

# Thrive Coach Certification Program Guide



## Our Goal

Unlocking the potential of men and women and transform their lives

**October 18th, 2024**

Start from 9 AM - 5:00 PM

Moon Studio / Online

8819, Cortez Rd W,  
Bradenton, Florida

## Contact

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## 1 Overview

# FOREWORD

We are excited to present the Thrive Coach Certification Program to you! This Program is designed to bring together a community from all walks of life and provide them with an opportunity to unlock their potential, their interests, develop transformative skills, and build meaningful relationships. Our goal is to create a safe, supportive, and encouraging environment for the future life coaches to express themselves, learn and grow.

We believe that program like this can help men and women find their voice, unravel old patterns, beliefs, thoughts and emotions, and develop the skills and knowledge to achieve personal goal like successful career and purposeful life. We also believe that this program can help to foster collaboration and build a community and its a step towards creating a brighter future for all near and far.

We are committed to providing a positive and engaging experience for all participants while making it inclusive and respectful of all different backgrounds, cultures, and ideas. We want to ensure that everyone feels welcomed and has a voice in the conversation. We look forward to creating safe and welcoming space as we explore your mind, body and heart and create memories that will last a lifetime.







## 1 Overview

# PROGRAM BACKGROUND

Life coaching programs have been around for a decade. It was influenced by various fields such as psychology, counseling, mentoring etc. Initially, it was primarily associated with personal and career development. Over time, the industry diversified to include specialized niches such as career advancement, wellness, stress management, leadership development, and more.

The demand for qualified coaches who can provide guidance and support is rising. Remote coaching is also gaining popularity, making coaching accessible to a global audience.

The industry has become more professionalized, offering certification programs and ethical standards. Incorporating mental and emotional well-being, employee development, performance improvement with evidence-based techniques and promoting diversity, equity, and inclusion in various aspects of life.

With that serving as a way for people to come together, share their experiences and interests, and have fun. These programs offer group sessions, workshops, special guest appearances, etc. and hence are educational, social, and recreational in nature.

These events are a great way to help participants learn powerful skills, build relationships, and make connections with their peers. They can also help people learn more about their community and the various opportunities available to them.

# PROGRAM OBJECTIVE

Provide a safe and fun environment for students to self-discover, build relationships, and learn transformative skills to help themselves and others



## Create a Safe Space

To create an engaging, fun & safe atmosphere for participants to navigate their emotions and move toward clarity and empowerment



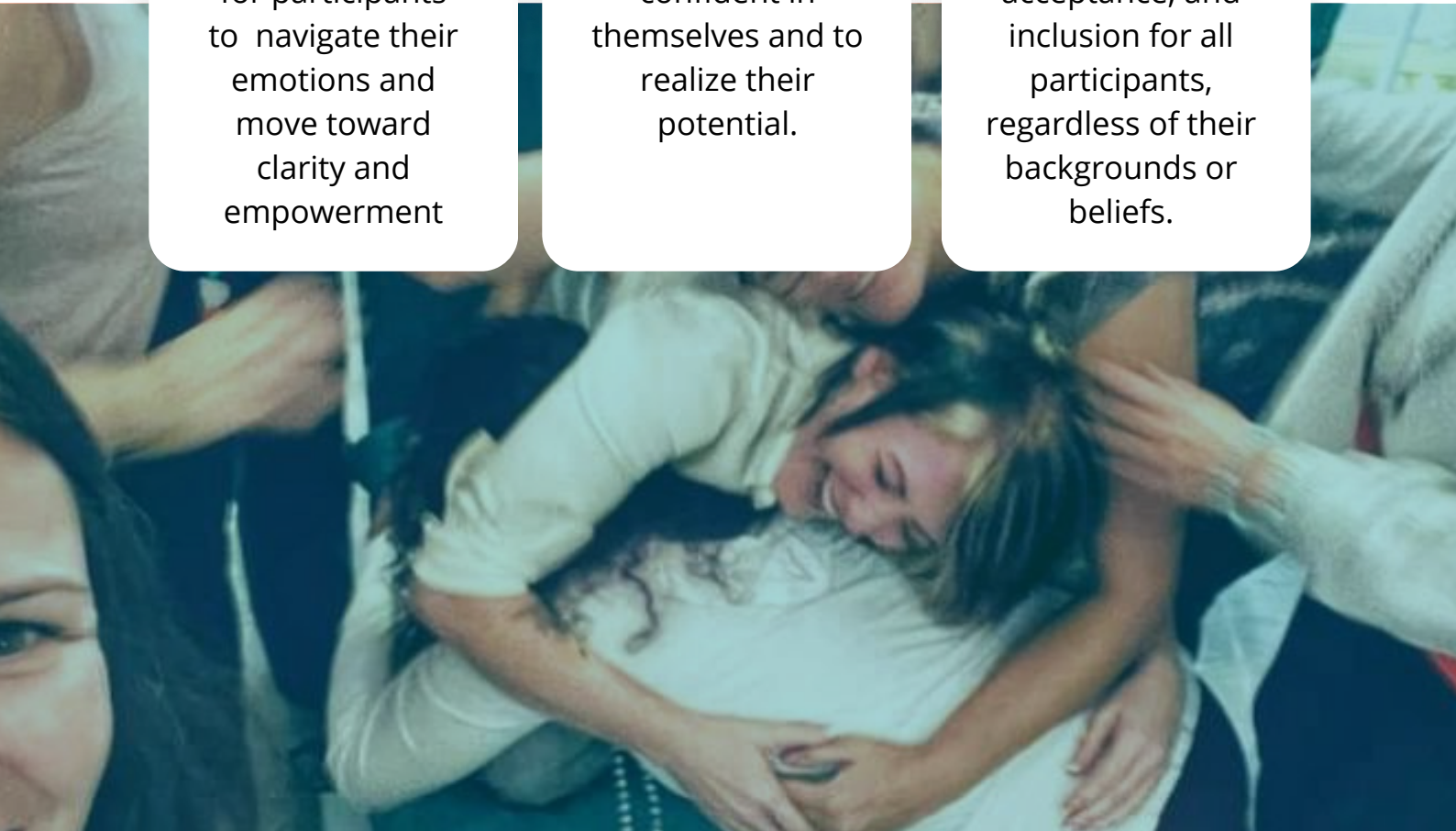
## Unlock Potential

To empower people from all walks of life to feel confident in themselves and to realize their potential.



