding how family systems and dynamics influence individual behavior and emotional health. Learn to apply EFT and Matrix Re-imprinting within the context of systemic issues.

- ▶ **Complex Regression Techniques:** Advanced methods for conducting regressions to uncover and resolve multi-layered psychological issues.
- ▶ **Multi-Dimensional Timeline Work:** Techniques for navigating and transforming multiple timelines to resolve past traumas and design desired future outcomes.
- ▶ **Integrating Fragmented Personas:** Strategies for reconciling and integrating parts of the self that are disjointed or in conflict.

COURSE BENEFITS

Participants will gain advanced skills and knowledge, including:

- ▶ **In-depth Understanding of Family Dynamics:** Learn to identify and address issues originating from family systems and how this impact emotional well-being.
- ▶ **Mastery of Advanced EFT Techniques:** Gain proficiency in sophisticated EFT techniques to resolve complex emotional issues.
- ▶ **Systemic Application:** Apply EFT and Matrix Re-imprinting within the context of systemic and familial issues, providing holistic solutions to clients.
- ▶ **Enhanced Performance and Potential:** Achieve significant improvements in personal and professional effectiveness through advanced techniques.
- ▶ **Greater Client Impact:** Develop the ability to create lasting, transformative change in clients' lives through advanced practice and systemic understanding.

WHO CAN ATTEND?

This advanced course is tailored for:

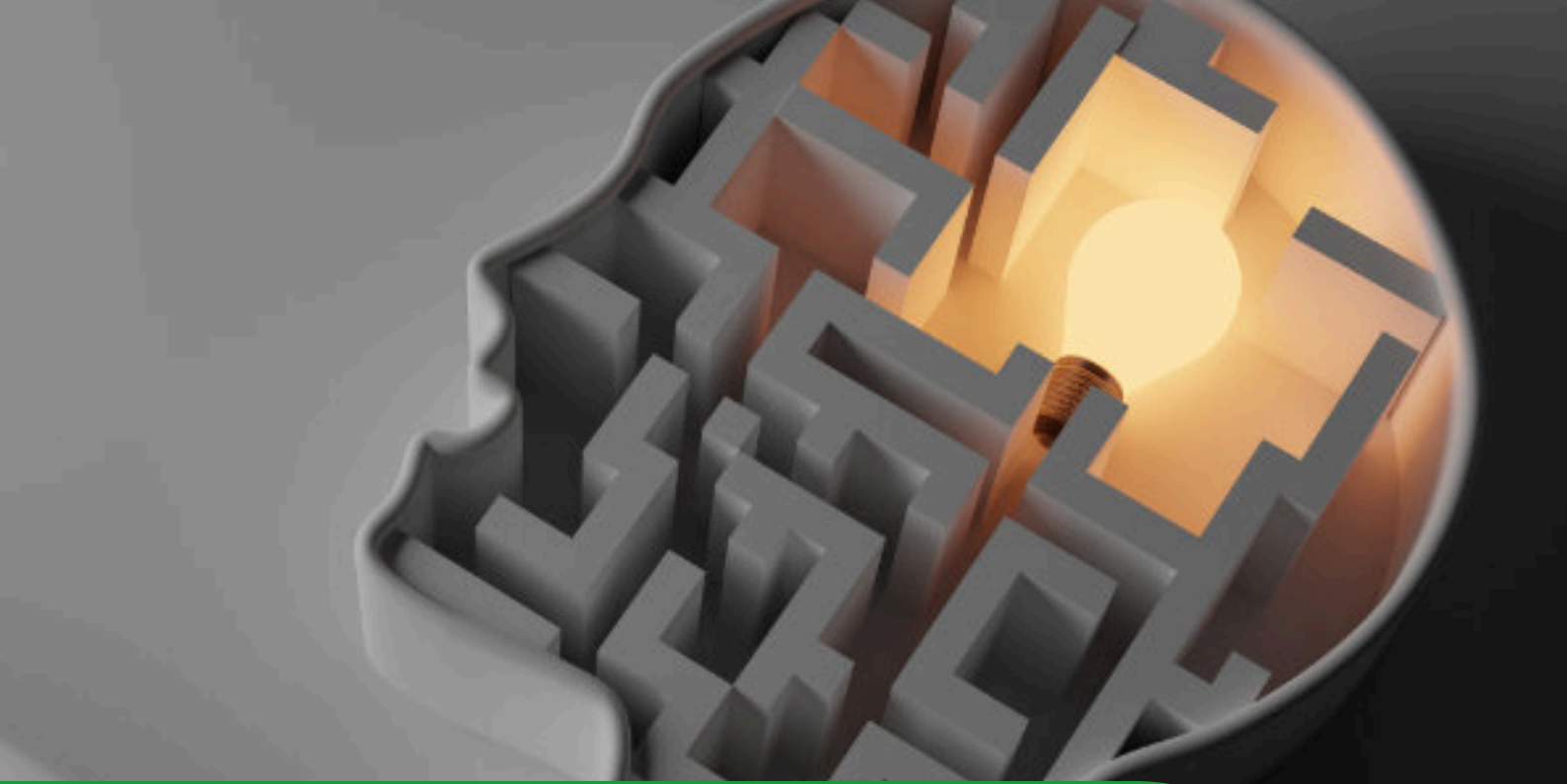
- ▶ **Experienced EFT and Matrix Re-imprinting Practitioners:** Those who have successfully completed Levels 1 and 2 and wish to deepen their expertise.
- ▶ **Senior Therapists and Wellness Practitioners:** Professionals seeking to enhance their ability to address complex emotional and psychological issues.
- ▶ **Psychologists and Psychotherapists:** Experienced practitioners aiming to integrate advanced energy psychology techniques into their practice.
- ▶ **Leaders and Executives:** Individuals in senior positions seeking transformational tools for personal and organizational growth.
- ▶ **Integrated Practitioners:** Those with a comprehensive background in psychology and psychotherapy who wish to explore advanced interventions.

