



INGE ROCK

TRANSFORMATION - LIFE COACHING



ACADEMY PROGRAMS



ABOUT THE INGE ROCK ACADEMY

MISSION OF THE INGE ROCK ACADEMY

"It is our mission to contribute to the development of people and organizations in a way most people are still unaware of. By touching their hearts, we can show them who and what they can become. To spread this message all over the world we use our voice, day after day. As teachers, coaches and authors we can guide people toward their true destination and goals. I do everything within my power to lead by example."

- Inge Rock

THE START

Inge started her coaching business in the old house of her grandparents in Tienen, Belgium, her hometown. In the front there was a retail space which had been vacant for years. With sponges, cloths and many bottles filled with degreaser she was able to transform the dusty room into her own coaching practice.

Within a year the business became literally too small and Inge knew she needed to expand. Her schedule was full of coaching appointments. People came all the way from Bruges, Eindhoven and Maasmechelen to receive coaching by Inge in Tienen. Especially entrepreneurs, artists and future coaches found their way to the Vierde Lansierslaan. The Inge Rock Academy came into being.

A TURNING POINT

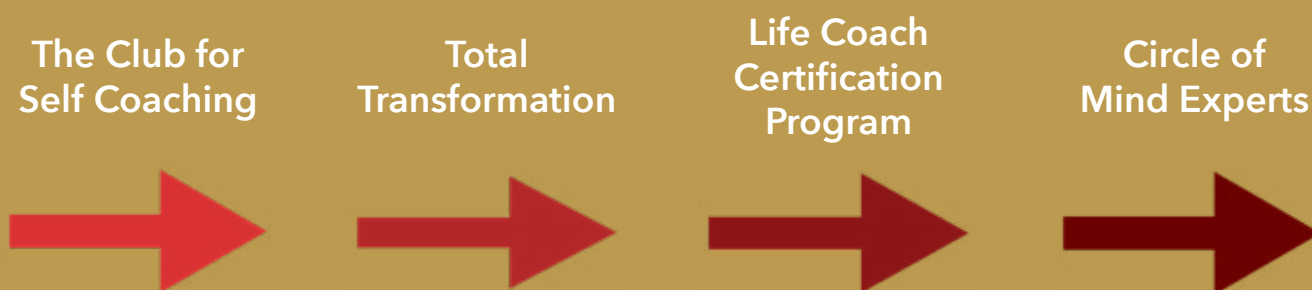
Just like everyone, Inge had to face a lot of setbacks and life wasn't always all that wonderful. Her parents divorced when she was fourteen, her marriage stranded, her mother died at the age of fifty-six, fourteen years ago her father suddenly died from a stroke...

But Inge held her ground. She had to persist. She refused to be subdued by anybody and decided to rebuild her self-esteem, stronger than ever. With the support of her partner, her children and her mentor Paul Martinelli, she not only built her private life up from scratch but also her business. An academy which offers solutions for the needs of many entrepreneurs and coaches.

THE INGE ROCK ACADEMY

The Inge Rock Academy specializes in transformation methods and training life coaches.

The Academy is one complete program that consists of 4 faculties:



As a participant you are not obliged to go through everything. You can start in the Club and go through the programs until the Circle of Mind Experts.

In this brochure, we tell you what the goal is of each faculty, for whom this program is intended, the practical content and the course.

The students at the Academy are mainly:

- People who want to change old habits and develop themselves by learning to coach themselves, thanks to the latest mindset and coaching methods and techniques
- Parents, teachers and educators who want to develop the potential of children and youth by implementing powerful coaching methods
- HR employees and socially engaged professions who want to better understand and guide their employees and customers
- All executives who want to develop their organization and their teams
- Coaches and aspiring coaches who want to become an expert in their profession and who want to develop an (existing) business
- Coaches who want to develop in story telling, developing their own teaching materials, teaching, coaching expertise and mind expertise

The Club for self coaching

FACULTY 1

LEARN TO COACH YOURSELF AND CHANGE YOUR LIFE FOR GOOD

Whoever can coach on the other hand is the key to self-liberation in the hands and knows how to achieve his own dreams.

People who can coach themselves are people with heightened awareness.

ABOUT THIS PROGRAM

The Club for Self-Coaching is a course for individuals who want to turn their life into a masterpiece. It is an intense training that not only provides knowledge and insights, but also puts you in the experience, so that you can apply the insights immediately.

This is for people who want to work on themselves and learn a method that will benefit them for the rest of their lives. In the Club you learn to coach yourself.

It concerns a combination of online training modules, live support webinars, live online self-coaching practice and live training days.

WHO IS THE CLUB FOR?