## Respectful Community

To foster an environment of respect, acceptance, and inclusion for all participants, regardless of their backgrounds or beliefs.





2

# PROGRAM DESCRIPTION



Activities | Pricing |  
Course Content |  
Rundown

## 2 Program Description

# PROGRAM ACTIVITES

### Yoga & Meditation

Experience the synergy of yoga, meditation, and life coaching in our comprehensive program. Discover how the harmonious blend of these practices enhance self-awareness, emotional well-being, and personal growth



### Breath Work & Sound Therapy

We seamlessly integrate the power of breath and sound for holistic healing and relaxation with cerebral tools. These ancient practices will unlock profound insights and foster inner harmony and experience the synergy of mind, body, and soul on your path to empowerment

### 7 Days of Intensive & 3 days of Online Module Training

10 -day transformative journey filled with in-depth learning of 30 powerful techniques, including the illuminating CLEAR Formula, The Dropper Technique, The Relationship Toolbox, inner child healing and many more under 14 Topics. Learned and practised in a Group setting as well as 1:1.





# COURSE CONTENT

There are 13 Topics covered which have been developed and perfected by Master Coach Erin Geraghty for almost over a decade. Learn how to transform your life and coach others to do the same.

The Dropper  
Technique

Meeting and Accepting  
your Shadow

Healing  
Inner Child

CLEAR  
Formula

Breath Work  
for Coaching

Manifestation  
Station

Setting  
Boundaries

Avatar Embodiment  
for Breakthroughs

Emotional  
Journeying

Unconditional Love  
and Compassion

Goal Cultivating  
and Results  
ahead of time

Body Love  
and Acceptance

The Relationship  
Manual



## 2 Program Description

# PRICING

Pricing

**\$4,500**

## Pricing

Coaching	Amount
Enrollment	\$500
Course fee	\$4000
<b>Program Includes</b>	
Yoga and Meditation	\$0
Breath work and Sound Therapy	\$0
3 month follow up and mentorship	\$0
3 month Mastermind Entry	\$0
Books and course materials	\$0
<b>Bonus session</b>	
Relationship Toolkit	\$0
<b>Total Fee</b>	<b>\$4500</b>

# EVENT RUNDOWN

October 18th- 24th, 2023

Start from 9 AM - 5:00 PM

Moon Studio

8819, Cortez Rd W,  
Bradenton, Florida

## Ceremony | Moon Studio

Greetings	09.00 - 09.10
Speech by Erin	09.10 - 09.25
Opening Ceremony	09.25 - 09.30

## Classes | Moon Studio

Course sessions	09.30 - 4.00
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## Yoga & Meditation | Moon Studio

With Erin	4.00 - 4.50
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## Breathwork & Sound Therapy | Sun Studio

With Erin	5.00 - 6.00
Guest Star	6.00-6.30

SUBJECT TO CHANGE\*

### 3 Closing

# MEET THE COACH



**Erin Colleen Geraghty**  
Master Coach

Erin Colleen Geraghty is a 500 E RYT, a certified life coach and established podcaster, author, yoga studio owner, and has led retreats, certifications, trainings, and workshops nationally and internationally for more than a decade. She is a sought after presenter as her passion, charisma, humor, and ability to really see people as well as navigate deep subconscious patterns gives her a unique and incredibly valuable skill set rarely found in one package.

### 3 Closing

# CUSTOMER TESTIMONIALS

What our clients has to say about us!



**Diana Hughes**  
Yoga Teacher

The best decision I've made taking this course. The lasting effects from what I was able to move past and let go of, to the new tools I acquired, show up in my life daily for me. If you're looking for a change in you, plus tools to help others if you're so inclined, this is It. I believe there are a couple spots left for this year's training. Reach out to Erin Colleen Geraghty if you're interested!



**Melissa Robinson**  
Fine Art Boudoir  
Photographer

Last year I really struggled. I felt lost, I felt alone. didn't know where to turn. I just knew I needed a change. I started one on one life coaching with @thrive\_roller\_yogi and just after the first session I felt seen, I felt heard and I was finally feeling hope again. Throughout those months, Erin was really able to dig in deep and help me start the path to healing in ways I didn't even know were possible.



**Elise Walker**  
Light Worker

I gained my Sangha & so many beautiful people to share my journey with grounding me into a like minded community that sees me, loves me and encourages me I can't express my gratitude enough. There are no words I just want you to know that I see you & I see how much you care



### 3 Closing

We thank all of you for your participation in this program. We hope that you have enjoyed the various sessions we have offered and that you will take away amazing experiences and powerful skill from this program.

We encourage you to continue to stay involved in our community and to use the knowledge gained here today to make a positive impact in the world. We are confident that our students have the potential to be the change-makers of tomorrow. We thank you for your dedication and commitment to making this Thrive Coach Certification a success.

#### Contact US

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