- ▶ **Family Therapists and Systemic Practitioners:** Professionals working within family systems or systemic contexts who seek to apply EFT and Matrix Re-imprinting in these areas.

Note: Participants must have completed Level 2 training and hold a valid EFT & Matrix Re-imprinting Practitioner Certificate to qualify for Level 3.



**OLCA
DIPLOMAS**



PSYCHOLOGY LEVEL 2 DIPLOMA

PSYCHOLOGY LEVEL 2 DIPLOMA

The objectives of this home study Psychology course are to:

- Develop an understanding of the nature of psychology
- Examine the way in which human actions can be explained on a number of different levels
- Distinguish between emotional experience, expression and psychological responses

- Examine the nature of sensation and perception
- Understand the process of memory
- Distinguish between the characteristics of classical and operant conditioning
- Consider parent-child interaction
- Evaluate how we form impressions of people
- Consider the processes of social facilitation and social influence

This Distance Learning Psychology course is designed to give you comprehensive understanding and knowledge to help you apply to your career and improve your skills in the field of psychology.

CONTENT

- What is Psychology?
- Different Approaches to Psychology
- Research in Psychology
- Signs of Emotion
- Theories of Emotion
- Stress and Anxiety
- Sensation and Perception
- Factors affecting Perception
- Why do we remember?
- Remembering and Forgetting
- The Reliability of Memory
- Classical and Operant Conditioning
- Applications of Classical and Operant Conditioning
- Other Kinds of Learning
- Parent – Child Interaction
- Attachment and Separation
- Sexual Development and Gender Identity
- Impressions of People
- Prejudice and Discrimination
- Reducing Prejudice
- Social Pressure on the Individual
- Group Norms and Conformity
- Conformity to Roles and Obedience



ADVANCED PSYCHOLOGY LEVEL 4 DIPLOMA

ADVANCED PSYCHOLOGY LEVEL 4 DIPLOMA

This Advanced Psychology course is designed for people who wish to gain an advanced understanding of the principles and practice of Psychology. Students must have completed an introductory course in a Psychology discipline before undertaking this programme.