For every person who wants to develop himself and learn to coach himself.

You are someone who is hungry for knowledge and who is bitten by the world of personal growth and development. You have a dream and you are determined to turn it into reality. You want to learn to coach yourself, because you realize that you will never need another coach after that. Those who can coach themselves hold the key to self-liberation. Whatever life offers you, you know how to master every challenge if you can coach yourself.

We will achieve that together through a mix of powerful lessons, personal follow-up, self-coaching classes and a positive community that supports your dreams. Whatever life offers you, you know how to master every challenge, if you understand and apply the principles of success and if you can coach yourself.

WHO DO YOU BECOME THANKS TO THE CLUB?

- You get to know yourself much better in a way that you are not aware of
- You have clarity in the way you think, your emotions and your feelings
- You can easily make decisions
- You can change your own behavior and habits
- You raise your consciousness, your self-confidence, your self-image and your self-respect
- You reduce your stress by 80%
- You know exactly what you want and you have the vision
- You can handle every obstacle and every problem
- You become more kind and happier
- You can communicate better and more calmly
- You become much more creative
- You create positive results
- You know how to turn your dreams into reality
- You are part of a beautiful, positive community of like-minded people
- You can motivate yourself and you have tons of decisiveness

THE INGE ROCK SELF COACHING METHOD

The Inge Rock self-coaching method has been tested thousands of times with proven results. The model offers you the opportunity to coach yourself, through the perspective that is needed:

- Changing and adjusting your thoughts
- Understanding and changing your emotions and feelings
- Making the right decisions
- Changing your habits and behavior
- Evaluating and improving your results
- Evaluating your experiences in the right way as feedback

The Inge Rock self-coaching model gives you the daily mental strength you need.

PROGRAM CONTENT



Video lessons on a student platform



Teaching calls about mindset, change and energy management



The class for self coaching



5 personal power coachings



The Coaching Retreat



The Club nights

HOW DOES THIS WORK IN PRACTICE?

We guide you through various systems.

- 1. The online training is available 24/7.**
Thanks to the teachings on the student platform you can go through the training step by step. All teaching content is continuously available and you can view the content as often as you want.
- 2. The online live practice class.**
After following the mindset online, you enter a practical class of maximum 6 students. During 3 months you and your class will develop and practice the Inge Rock self-coaching method step by step. This with the guidance of a very experienced coaching mentor.
- 3. The teaching webinars.**
We support you through weekly webinars. We give you various teaching webinars. This way you keep learning every week and all your questions are answered.
- 4. The coaching retreat.**
We expect you at the coaching retreat. These three online live days are an important part of your training, with new teachings and masses of practice. Twice a year we welcome you to the coaching retreat.
- 5. The Club nights.**
Twice a year all students come together during a Club night, where we learn, experience and build a party in a casual atmosphere.
- 6. 5 power coachings of 20 minutes as extra support.**
You are entitled to 5 personal coachings of 20 minutes with a mind expert from the Inge Rock team. These coaches take place online, but live of course, by appointment.

WHEN AND HOW CAN YOU START?

You can start immediately. There is no specific start date. You start when you are ready. Via an intake interview with a program coordinator, we ensure that we can get you started in the best possible way. Let us discuss what the Club can do for you.

This is for people who want to take matters into their own hands, instead of depending on the world we live in. If you recognize yourself in this, we would love to talk to you and look at your options.

If you have any questions about the program, don't hesitate to contact us at support@ingerock.com. After all, we want you to feel good about this decision.

Total Transformation



FACULTY 2

TRANSFORM INTO THE PERSON YOU ALWAYS WANTED TO BE

You are worthy of becoming the person you always wanted to be. Create the life you have dreamed of. Generate the abundance you are worth.

ABOUT THE PROGRAM

Total Transformation is the most complete program we can offer you. It is a program in which we:

- Giving you new knowledge
- We take you by the hand to make exercises together
- We'll hold you by the collar, so you have a big stick behind the door
- Help you do, do, do!

The program is built with the utmost guarantee of lasting growth and change. In one year you become a completely new person, but we offer you two years of guidance!

WHO IS TOTAL TRANSFORMATION MADE FOR?

Total Transformation is the coaching program for everyone who

- Want to get out of the vicious circles of life that keep delivering the same disappointing results
- Has dreams and ideals and is determined to succeed
- Wants to permanently improve his self-image and self-confidence
- Is willing to replace old patterns, principles and ways of thinking with successful habits, beliefs and thinking styles
- Wants to invest time, energy and money in yourself
- Gives his word to learn, evaluate and improve for a minimum of 10 months
- Wants to get his areas of life on track, so that the quality of life improves significantly

WHICH THEMES ARE COVERED?

