

EXPAND YOUR UNIVERSAL IMPACT



CHOOSE A LIFE THAT CREATES

# MAGNIFICENCE IMPACT & FREEDOM



This Neoteric Coach Training is tailored specifically for The Weird Ones, who believe they can change the face of the planet, feel a calling to move the human race forward, and know they are meant to make a significant difference.

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**8-WEEK CUTTING-EDGE COACHING TECHNIQUES AND  
INNOVATIVE APPROACHES TO COACHING**

# COACHING IS A POWERFUL BRIDGE FOR HUMANS INTO THE NEW



THE WEIRD ONES ARE THE  
CHANGE-MAKERS AND  
LEADERS OF HUMAN  
EVOLUTION

Coaching is a powerful bridge for humans to the new paradigm, and as a Weird One, you have an essential mission in shaping this bridge. I assume you are Weird Enough to expand your universal impact and gain the freedom to make a significant difference in the world.

# AS A WEIRD ONE, YOU ARE NOT ONLY DEVELOPING YOUR COACHING SKILLS,

Instead, you are expanding your universal impact and gaining the freedom to make a significant difference in the world. You learn how to lead people to choose a life that creates magnificence, impact, and freedom.

## 1. EXPANDING YOUR UNIVERSAL IMPACT

You will realize your importance from a larger perspective. It will become evident that you are meant to empower others in their development.

## 2. CREATING YOUR OWN SUCCESS

LifeSpider Systems Coaching Conditions — built in the 9 LifeCompetencies — are compatible with ICF's (International Coach Federation) core competencies.

## 3. GAINING THE CAPACITY TO REACH OUT

The most crucial factor for success is your passion — your true purpose. You will clarify your message and act on your passion, creating new ways to attract your clients.

## 4. CONTRIBUTING TO HUMAN EVOLUTION

You will be acquiring clients during the training that will manifest the coaching technique while you will have an immediate impact on other people's development.

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# CHOOSE A LIFE THAT CREATES MAGNIFICENCE, IMPACT & FREEDOM

ARE YOU WEIRD ENOUGH TO FOLLOW YOUR CALLING?



**BIRGITTA GRANSTROM**  
Founder of LifeSpider System™

My goal for you is to deeply understand human beings' thoughts, feelings, and behavior — not just learn technical coaching skills. I want you to create lasting changes and make better choices. Also, I will teach you to live life in authenticity and alignment with your weirdness. /Birgitta

## SELF-MASTERY

Developing an authentic partnership with the client is critical in determining a coach's effectiveness and competence. This true partnership can only be created if the coach is a master of their own life.

– BIRGITTA GRANSTROM





## THE 8-WEEK PROGRAM & CONTENT

This Netoteric Coach Training covers crucial coaching skills and techniques that empower people to choose a life that creates magnificence, impact, and freedom.



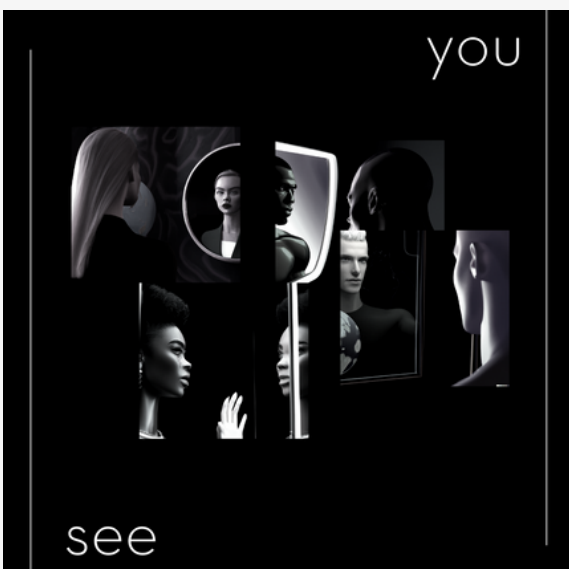
## SECTION 1 – SELF-LEADERSHIP

### EXPAND YOUR UNIVERSAL IMPACT

Leading yourself means you are aware of your feelings, thoughts, and behaviors. Being consciously aware of yourself means you can quickly choose how to react and act in a situation.