The course covers the following:

- Perspectives on Psychology

- Social Psychology
- Cognitive Psychology
- Child Development
- Psychology and Atypical Behaviour
- Research Methods

The course is divided up into six modules:

Module 1 – Perspectives on Psychology [Tutor Marked Assignment A]

- Unit 1 - What is psychology?
- Unit 2 - The biological approach
- Unit 3 - Behaviourist and cognitive approaches
- Unit 4 - Person-centred approaches
- Unit 5 - Methods and debate in psychology

Module 2 – Social Psychology [Tutor Marked Assignment B]

- Unit 6 - Attitudes
- Unit 7 - Social influence
- Unit 8 - Obedience
- Unit 9 - Social cognition
- Unit 10 - Applied social psychology

Module 3 – Cognitive Psychology [Tutor Marked Assignment C]

- Unit 11 - Perception
- Unit 12 - Attention
- Unit 13 - Remembering
- Unit 14 - Forgetting
- Unit 15 - Language
- Unit 16 - Thinking
- Unit 17 - Problem solving and artificial intelligence

Module 4 – Child Development [Tutor Marked Assignment D]

- Unit 18 - Issues in child development
- Unit 19 - Cognitive development
- Unit 20 - Development of language & communication

Unit 21 - Social perception

Unit 22 - Moral development

Module 5 – Psychology and Atypical Behaviour [Tutor Marked Assignment E]

Unit 23 - Definition & diagnosis of atypical behaviour

Unit 24 - Treatments of atypical behaviour

Unit 25 - Emotional disorders

Module 6 – Research Methods [Tutor Marked Assignment F]

Unit 26 - Research methods

Unit 27 - Research issues

Unit 28 - Data Analysis

Glossary of terms



UNDERSTANDING ABUSE AND TRAUMA LEVEL 2

UNDERSTANDING ABUSE AND TRAUMA LEVEL 2

Do you work with Abuse and Trauma cases? Then this distance learning abuse and trauma course is the right one for you. It provides a breakdown of types of abuse including adult abuse, child abuse, sexual assault and ultimately the effects of abuse.

After studying this course, students will be able to:

- Have an understanding of Abuse and Trauma

- Understand possible causes
- Have knowledge of the different treatments available
- List sources of help and advice in a range of situations
- Have a clear understanding of how to work with these complex conditions

Child Abuse

- Types
- Signs of Child Abuse
- Munchausen by Proxy Syndrome
- Sexual Abuse
- Ritual Abuse
- Responding to Child Abuse
- Supporting Children who have been Abused

Adult Abuse

- Domestic Abuse
- Emotional Abuse
- Physical Abuse
- Sexual Assault
- Police Action
- Verbal Abuse
- Elder Abuse
- Male Abuse
- Effects of Abuse
- Effects on Friends and Family
- Reluctant to Leave
- Signs of Abuse
- Behavioural
- Physical
- Why do People Abuse?

- Reporting Abuse
- Courts
- Staying Safe
- Leaving Abuse
- Law
- Sexual Offences Act 2003
- Rights of Victims
- Injunctions
- Evidence Required
- Court Order
- Authorities
- Life after Abuse

Abuse and Mental Health

- Classifications
- Post-traumatic Stress
- Diagnosis
- Treatment options
- Anxiety
- Sleep
- Self-harming
- Stress
- Suicide
- Low Self-esteem
- Addiction
- Dissociative disorders



UNDERSTANDING COGNITIVE BEHAVIOURAL THERAPY (CBT) LEVEL 4

UNDERSTANDING COGNITIVE BEHAVIOURAL THERAPY (CBT) LEVEL 4

Designed for students who wish to gain further knowledge in CBT, this is ideal for people who may be working in the statutory or voluntary sectors with those who have mental health issues. Nurses, counsellors, prison officers, probation workers, psychotherapists and other mental health workers may find this course invaluable for useful skills and therapeutic interventions.