The different themes consist of:

- **Mindset:** get to know and direct your own thinking
- **Emotional awareness:** you learn to direct your emotions and feelings. You develop a higher emotional intelligence
- **Alter ego:** you are introduced to the sabotage voice in your head and you learn to checkmate it
- **Drama:** you learn to recognize and direct the 4 pillars of drama
- **Self-coaching:** you learn the method to always be able to coach yourself
- **Setting and achieving goals:** You learn to develop vision, set goals and achieve goals
- **Stress management:** you learn to stay away from stress thanks to effective techniques. Your energy level rises significantly.
- **Paradigm changes:** you will discover and permanently change your limiting beliefs, your fears, your patterns and your pitfalls
- **Abundance:** You learn principles about quantum physics, so that you learn to think and act in abundance. Get rid of shortage!
- **Setbacks and resilience:** you learn to deal with setbacks, you learn to stand up again and carry on. Doesn't matter what you've been through!
- **Letting go of past and forgiving:** the key to self-liberation
- **Self-love and self-confidence:** you develop the self-love and self-confidence that you absolutely need to succeed
- **Persevere:** you learn to persevere and you learn to finish what you started. No more procrastination.

TEACHING CLUSTERS AS EXTRA SUPPORT

In addition to the above curriculum, we offer you more than 100 "First Aid" teachings in case you get stuck in one of the following areas of life:

- Love and relationships
- Health and energy management
- Business building
- Money and abundance principles

In this case, you can look for the right answer in a targeted manner thanks to these extra clusters.



HOW DOES THIS WORK IN PRACTICE?

The program consists of various components to offer you the greatest guarantee of success.

- 1. The online student platform**
An online student platform with all the knowledge and exercises you need. You will be offered this knowledge step by step. So no content dump, where you can no longer see the trees through the forest.
- 2. 9 months of guidance**
You will receive guidance in a group of maximum 6 people for 9 months. We meet online every two weeks to discuss and evaluate the knowledge and exercises. Your professional mentor will coach you through the obstacles.
- 3. Five power coachings**
You are entitled to 5 personal coaching sessions of 20 minutes with a mind expert from the Inge Rock team. These coachings take place online, after making an appointment.
- 4. The Coaching Retreat**
We expect you at the coaching retreat. These three online live days are an important part of your training, with new teachings and masses of practice. Twice a year we welcome you to this Retreat.
- 5. Visualization and meditation days**
One day a month Inge teaches you to set goals, visualize and meditate. This is very important for the transformation to succeed. If you have never meditated before, don't worry. We build this together progressively.
- 6. The Club nights**
Twice a year all students come together during a Club night, where we watch, evaluate and learn an inspiring film in a relaxed atmosphere.
- 7. Teaching webinars**
Every week we offer you different teaching webinars as extra knowledge and support, each with a different topic. Moreover, you can always go to these webinars with your questions.

WHEN AND HOW CAN YOU START?

In principle you can start immediately. There is no specific start date. You start when you are ready.

Through an intake interview with a program coordinator, we ensure that we can get you started in the best possible way.

If you have any questions about the program, don't hesitate to contact us at support@ingerock.com. After all, we want you to feel good about this decision.

Life Coach Certification Program

FACULTY 3

COACH AND DEVELOP YOURSELF AND OTHERS

Everything you need to develop yourself and others, in one certification program. You can only give what you have. Both to yourself and to others.

ABOUT THE PROGRAM

In this intense and very complete training Inge Rock will share her insights, techniques, methods and training with you. The goal is for you to become able to help yourself and others. The certificate will make it possible to pass the knowledge and techniques on so you can help other people with it, like your colleagues, your clients, your kids, your team, etc.

In this certificate program you will learn:

- Mindset and thinking methods
- All necessary coaching principles
- The Inge Rock Coaching method
- Building your own practice and/or coaching others

This is a combination of online training modules, teaching webinars and live online training practice and days.

WHO IS THIS CERTIFICATION PROGRAM FOR?

- **Everyone who wants to develop themselves**, and improve results by means of mindset and coaching methods and techniques
- **Parents, teachers and educators** who want to develop the potential of children and young people
- **HR employees and socially engaged professionals** who wish to understand and help their colleagues and clients

- **All executives** who want to develop their organization and their teams
- **Coaches and aspiring coaches** who want to become an expert in their trade and who wish to expand an (existing) business
- **Entrepreneurs and sales persons** who want to develop a positive influence

1. THE INGE ROCK MINDSET METHOD

Everything depends on mindset. A positive, resilient and constructive mindset is what every person needs.

