



# THE PLAYBOOK FOR 2026

Fri, Feb 13, 2026  
8 AM Los Angeles | 4 PM London

VISHEN • AJIT NAWALKHA  
NICK SANTONASTASSO





# AJIT NAWALKHA

Partner, Mindvalley

# 3,382 stories about Ajit Nawalkha

## Stories about Ajit Nawalkha

Ajit Nawalkha has certified over 15,000+ coaches in his methodology in transforming lives. His impactful approach has generated over 3000+ testimonials, making him the most positively reviewed coach trainer in the world.

He is also the author of "The Book of Coaching", "The Business Book of Coaching" and "Live Big". He is the co-founder of Mindvalley Coach serving 600,000 coaches globally.

21 PROGRAMS   



Mindvalley Certified Life Coach

"Since joining, my confidence has soared, and I've seen tangible results in the lives of my clients"



Mindvalley Certified Life Coach

"I gained not only practical skills, but also a deeper trust in my own voice as a coach"



Mindvalley Certified Life Coach

"Thanks to this program I have obtained the tools, motivation and confidence to help others achieve a growth and more"



Certified Money Coach

"My financial situation has been steadily improving, especially over the final 2 months of the program"



Mindvalley Certified Life Coach

"I feel empowered to share my life experiences and recognize the value of what I have to offer"



Mindvalley Certified Life Coach

"The program gave much more than I expected and it boosted my confidence to coach anybody"



# Before I share something special

Was what you experienced in the last 3 hours valuable?

Can you see yourself using what you learned today?

Do you believe this can change things for you?

Type “YES” in the chat



# You have two options

## Option 1

Go it alone

- You got the tip of the iceberg today
- Try to piece it together on your own
- No system. No feedback. No credential.

## Option 2

We work together

- Nuanced tools & strategies
- Mastery, not just knowledge
- A credential the world respects
- Extraordinary people alongside you



# What you experienced today is coaching

- When a friend calls at midnight and you help them see clearly again
- When your colleague spirals and one question from you unlocks them
- When your child is frozen with fear and you help them find courage

You've been doing this.  
You just haven't had the system, mastery, or recognition for it.





How becoming  
a meditation coach  
accidentally  
**led to the creation of**  
**Mindvalley**



# SILVA ULTRAMIND SYSTEM



Home Home Study Research And Press User Experiences About Us

## Why Do Some People Have It All While Others Stumble and Crawl?

In studying some of the world's most successful people Jose Silva found 2 reasons for their success. You probably know the first reason, the second is more surprising. Read on to learn what it is.

### The Jose Silva UltraMind System

Over 1 million people have used Jose Silva's mind training techniques to help them build a healthier, happier and more fulfilling life – through good times and bad.

#### Are You Living Up to Your True Potential?

Imagine how you would feel if you had it all...

- Peace of Mind and Happiness
- Career Fulfillment,
- Loving Relationships,
- Vibrant Health,
- Creative Expression.

Wouldn't that be wonderful?

Look at your life—do you have what you really, *really* want?

Or are you settling?

Have you given up on creating the ideal life you once dreamed of?

I'm here to tell you that if you refocus—you can create the life you want.

If you desire to expand your potential as a human being and if you want to have a stronger impact on the world around you, **the information here will be of great interest to you.**

Download Your Free  
Audio and eBook Training

Click Here



#### Did You Know

Silva's work has influenced many world renown writers, doctors, Olympian sportsmen and success coaches. These include:

**Wayne Dyer** – Best-Selling Self-Improvement Author & Success Coach

**Shakti Gawain** – Best-Selling Author of *Creative Visualization*

**Marguerite Piazza** – Famous Opera Singer

**Dr O. Carl Simonton** – Cancer research pioneer

**Prof. Clancy D. McKenzie, M.D.** – Medical Pioneer

**Richard Bach** – Best-Selling Author of *Jonathan Livingston Seagull*

**Chicago White Sox** – Baseball Team (in the 70s)

**Dr. Cleve Backster** – Scientist, discoverer of Primary Perceptive Capability in plants

**Magic happens when you love  
what you do AND what you do is  
making you money.**

It started with **ONE Decision** — to become a certified facilitator.





**Step into an extraordinary life of impact, income, and freedom as a Mindvalley Certified Life Coach**

Join **10,000+** graduates who've turned their life experience into a high-income coaching career — ICF-accredited, globally recognized, and built to thrive in the age of AI.