Designed for students who wish to gain further knowledge in CBT, this is ideal for people who may be working in the statutory or voluntary sectors with those who have mental health issues.

Nurses, counsellors, prison officers, probation workers, psychotherapists and other mental health workers may find this course invaluable for useful skills and therapeutic interventions.

Cognitive behavioural therapy is a psychotherapeutic approach that aims to influence dysfunctional emotions, behaviours and cognitions through a goal-oriented, systematic procedure. Cognitive Behavioural Therapy (CBT) is recommended by the National Institute for Clinical Excellence (NICE) for the treatment of many mental health conditions. It is therefore one of the most commonly used therapies in the private and statutory sectors. CBT is based on the theory that it's not events themselves that upset us, but the meanings we attach to them.

Unit 1 – What is CBT?

The following topics are covered:

Cognitive Therapy / Behaviour Therapy / How do they work together? / History of CBT.

Unit 2 – Automatic Thoughts

The following topics are covered:

CBT Strategies / How they Affect People / Helping People To Cope.

Unit 3 – What can a Client expect in CBT treatment?

The following topics are covered:

Homework / Who benefits from CBT? / Limitations of CBT / Focusing on the present / Depression / Bipolar I / Bipolar II / Cyclothymic Disorder / Who can suffer from depression / Eating Disorders / What is an eating disorder? / Who is affected? / Using CBT to treat eating disorder / OCD / What is OCD? / Who is affected? / Using CBT to treat OCD / Post Traumatic Stress Disorder / What is PTSD? / Who is affected? / Using CBT to treat PTSD / Anxiety / What is Anxiety / Who is affected? / Using CBT to treat anxiety / Schizophrenia / What is schizophrenia / Who is affected? / Using CBT to treat schizophrenia / Addiction and CBT / Personality disorders + CBT.

Unit 4 – The Importance & Significance of Dreams in CBT

The following topics are covered:

Working with imagery / Irrational beliefs.

Unit 5 – Schema Therapy

The following topics are covered:

Early maladaptive schema / Schema focused therapy / Disconnection and rejection / Impaired autonomy and performance / Impaired limits / Other directions / Over vigilance and inhibition / Acceptance and commitment therapy / Supervision.

Unit 6 – Socratic Questioning

The following topics are covered:

What we think / Boundaries and regulations / Locus of power / Attachment; Loss / Safeguard against abuse / Trust / Ethical practice / Moving Forward.

Unit 7 – The Use of Medication

The following topics are covered:

Who needs medication? / Use of CBT and Medication.



UNDERSTANDING GRIEF & LOSS DIPLOMA

UNDERSTANDING GRIEF & LOSS DIPLOMA

This Understanding Loss and Grief Home Study course provides effective training support for anyone who works with the bereaved, and will prove particularly useful in the helping and caring professions.

This Understanding Loss and Grief Home Study course provides effective training support for anyone who works with the bereaved, and will prove particularly useful in the helping and caring professions. The material helps trainees understand the nature of loss and grief and its impact on

both those who grieve and those who care for them.

Offering support to someone who is suffering from loss or bereavement is a tremendous challenge, both personally and professionally. This course provides guidance and advice for anyone whose work brings them into contact with the bereaved and is particularly suitable if you are working in a helping or caring profession.

INTRODUCTION: Coming to Terms with Loss and Grief

Unit 1: Defining Loss

- Meeting Needs of Those Who Are Dying
- Grief

Unit 2: Grief Work

- The Five Identities of Grievers
- Physiological and neurological processes

Unit 3: Models of Grief

- Defence Mechanisms

Unit 4: How do People Grieve?