Do you want to feel more confident in life, do you want to improve the quality of your life, including the lives of the people around you? Then everything starts with mindset.

The Inge Rock Mindset Method is simple, to the point, applicable and specific so that everyone can learn it. Inge manages to translate complex thought and brain processes to very understandable and applicable methods. No alternative nonsense but hands on handle-bars and tools.

Thanks to the Inge Rock Mindset Method you will be equipped to develop your own thinking and attitude. You will also be equipped to inspire, help, and guide others towards a better quality of life. You learn and understand the thinking and functioning of the brain. The impact you have with this, on your own thinking and on the thinking of your children, your partner, your team and your employees is truly life-changing.

2. THE INGE ROCK COACHING METHOD

Coaching is a word which is usually misinterpreted because of old convictions and previous experience.

Parents, partners, teachers, colleagues, entrepreneurs and executives are coaches. In other words: everyone who has an impact on other people is a coach. It's all about the positive influence, the impact, the connection and the development of the full potential of people. The old directive methods have become obsolete.

If you want to grow as a person, together with other people, then it's imperative to invest in coaching.

Inge Rock brought together contemporary knowledge and insights and practically applicable methods into a new whole. Inge has brought her experience as a coach and leader together in this extremely concrete and applicable method. This is not a classic coaching training.

With this method you learn step by step to coach yourself and others. The Inge Rock Coaching Method does not exist anywhere else in the world, is extremely concrete, goal-oriented and result-oriented. Inge developed her own tools for this. The students learn to work with this step by step in practice.

HOW DOES THIS WORK IN PRACTICE?

We will guide you using different systems.

1. **The online training is available 24/7**
Thanks to the teachings on the student platform it is possible to purposefully go through the training, depending on the segment you care about the most. All teaching content stays available all the time and you watch everything over and over whenever you want.
2. **The online live class**
After you have followed the mindset and coaching principle lessons online, you enter a practical class of maximum 6 students. During 6 months you and your class will develop and practice the Inge Rock Coaching Method step by step.
3. **The teaching webinars**
We support you through two live teaching webinars per month.
4. **The Coaching Retreat**
We expect you to be on the online three-day coaching retreat. These online live days are a highlight in your education, with new teachings, masses of practice and tons of energy. You are always welcome at the coaching retreat.
5. **The coaching practice days**
You only learn coaching by doing. That is why you participate in the online, live coaching practice days four times a year.
6. **The Club nights**
Twice a year all students come together during a Club night, where we learn, experience and build a party in a casual atmosphere.

WHEN AND HOW CAN YOU START?

You can start right away. There is no specific starting date. You begin whenever you feel ready.

By means of an intake talk with a coordinator of the program, we will make sure that you can start in the best possible way. Let us see together what the Certification Program can do for you.

If you have any questions concerning the program, please don't hesitate to contact us on support@ingerock.com. We want to make sure that you feel good about your decision.

Circle of Mind Experts



FACULTY 4

EVOLVE FROM COACH TO MIND EXPERT AND BECOME THE BEST IN YOUR BUSINESS

There is a difference between a coach and a mind expert. A mind expert is a coach and more. A mind expert knows the new sciences of quantum physics and quantum mechanics, as well as understanding the influence of thinking on human biology and neurology. They can help people with methods, where a coach often cannot.

THE WORLD NEEDS MIND EXPERTS

The new sciences, such as quantum physics, neuroplasticity, neuroendocrinology and epigenetics, require a new approach.

Don't worry, we are not going to train you as a physicist or biologist. Far from!

But these sciences show the power of the human mind. It has been scientifically proven that human thinking has a much greater impact than we originally thought.

With the new sciences in mind, Inge Rock has developed methods to coach, train and mentor people, where previously that was virtually non-existent. But this requires a thorough training of the coach to become a Mind Expert.

Mind Experts can help people at a higher level, with amazing results, both for the person and for his environment.

Moreover, a mind expert is also an expert in coaching, in story telling and in teaching: important skills that you already need as an expert.

THE MOST COMPLETE PRACTICAL COURSE

In the training you become a mind expert and so we will focus on 4 different training components:

1. **Mind expertise:** understanding the workings of the mind and quantum physics principles at a high and advanced level
2. **Coaching:** advanced coaching techniques and skills
3. **Story telling** and speaking skills
4. **Teaching:** building effective lessons, workshops, training and teaching them



The training year is divided into 4 quarters. In each quarter we start working with one specific training component. They succeed each other, but you can start wherever you want. The advantage of this is that you can always join at the start of a component.