LifeSpider System™ contains an advanced and progressive Self-Coaching Process, and this 8 weeks coach training provides you with the Self-Management skills required to be a successful future leader for yourself and others.

The program delivers reality-based tools, methods, exercises, and strategies to discover what and how to implement changes.



Each session provides insights and strategies immediately evident and moves you to new pinnacles of your coaching skills.

Not only will you learn to use these tools in your development, but you can also pass on these skills to your clients. The program ensures that you will shape the quality of life for you and your clients.

Furthermore, the program equips you with effective coaching techniques, models, and exercises you can use with your clients.

The secret behind the program's success lies in a unique 7-Step Transformation process that also is your road map for your coaching.

The method uncovers limited beliefs and values, which lead to breakthroughs and achievements lasting for a lifetime.

The program ensures that you will shape the quality of life for you and your clients.



## SECTION 2 - COACHING CONDITIONS

### CREATING YOUR OWN SUCCESS

LifeSpider System™ Coaching and training might seem random, but it originates from a deep underlying structure built upon chaos-theoretical principles. All training is experiential, meaning each coaching technique begins with experienced-based group exercises followed up by a shorter theoretical session.

Participants coach each other to train in a specific competency following the theoretical sessions and group exercises. To train in the unique competencies, you will acquire two clients and practice coaching them between our lectures.



Not only will you learn to use these tools in your development, but you can also pass on these skills to your clients. The program ensures that you will shape the quality of life for you and your clients.

The hallmark of the training is its ability to adapt to the demands of the students (and their clients) that come from outside influences or changes within themselves.

Emergence is another distinguishing feature whereby unexpected structure, pattern, or process arises spontaneously within the student and their environment.

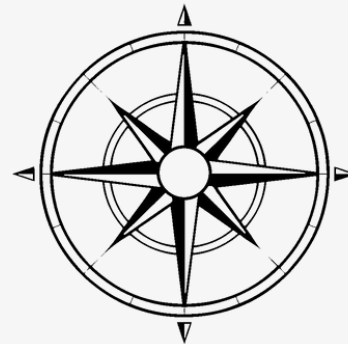
As a result, the outcome of the training cannot be predicted, even with a comprehensive understanding of the elements.

The outcome arises spontaneously and often unpredictably from the nonlinear interactions between the coach's internal states and external conditions.



# LIFE COMPETENCIES

THE PROGRAM SHARPENS YOUR COACHING TECHNIQUE AND FACILITATES A DEEPER UNDERSTANDING OF ISSUES.