Unit 5: The Grief of Parents and Children

- How to Cope With Various Patterns of Mourning
- Divorce: Long and Short Term Effects on Children

Unit 6: Complicated Grief

- Professional Support
- Cultural Diversity in Grieving

Unit 7: Special Considerations

- Adjustment Disorder (with mixed anxiety and depressed mood)

- Post-Traumatic Stress Syndrome
- MDD

Unit 8: In Memoriam

- Eulogy Examples
- Writing a Eulogy
- Delivering a Eulogy

Unit 9: Getting Over Grief

- Humanistic Psychology: Further Developing Society
- Counselling Personalities
- Kohlberg's Influence on Counselling

References

Terminology



WORKPLACE PSYCHOLOGY

WORKPLACE PSYCHOLOGY

This Workplace Psychology course is designed for people who wish to gain an understanding of principles and practice of Workplace Psychology.

The course is designed to provide you with an overview and Introduction to understanding Psychology in the workplace. It covers a wide range of workplace people and management issues, exploring each and enabling students to examine practical applications of psychology in the workplace.

This is an ideal course for anyone wishing to improve their skills in understanding and managing staff and understanding how to deal with events and find explanations for workplace psychological problems.

CONTENT

The course is divided up into ten units, as follows:

- Unit 1: Introduction to Workplace Psychology
- Unit 2: The use of Sensation & Perception
- Unit 3: Understanding Personality Concepts
- Unit 4: Using Psychological Testing
- Unit 5: Management of the Workplace
- Unit 6: The Workplace Environment
- Unit 7: How to Motivate the Workforce
- Unit 8: Recruitment
- Unit 9: What is Social Psychology
- Unit 10: Peoples' Abnormalities



OLCA
COACHING LIMITED

WHY CHOOSE OLCA COACHING LIMITED?

OLCA Coaching Limited is recognized as the first wholly coaching academy in West Africa with its Chief Catalyst acclaimed Africa's foremost Life Coach and Cognitive Behavioral Psychologist, Lanre Olusola. Innovation, Thinking out-of-the box and Excellence are always guaranteed at OLCA. Partnership, support and know-how are areas that distinguish coaching and cognitive behavioral psychology from other strategic interventions.

With our people and growth focused programmes, you will experience a total turn around in all spheres. The OLCA Academy from experience and practice, possesses an in-depth knowledge of the business sector, corporate industry and the human mind, thus offers a unique blend of experience and execute services with Excellence. Moreover, the coaching and psychology services are always available at affordable charges.

At OLCA, you are not just another client, each individual and organization will experience our passion and vision to engage and transform every mind.

