

## Application to Become a Certified LTH Coach

1. Your Name: \_\_\_\_\_  
Email: \_\_\_\_\_  
Best telephone / text contact: \_\_\_\_\_
2. You must have a copy of the LTH Workbook and, as the certification process moves forward, download the relevant sections of the LTH Coach Manual.
3. Name three persons whom you trust and with whom the certifying coach can have contact. They are your support team  
Name: \_\_\_\_\_ Email: \_\_\_\_\_  
Name: \_\_\_\_\_ Email: \_\_\_\_\_  
Name: \_\_\_\_\_ Email: \_\_\_\_\_
4. As coaching another person is central to becoming certified, think about a person to coach the Life Transforming Skills. “Learn One Coach One” is a tried and effective method in skills training. The pedagogical principal underlying this requirement is that it not only amplifies your learning the educational component but also reinforces your practice of a skill, making it evermore likely it will become your habit.  
**Criteria to help you make a wise and safe choice regarding the person to coach:**
  - 4.1. You have a long standing relationship of trust with the person,
  - 4.2. You have a common network of at least two other persons with that person,
  - 4.3. That person must also be open to coach other person after being coached by you. [Their coaching another person is not necessary for your certification. However, it is helpful for them in learning the Life Transforming Skills as it generally increases the level of attentiveness when being taught.]
5. Person to be coached in LTH by you:  
Name \_\_\_\_\_ Email: \_\_\_\_\_
6. Print this application.
7. Fill it in.
8. Scan the filled-in application into a PDF file.
9. Email the PDF file to the Certifying Coach.