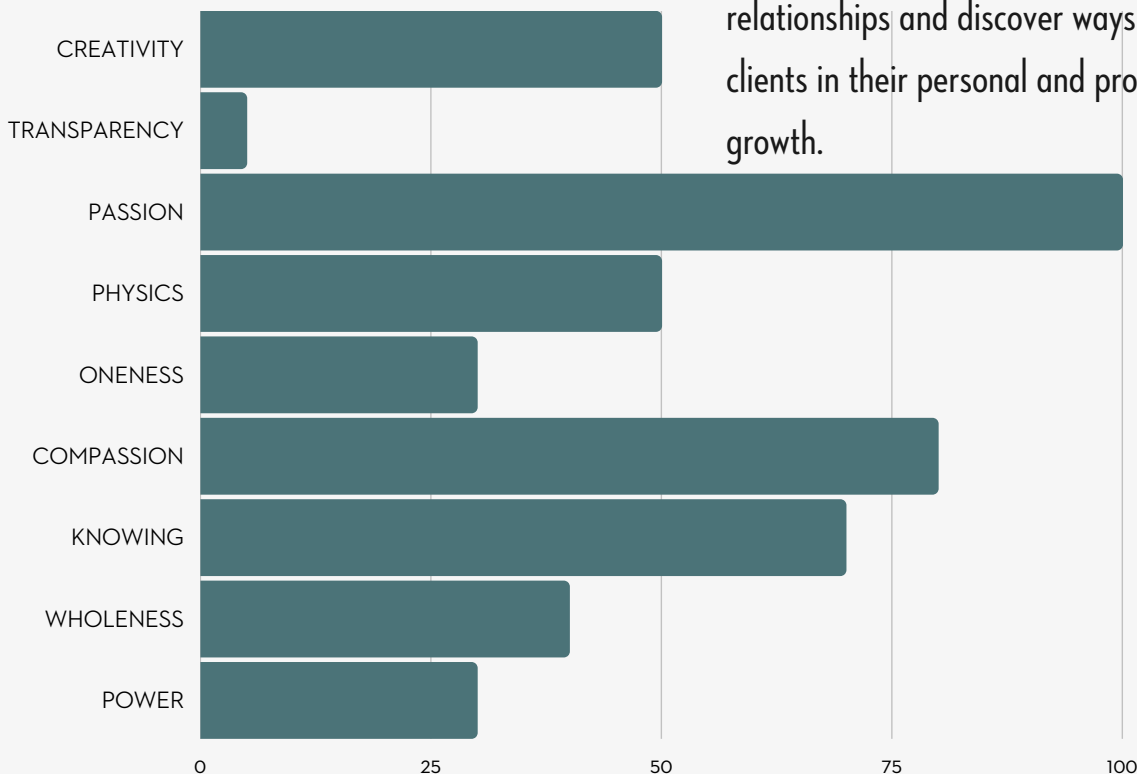


You will be able to modify your coaching approach as needed, depending on the client's needs and expectations.

You will also explore strategies for effective communication and learn to work with clients in a practical way.

Simultaneously, it helps you to enhance your life competencies.

Additionally, you will develop a deeper understanding of the dynamics of relationships and discover ways to support clients in their personal and professional growth.



BESIDES BEING A GREAT COACH, YOU STILL NEED TO MAKE IT WORK FROM A BUSINESS PERSPECTIVE. IN ANY BUSINESS, THE MOST CRITICAL FACTOR FOR SUCCESS IS YOUR PASSION—YOUR TRUE PURPOSE. YOU NEED TO COMMUNICATE THIS PURPOSE. THE CLARITY OF YOUR MESSAGE MUST SHOW THE LIFE-CHANGING VALUE YOU PROVIDE.

## SECTION 3 - BUDDHA MARKETING

### GAINING THE CAPACITY TO REACH OUT

#### a) IDENTIFY YOUR IDEAL PEOPLE

Defining your ideal client is the No. 1 solution to get the number of people you want. Once you have identified your type of people, you can refine your marketing messages. Remember, selecting your "ideal people" is based on your purpose and the reason for becoming a coach, not traditional demographic data. When you do what you love—and your intention is followed by action—you will attract people. Your passion creates new ways to reach out. Building your business on your true purpose inspires friends, clients, and colleagues to fill your desired people quota.

#### b) POSITION YOURSELF AS AN EXPERT

During the training, you will create a bio and a presentation that shows your expertise. As a coach, you will become an authority in your people's eyes. This training combines your professionalism and personal experience to maximize your business success. People want to be assured you are the best coach they can find; your personal story is as important as your professional expertise.

#### c) CREATE YOUR MARKETING STRATEGY

Once you've discovered your passion, ideal people, and area of proficiency, your brand is easy to build. You will also create a marketing strategy that communicates your uniqueness. In this Buddha Marketing Block, you elaborate on your concept. Your self-designed program enables you to sell and create a marketing system aligned with your authentic lifestyle.