CICMP MANAGEMENT TEAM



IDONGESIT PETER
CICMP MANAGER



COLLINS ALUNOMOH.
DEPUTY MANAGER



BANKE SOTOMI
EVALUATION AND
ASSESSMENT COORDINATOR



RONKE ADEBAJO
ASST. EVALUATION AND
ASSESSMENT COORDINATOR



KEMI OYE
LEARNING, DEVELOPMENT &
ENGAGEMENT COORDINATOR

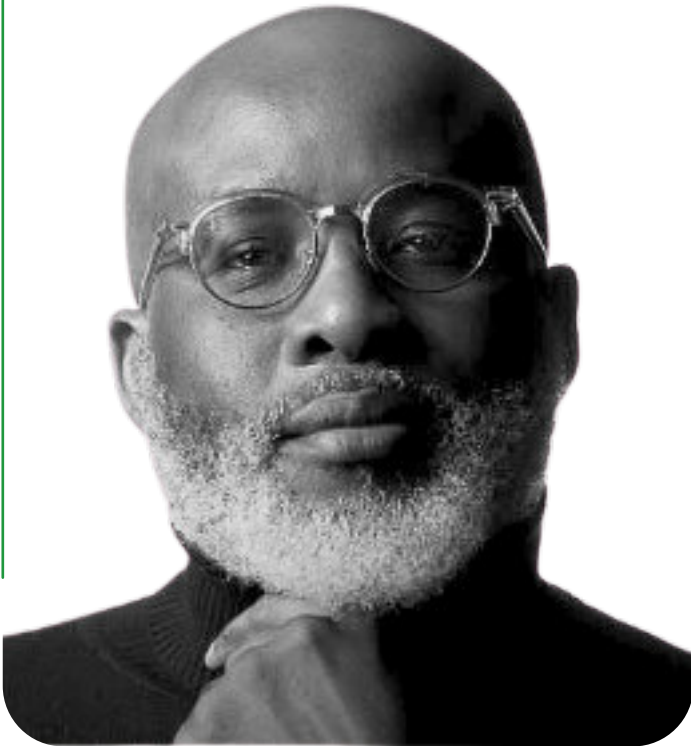


WILLIAMS CHUKWUDI
TECHNOLOGY AND INTEGRATIVE
RESOURCE COORDINATOR



EMMANUEL EMEH
COORDINATOR,
MASTERMIND AND SOCIAL EVENTS

CHIEF CATALYST AND FOUNDER OF OLCA COACHING LTD



THE CATALYST, DR LANRE OLUSOLA Ph.D

“Moving individuals & organizations from where they currently are, to where they desire, deserve and are designed to be”

Founder and Chief Catalyst at OLCA Coaching Academy - A Mind, Emotions, Behavioral and Culture Transformation Academy, working with individuals and organizations to Transform Lives by Transforming Minds.

Dr Lanre Olusola is recognized for his unparalleled expertise in Integrative Coaching and Transformational Catalysis, his extensive array of Publishing, Writing,

Provocative Interviews and Transformational Keynote Speaking and his incredible work with government and diverse industry leaders and executives, also with individuals and world class organizations across the globe.

He is renowned for pioneering the life coaching industry in Nigeria and creating the first wholly integrative coaching academy in West Africa. With over 2 decades of integrative coaching experience, The Catalyst is a Certified General Electric (GE) Executive Coaching Master Trainer and a GE Regional Crotonville Executive coaching faculty member.

Extremely passionate about people, The Catalyst works to bring about rapid, permanent and holistic transformation. Over the last two decades, he has created, mastered and deployed Integrative Transformative Catalysis (ITC). His work cuts across various frontiers with individuals, organizations, families, couples, groups, and governments, all with the primary goal of rapidly transitioning them from where they are, to where they desire, deserve and are designed to be.

His advanced studies in **Energy Psychology, Psychodynamics, Neuro-Linguistic Programming (NLP) and Quantum Physics**, led him to become an AAMET U.K. Certified **Matrix Re-imprinting Practitioner, Emotional Freedom Technique (EFT) and Cognitive Behavioral Therapist**.

He holds an Msc. in Coaching and behavioral Change Psychology from the prestigious Henley Business School, Reading University UK. He is currently undertaking a Doctorate in Coaching and Mentoring from Oxford Brookes University, Oxford, England.

He created the ESP and VSP 5-star performance models which have been used globally to alter complex behavioral, traditional, and cultural codes, programs and paradigms; one of the many beneficiaries being the Stanford University's Affiliate Faculty (The Institute for Venture Designs).

As a special class of trail blazer recognized as having distinguished himself and revolutionizing the coaching industry in Africa, and contributed to the socio-economic development of Africa and the world at large, in April 2022, he was conferred with Two Honorary Ph.D Degrees at the same time, One in Behavioral Change Psychology and the other in Humane Letters.

His undying passion for a renewed and expansive mind often achieved in an unconventional manner has led him on several trips around the world resulting in many lives, marriages, teams, Institutions, organizations and nations being Transformed



He has received numerous awards for his impact in the Coaching industry in Africa and across the world.

He was named 'Coach of the Year' at the 2022 Africa Coaching and Consulting Award (ACCA) for having achieved all round excellence in Integrated Coaching in Africa and received The Pioneer's Award in recognition of his immense contribution to the development of the Speaking and Coaching Industry in Africa in 2022.

Being an avid writer, he has consistently written several articles for Genevieve magazine, Guardian Newspaper, Bellanaija blog, and on his own website blog.

Some of his writings were published in May 2022 making him one of the very few authors to write, publish and launch 8 books at the same time all in one day.

He serves as an Executive Director and sits on the board of EbonyLife Group, Avis Nigeria, LagosMums, is Chairman of PR 24 one of Africa's Top Security Companies.