# **Coaching is the skill of tomorrow.**

\$20B industry with  
High Growth Rate of 6.7% Per Year  
*(that's \$1.2B new revenue every year)*



# The opportunity in Life Coaching in the New World

With more technology, an unstable economy and chaotic political environment, we are expected to have more mental health challenges, career transitions and relationship concerns that will need coaches and trainers.



- The average life coach earns \$71,719/year, with top coaches earning over \$500,000+ annually (*with no upper ceiling*)
- A coach can start their career in under 3-months.
- 70% improve their work performance, communication, and relationships
- Can be learned with an investment that is within current disposable income.
- Time investment needed is less than “*netflix hours*”.
- The income generated is long term and replenishes fairly quickly





1

# Are you stuck in an unfulfilling job?





2

**Do you feel like is  
missing something?  
(underlying sadness)**



To Do



In Progress

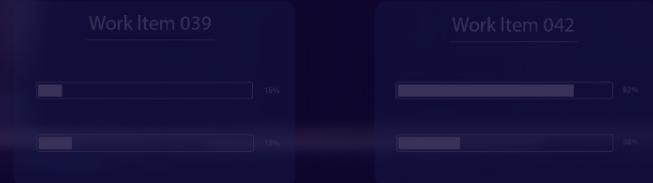
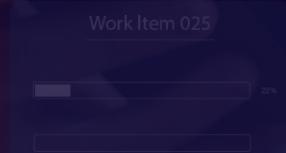