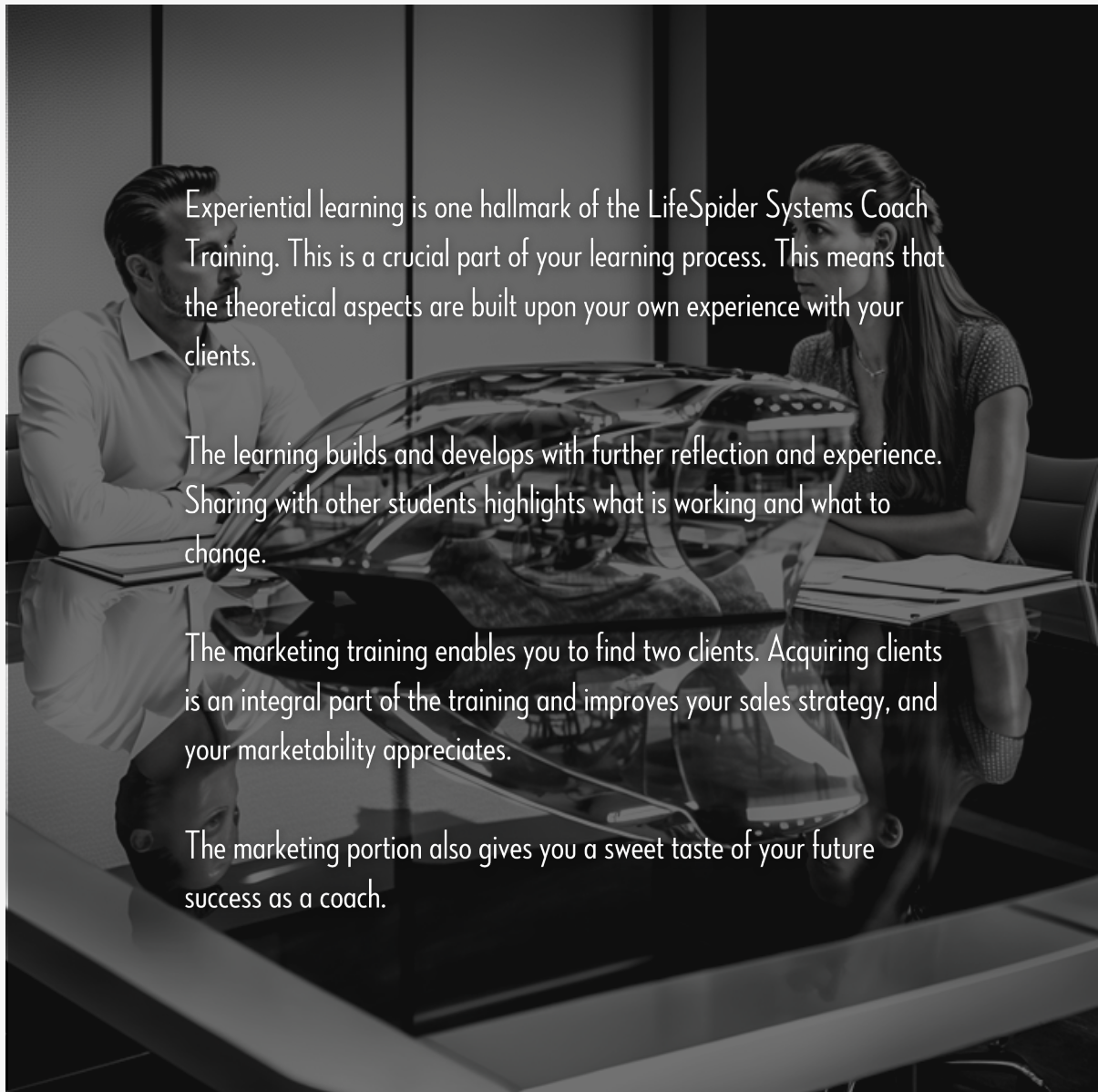
#### d) USE YOUR COACHING SKILLS IN THE SALES PROCESS

We're using a powerful, tailored sales technique for coaches to maximize performance goals. In this block, you discover that the coaching and the sales process have the same structure. This insight rids your fear of selling. In the sales portion—as a coach—you learn what questions reveal your peoples' wishes. Your coaching skills elucidate your peoples' goals and entice more people. You will design your sales and marketing to fit your lifestyle.



## SECTION 4 – COACHING CLIENTS

### CONTRIBUTING TO HUMAN EVOLUTION



Experiential learning is one hallmark of the LifeSpider Systems Coach Training. This is a crucial part of your learning process. This means that the theoretical aspects are built upon your own experience with your clients.

The learning builds and develops with further reflection and experience. Sharing with other students highlights what is working and what to change.

The marketing training enables you to find two clients. Acquiring clients is an integral part of the training and improves your sales strategy, and your marketability appreciates.

The marketing portion also gives you a sweet taste of your future success as a coach.

# SECTION 5.—AI FOR COACHES

## USE CHAT GPT AS A COACH

ChatGPT is well-equipped to be an excellent mentor and support on your -coaching journey. Whether you need guidance on a specific challenge you're facing or just want a listening ear as you work through your self-coaching process, ChatGPT can help.

With its ability to communicate clearly and provide helpful insights, questions, and suggestions, ChatGPT can be a valuable resource as you work towards your goals. You will learn when and how to reach out to ChatGPT for support and guidance as you embark on the coaching journey.