MENTORING ON A HIGH LEVEL

Anyone who wants to become an expert will also have to give something for this. That is why Inge offers her personal mentoring and expertise in this training.

Each training component contains:

- **Making a schedule:**
A structured schedule that you follow as a student. You know exactly what is known and what must be completed by which date.
- **Video lessons:**
Specialized classes on the student platform that you can study whenever you want, however often you want. You also always retain access to the student platform.

- **Exercises:**
The online live training courses ensure that you are put into practical experience. You will complete targeted assignments. You will gain experience with your fellow students and you will receive feedback to keep improving. Each training component has its own workshops in which you as a student will practice in teams of 4 people. You work towards a goal.
- **Evaluation:**
You can only be a true Mind Expert if you pass the evaluation test and have earned the certificate twice over. Each training component has its own evaluation. If you do not pass the evaluation test, you can retake a maximum of two times. You will receive your Mind Expert certificate if you pass the 4 training components.

HOW DOES THIS WORK?

The training lasts a maximum of two years. The year is divided into 4 training components:

- 4 multi-day online live workshops of different days, depending on the training component, supported by webinars. Each component has its own online workshop. You work towards a result with your fellow students. These workshops take place in online break-out rooms with a maximum of 4 people.
- 5 days of intense training in Crete. Here we focus on YOUR development. Also a prerequisite for being an expert.
- Monthly teaching and support webinars
- The online student platform with lesson content and tools

BONUS

Inge built the In Flow workshop and the In Flow retreat, which certified Mind Experts can give to their own clients.

That is why you will receive all scripts, powerpoint presentations, outlines, workbooks and video teachings of the In Flow workshop and retreat. Everything is ready!

Once certified, you have two ready-made programs, so that you can immediately offer a lot of value to your clientele.

Are you ready to become a Mind Expert and do you want to stand out from the crowd of life coaches?

If you have already followed a training as a coach elsewhere or followed the certification program at the Inge Rock Academy, then you are eligible for this training. Make an appointment without obligation with a program coordinator.

If you have any questions concerning the program, please don't hesitate to contact us on support@ingerock.com. We want to make sure that you feel good about your decision.

THE INGE ROCK ACADEMY FACULTIES

DE LESINHOUD EN TOPICS	DE VORM	WAAR VIND JE HET?	CLUB	TOTAL TRANSFORMATION	CERTIFICATIE-PROGRAMMA	COME
1. Mindset en persoonlijke groei	25 video teachings	Studentenplatform	✓	✓	✓	
2. Coaching principes	25 video teachings	Studentenplatform			✓	
3a. Praktijkklas self-coaching methode met mentor	3 maanden live online training	Online live	✓	✓	✓	
3b. Praktijkklas transformatie met mentor	9 maanden live online training	Online live		✓		
3c. Praktijkklas coaching methode met mentor	6 maanden live online training	Online live			✓	
4a. Coach-practitioner	44 video teachings	Studentenplatform			✓	
4b. Coach-ondernemer	22 video teachings	Studentenplatform			✓	
5. Coaching retreat, 3 dagen, 2/jaar	3 dagen live training	Live	✓	✓	✓	✓
6. Coaching practice days, 3 dagen, 4/jaar	3 dagen online live training	Online live			✓	
7. Club nights, 1 avond, 2/jaar	2 avonden, online live	Online live	✓	✓	✓	✓
8. Visualisatie- en meditatie-dagen	12 dagen per jaar	Online live		✓		
9. Teaching calls	Meer dan 150 webinars per jaar	Online live	✓	✓	✓	✓
10. Follow-up webinar na praktijkklassen	2 webinars per maand	Online live	✓	✓	✓	✓
11. Mind Expert lessen	Video lessen + workshop	Online live				✓
12. Geavanceerde coaching vaardigheden	Video lessen + workshop	Online live				✓
13. Story telling en speaking	Video lessen + workshop	Online live				✓
14. Lessen maken en geven	Video lessen + workshop	Online live				✓
15. 5 power coachings als extra support	Persoonlijke coachings	Online live	✓	✓		
16. 5 dagen Kreta Retreat	Live retreat	Live				✓
Certificaat na beëindigen van de praktijklessen					✓	
Certificaat na het slagen van de evaluatietesten						✓
Inge Rock boeken kopen aan inkoopprijs					✓	✓
Duur van de opleiding			1 jaar	2 jaar	2 jaar	2 jaar



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CLICK HERE
TO MAKE AN APPOINTMENT
WITH ONE OF OUR
PROGRAM COORDINATOR

During this free appointment you can ask all of your questions about the programs and we discuss together what your future can mean within the Academy. After all, we want you to feel good about this decision.