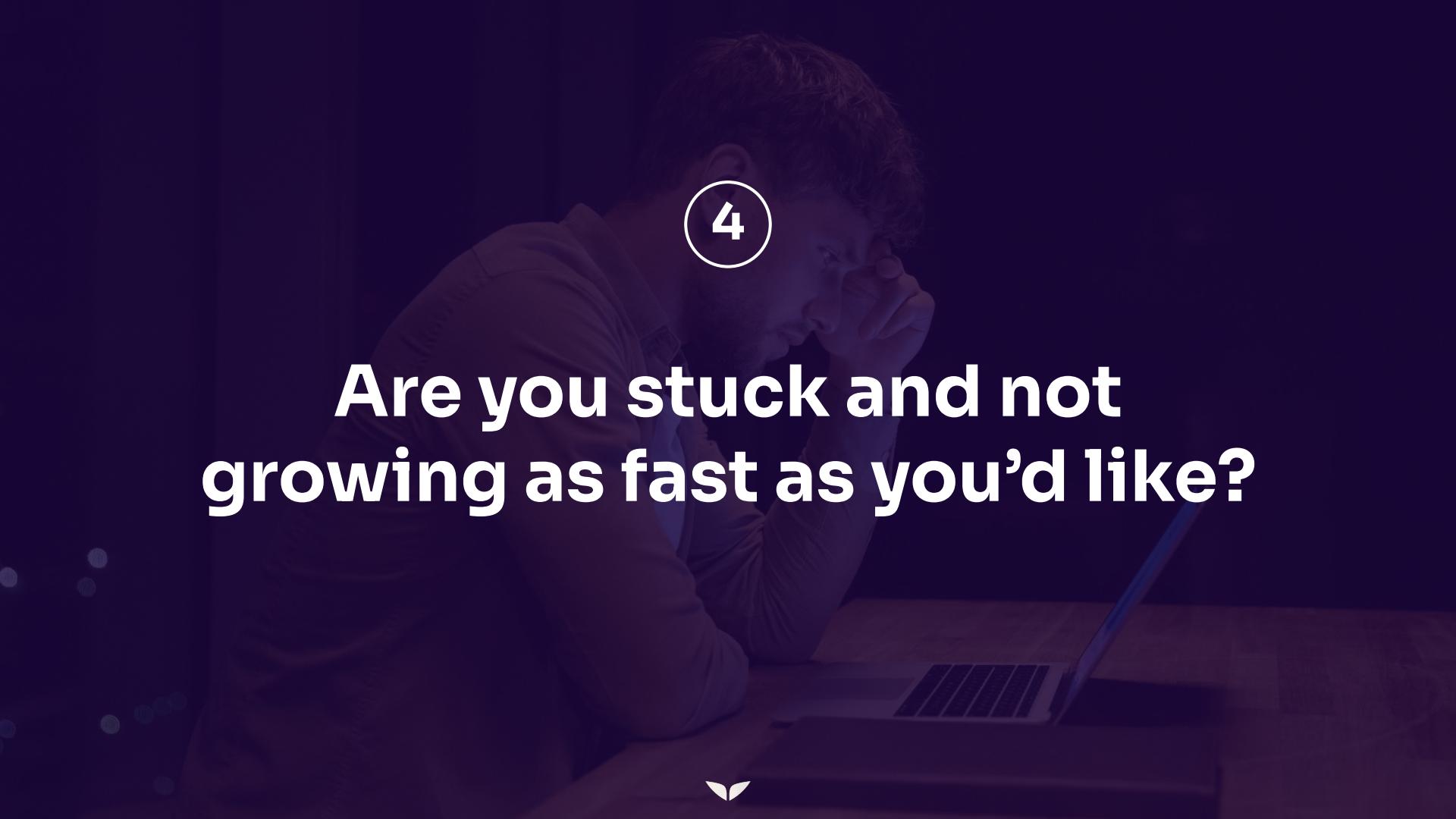
Testing

Complete



Do you feel secure given the rapid changes in the world today?





4

**Are you stuck and not  
growing as fast as you'd like?**

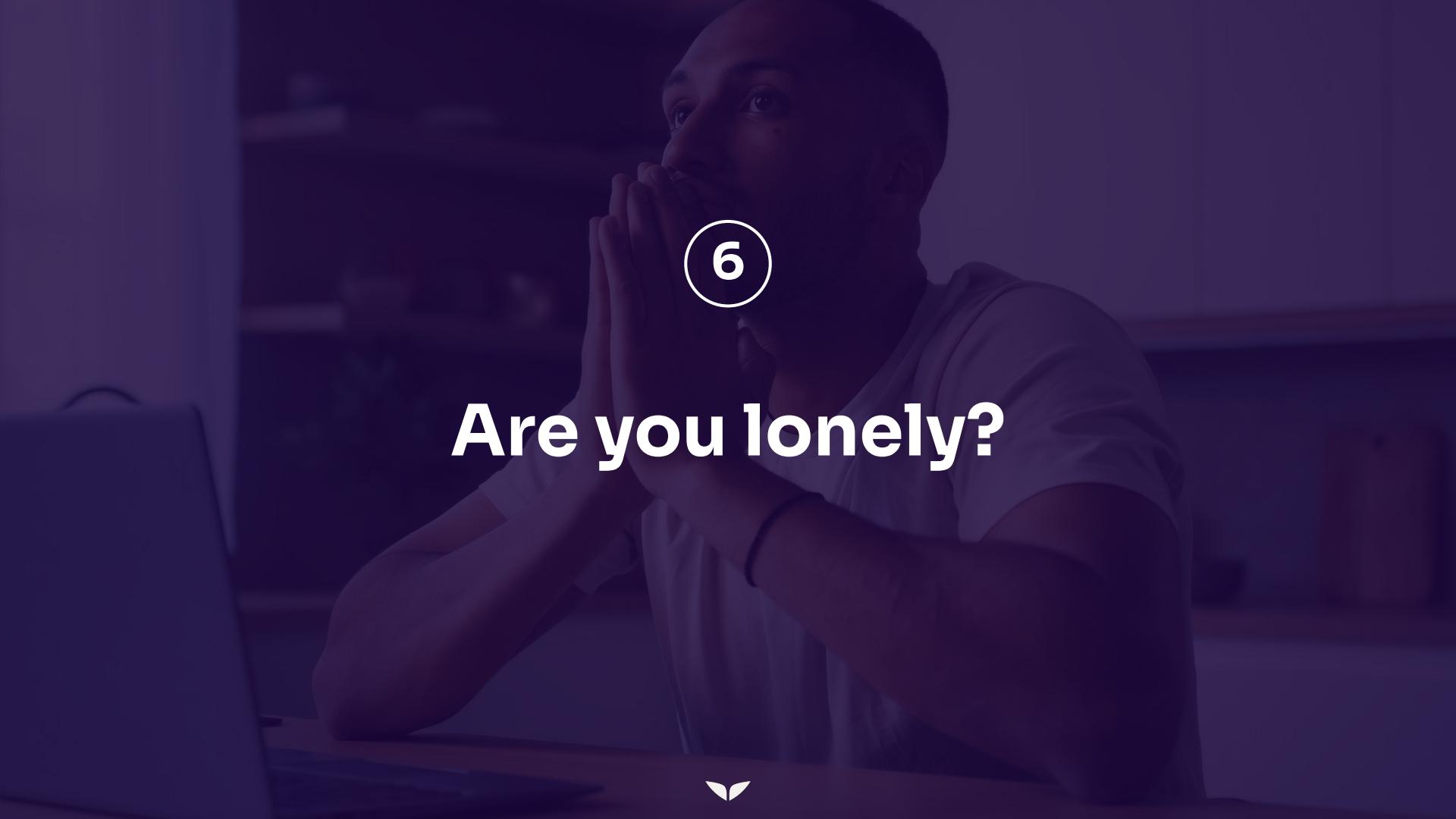


A woman with dark hair tied back is smiling and looking at a laptop screen. She is wearing a blue jacket over a yellow shirt. In the background, two young children are playing with toys on a wooden table. A potted plant is visible on the left side of the frame.

