

Introduction To  
The Life Transforming Habits  
Certification Process  
For Coaches

Dr. Edward Santana-Grace, PhD

## Hi Coach-in-Process

If you have received this Introduction to the LTH Certification Process, it means that you have been approved to be in the process to be certified as to your knowledge of the interconnecting workings of the Life Transforming Habits website, the Life Transforming Habits Workbook and the Life Transforming Habits Coach's Manual. The following is an overview of the education you will acquire in the certification process. Welcome aboard!

In the **Life Transforming Habits Coach's Manual**, you will have the opportunity to become familiar with the Coach's Creed, the Mission Statement, REPRIT Pedagogy and the Ground Zero of Self-Power and Leadership Dynamics. You will also have at your finger tips detailed instructions of how to coach the various skills sets in the LTH Workbook as well as how to teach Chapter III on Habit Change and Chapter IV on The Essence of Character. You will also find in the Coach's Manual the often repeated, "Five Rules for the Coach". Diligently applying the Five Rules when coaching is fundamental for LTH coaching. The Five Rules are so foundational to LTH Coaching that we strongly urge you to implement them as a guideline in all your daily relationships (personal, social, business, family, parenting). In the Coach's Manual, you will also find the "One Rule for the Participant", which you must fully understand if you are to properly coach Life Transforming Habits. In fact, you can be certified only if you fully understood and can explain by example the One Rule for Participants.

In the **Life Transforming Habits Workbook** and in your training, you will have the opportunity to become familiar what all of the above from the perspective of a participant.

In this **Introduction to the LTH Certification Process**, you will find (1) the Five Rules for the Coach, (2) the One Rule for the Participant, (3) the Laws of Wisdom Acquisition versus Knowledge Acquisition Only , (4) Increasing the Odds (to effect real habit change), (5) the Law of Sustainable Growth verses The Quick Fix Mentality and Magical Thinking, (6) General Principle of the Number of Exercises in One Session, (7) General Principle Regarding Where to Start coaching with a Participant, (8) The Law of the Self-Engineering of One's Macro and Micro Interpretive Thoughts and the Exponential Growth in Wisdom, (9) Processes to Protect the Participants (If LTH doesn't work, it is not about the participant but about LTH's and the coach's failure.) (10) Choosing Role Models with Universal Core Values is Important, (11) Application Sheets for the Certification of a Participant in Ground Zero, which must be downloaded, completed and sent back

May seeking truth be your mind's guide, may verifying truth be your honor code, may understanding your macro and micro thoughts be your mind's desire, may choosing and following only those thoughts that lead to a beneficial life be your heart's joy and may helping others live ever more wisely be the guiding purpose of your life.,

Edward