He is Joint Founder and member Board of Trustee at the International Coaching Federation (ICF) Nigeria. He sits on several other boards and is the Founder and Fellow of the Life Coaches Association of Nigeria (LCAN) and a Fellow of the Institute of Management Consultants (IMC).

He takes his spiritual and transformational responsibilities very seriously and established an online spiritual platform on clubhouse every Sunday where he alongside other spiritual leaders share deep truth and revelations about the Grace of God from scriptures. He has another clubhouse platform where he teaches the practical principles of happiness, fulfillment, satisfaction, prosperity, love, joy and peace every Wednesday. These 2 platforms have experienced rapid and remarkable growth within the last 18 months

He is married to Modupeore Onikepo, CEO of the biggest Hilton hotel in Africa and the most profitable Hilton Hotel in the world and they are both blessed with 2 beautiful and incredible daughters Tiwanioreofeoluwa and Kikiopeoluwa.

Connect with The Catalyst at www.thecatalystng.com
and across all social media platforms [@lanreolusola](https://www.instagram.com/lanreolusola)

NEXT STEPS

We are delighted that you took time to go through this comprehensive document and would encourage you to join the Catalyst Coaching Community and the OLCA Coaching Alumni Community by connecting via any of the ways below:

Find all the transformative courses for 2024 here: <https://bit.ly/OlcaAcademyCalendar2024>

For further information about CICMP membership requirements – Kindly contact Collins Alumonoh via email at info@olcang.com

ADDITIONAL RESOURCES

The World of Coaching: An African Experience (Available on Amazon)

The Catalyst: Africa's Foremost Coaching Digest

(<https://thecatalystng.com/magazine>)

(https://bit.ly/TheCatalystMagazine_PDF01)

The Catalyst ebooks: (<https://catalystng.selar.co/?category=ebooks>)

The Catalyst Meditation Audios: (<https://catalystng.selar.co/?category=meditation-audios>)

Website: www.olcang.com; www.thecatalystng.com

Email: info@olcang.com; hello@thecatalystng.com

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OLCA STUDENT PROFESSIONAL JOURNEY

LIFE COACHING: PROFESSIONAL - LEVEL 1



LIFE COACHING & THERAPY (INTEGRATIVE): PROFESSIONAL - LEVEL 2



LIFE COACHING & THERAPY (INTEGRATIVE): PROFESSIONAL - LEVEL 3



LIFE COACHING & THERAPY (INTEGRATIVE): PROFESSIONAL - LEVEL 4



LIFE COACHING & THERAPY (INTEGRATIVE): PROFESSIONAL - LEVEL 5



POST COACHING PROGRAMS

Mentorship
(CICMP)