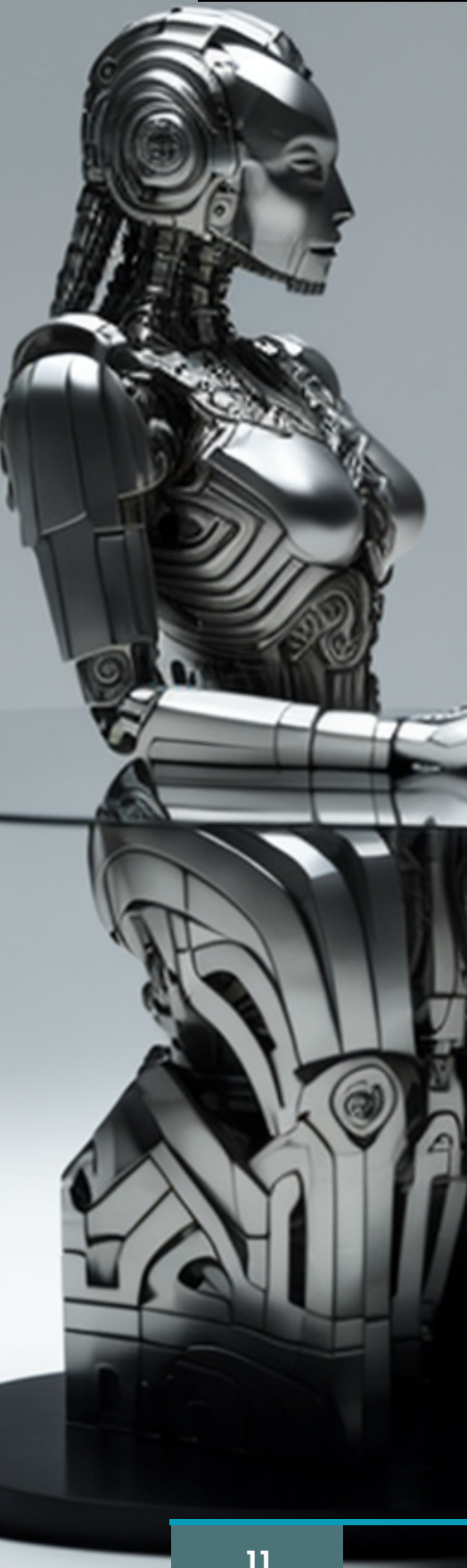
Through experiential exercises and writing prompts, you will learn to use ChatGPT as a coach and guide rather than just an adviser and source of information.

By learning these techniques, you will be able to fully integrate ChatGPT's guidance into your coaching journey and get the most out of your interactions with this powerful tool.

ChatGPT can be used as a tool to learn and practice coaching skills based on the ICF's Core Competencies.

AI provides fast information and enables you to ask follow-up questions for clarification. It is a convenient and accessible way to increase efficiency and productivity.

Additionally, ChatGPT can provide comprehensive and in-depth information and help you reach a wider audience, so you can give support to more clients.





## SECTION 6 – SUPPORT

### MEMBERSHIP IN LIFESPIDER GALAXY

LIFESPIDER GALAXY IS:

A knowledge portal for living in alignment with your intentions

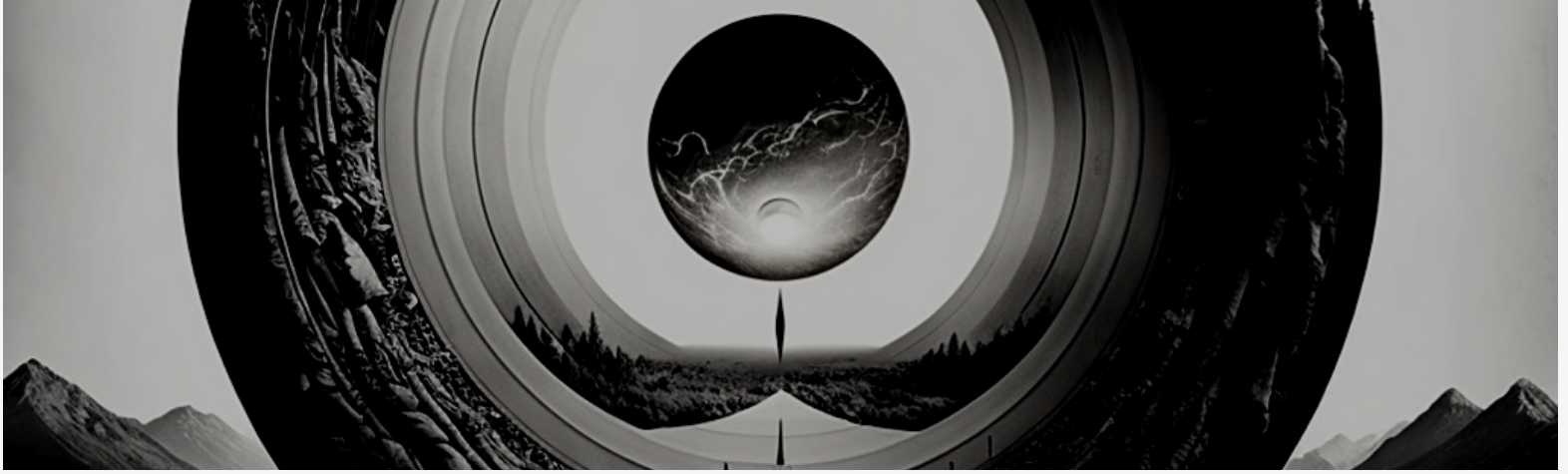
An inspirational place for embracing your driving forces in daily life

A synergy platform where for pairing up with other LifeSpiders™ and expanding your Life Projects



As you accomplish your training and make the assessment, you are eligible for a 1-year free membership in LifeSpider Galaxy.

We focus on your improvements. We meet online once a month to focus on improvement and unite everyone around the world involved in any of LifeSpider Academy's programs.



# PROGRAM

**WEEK 1:** Coaching History, Ethics, and oxygen distribution. Focus on mastering the core coaching skills. Learn and apply the three phases of communication in Active Listening. Practicing Powerful - Velcro - Questioning and the Lily Pads strategy to eliminate the advisor, avoid "The How," and establish trust in coaching relationships.

**WEEK 2:** Find a descriptor to emphasize confidence and building authenticity. Social Media presence Co-Creating the Relationship. Evoke Awareness with velcro questions. Establish and maintain agreements and expectations. Make quick progress in planning and goal setting. Manage progress and accountability.

**WEEK 3:** Establishing the Coaching Agreement to clarify when coaching is appropriate and meeting ethical guidelines. Get an understanding of why and how we are applying Hammock coaching. We are using Active Listening to identify emotions and experiences behind clients' words and Designing Actions to create achievable plans based on understanding.

**WEEK 4:** We learn how to help clients manage their emotional and behavioral progress through Direct Communication. Anchor Direct Communication in a Client's Subconsciousness by understanding the meaning of individual words. Learn how to quickly identify and act differently depending on if information emerges from Intuition or values.

**WEEK 5:** We continue going deeper into Coaching Presence and Creating Awareness by using "hooks" and energy surfing. How to be confident during the coaching process while Creating Awareness to help clients understand themselves. Let the silence speak and ask questions to ensure the client hears their message.

**WEEK 6:** Finding multiple purposes bigger than your thoughts. Using Powerful Questions with POCUS to replace traditional goal-setting and action plans with a passion plan that ensures clients can follow through with their desires. Actively use silence as questions and questions for Active Listening.

**WEEK 7:** How to perfect using a seven-step transformational coaching process. Maximize results by including environmental elements, adding unpredictability, distractions, and stupid questions. Learn how to apply your coaching skills in Group coaching and bigger audiences.

**WEEK 8:** The Certification Celebration. A self-assessment and evaluation hone your coaching skills and prepare you for the next level. Learn how to elevate your coaching by integrating and using AI and ChatGPT as practice partners. Additionally, gain an understanding of the basics of writing coach prompts.

# ARE YOU

Weird Enough to

JOIN THE NEOTERIC COACH TRAINING FOR  
CHANGEMAKERS AND LEADERS OF HUMAN  
EVOLUTION?

IF SO, LIFESPIDER SYSTEM INVITES YOU TO  
EMBARK ON A JOURNEY TO A WORLD OF PASSION,  
PEACE, AND PERFORMANCE.



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*Birgitta*