# Changing your Habits & Thinking and Goal Achievement Process, LMP1 (16 hours)

Note: The students have three options of joining the course: Option A, B or C

Topics Covered	Fees	Marketing Service
Life Management Demo (Free) at mutual	Free	
convenient time for 1 hour		
Changing your Habits & Thinking and	Option A	Option B
Goal Achievement Process, LMP1 (16	Pay Fees	Do Marketing, &
hours)		Course is free
The Roots of your Life	Rs. 4000/- in	Bring 6 confirmed
2. How can You Change your Habits?	Indian Rupees	customers within
Mind-Body Relationship		6 months
4. Mind Process		
5. Life-Time Commitment		
6. Steps to Achieve your Personal Goal		
7. Create my Life Coach Workbook		
8. Create my Goal Commitment		
Statement		
Practice Mind Exercises		
10. Practice Behavior Change		

# **Option C**

#### Become a Translator/Facilitator/Trainee

### How to become a Translator/Facilitator/Trainee

To market the Alpha TMC Courses and arrange 5 batches for conducting any of the five courses offered by Alpha TMC. Each batch can have 3 to 10 students. After the batch is ready, the students will pay the fees to Alpha TMC account. On confirmation of payment received, Alpha TMC would arrange a coach to conduct training to students and coach the trainee.

## How the Trainee gets qualified to become a Trainer

After five batches of training completed, the trainee shall conduct a test batch freely independently without the support of Coach for same full course. The feedback given by participants and recording of presentation to be submitted to Alpha TMC committee to review.

If the joint feedback from participants and committee is very good or excellent, then the trainee will become a trainer cum coach. If the joint feedback from participants and committee is average or good, then the trainee must repeat the course again freely to another test batch until to become a trainer cum coach