Overcoming
the
Imposter
Syndrome
(OTIS) - 10
CCEUs



It is Possible -
10 CCEUs



Other
Programs



Money
Making
Masterclass
(MMM) - 10
CCEUs



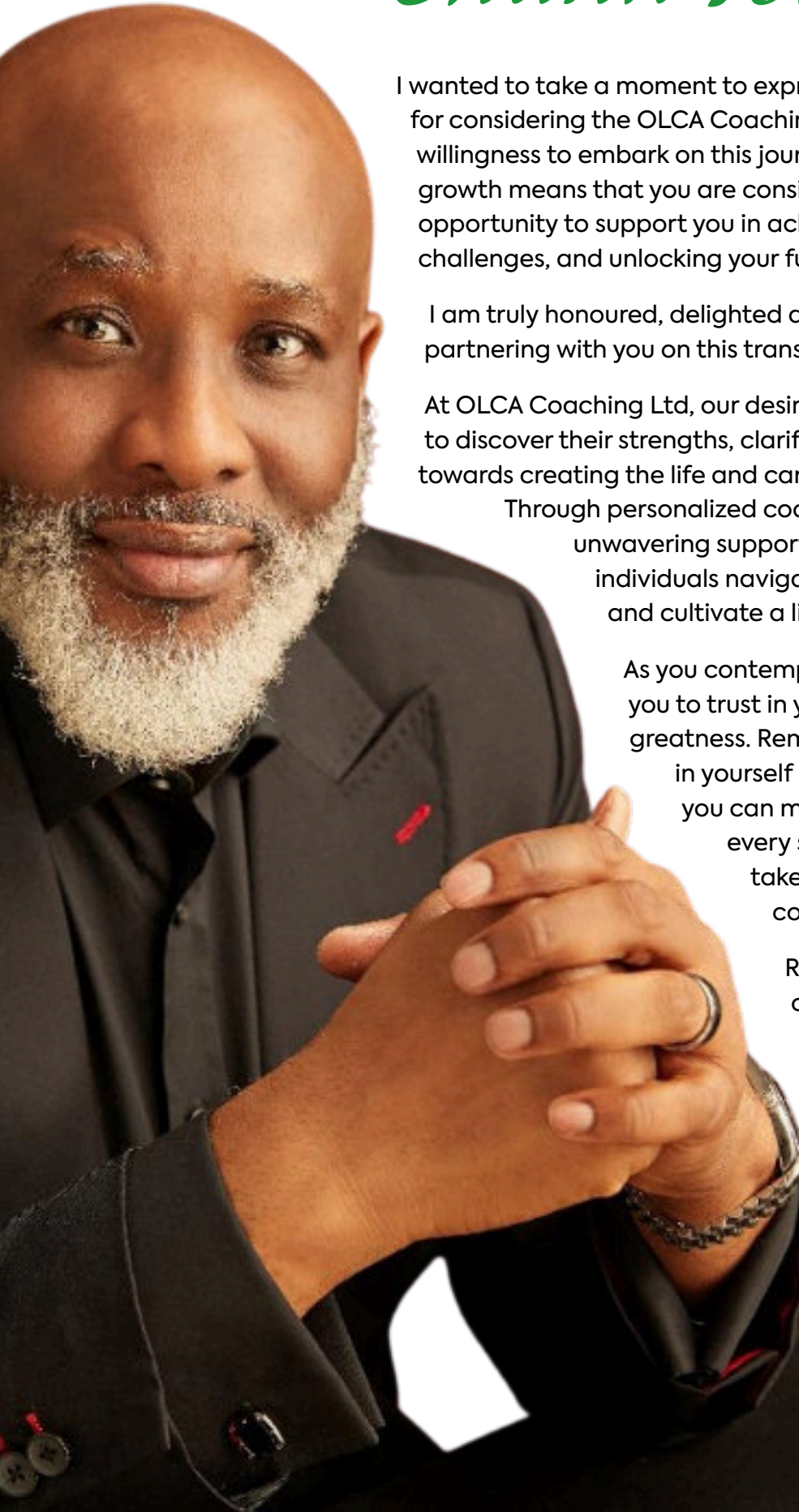
The
Awakening -
10 CCEUs



Be
Transformed
Tribe



Thank You!



I wanted to take a moment to express my heartfelt gratitude to you for considering the OLCA Coaching Programme. Your interest and willingness to embark on this journey of personal and professional growth means that you are considering entrusting me with the opportunity to support you in achieving your goals, overcoming challenges, and unlocking your full potential.

I am truly honoured, delighted and excited about the possibility of partnering with you on this transformative journey.

At OLCA Coaching Ltd, our desire is to empower individuals like you to discover their strengths, clarify their goals, and take bold steps towards creating the life and career they desire and deserve.

Through personalized coaching, actionable insights, and unwavering support, we are excellent at helping individuals navigate challenges, seize opportunities, and cultivate a life of fulfilment and purpose.

As you contemplate your next steps, I encourage you to trust in yourself and your ability to achieve greatness. Remember that the decision to invest in yourself is one of the most powerful choices you can make, and I am here to support you every step of the way! However, you must take the first step towards your coaching journey today.

Reach out to me to schedule a complimentary consultation, and let's embark on this transformative journey together.

With gratitude and warm regards,

The Catalyst, **Dr. Lanre Olusola**
Founder, OLCA Coaching Ltd