5

**Are you seeking to create a new stream of income that also provides meaning and flexibility?**



A man with dark hair and a beard is shown in profile, facing right. He is wearing a light-colored t-shirt and has his hands clasped near his chin, suggesting deep thought or concern. The background is dark and out of focus.

6

# Are you lonely?





**Coaching is for you if  
you are finding yourself  
disconnected from  
your life's purpose.**

If you are in a career  
that is not fulfilling  
anymore.

# What do you believe about yourself–Defines how you show up

- Coaching is hard
- There are too many coaches
- I am not smart enough
- I am too old
- I am too young
- I am struggling in this area how can I coach someone else?
- What will people think?





***“Coaching is for you if you are looking for a positive change in your life.”***

I feel this was what I was looking for for many years!  
I've noticed the biggest change in my life is spiritual growth...

My top 3 insights are

1. It is normal to express your emotions so repress less and express more.
2. You cannot control other people's feelings, but you can control yourself.
3. You can't help the people who don't want to be helped even if you love them so much. So you can't live their journey. I have my own journey to live.

The biggest positive changes I've noticed are:

1. I'm super happy every day
2. I'm doing what I love
3. I'm organizing my mind
4. I'm helping others.

**Maria Paula Gutierrez Vega**  
UK





## ***“As an experienced therapist, I cannot say I was able to help my clients as effectively as I am now”***

I had already been teaching and coaching as a therapist for over 20 years. During the pandemic, I started a simple personal health journey. Exercise and eating healthfully became my utmost priority to be consistent with. I was so determined that coworkers and friends were curious and very supportive of any self-health project I did. It made me wonder how others can transform their health with me.

Each project became the catalyst for another new and exciting endeavor. The result: I became a Zumba Instructor, Certified Group Fitness Instructor, Certified Personal Trainer, and Certified Nutrition Coach, and pursued other licenses. As I worked with each client and trainee, I realized that I've always had a burning passion to help develop the quality of life of anyone I encountered.

I began researching how to become a Certified Life Coach with an accredited company. In between time, I joined MindValley to take the Silva Ultramind System Quest. The ad on social media piqued my interest. I remembered through my studies that behavior change starts in the mind. After joining MindValley and completing that quest along with some other quests, an ad for “Life Coach” popped up on my MindValley feed. “Voila”! Wow! Let us talk about synchronicities and being at the right place at the right time.

As an experienced therapist, I cannot say I was able to help my clients as effectively as I am now. I wasn't even able to help myself as much as I am, now, having taken the Certified Life Coach program. Of course, I've had formal education in behavior change techniques but now I truly understand the inner workings of the techniques I was taught years ago. My mind also transformed with new techniques under my belt, and I believe is still transforming thanks to everything that I am learning with MindValley. For this I am truly appreciative, thankful, and don't mind sharing with others.

**Shameka Lavan**

Fayetteville, United States





***“Knowing how advising AND coaching can interplay to create even more amazing results, has been mind-blowing”***

Developing people, and helping them be the best version of themselves is my passion.

I took this certification to go deeper myself, so I could best serve those around me, and so I could specifically focus on supporting women leaders in business. I thought I was a pretty good coach before the course ;), but now realize that I can do so much more!

My BIGGEST takeaway is that to be a GREAT coach you are responsible for creating the space for reflection and insight to emerge, to allow the magic to happen. It's not always about giving advice, which I do a lot for business contacts, given my extensive experience working in entrepreneurial VC backed companies and disruptive consumer brands, such as Virgin; but knowing how advising AND coaching can interplay to create even more amazing results, has been mind-blowing.

I absolutely LOVE this course and its content! Much of it I have been exposed to/practiced myself before the course, but to have it all come together was unexpected and just made me feel like I was completely in the right place.

Ajit and Evercoach team have delivered this with the clear intention to share their whole authentic selves to help us do good, they are truly living their purpose and I thank you for your service. I look forward to being part of this community for life.

**Eleena Broadfoot**  
London, United Kingdom



## ***“Within 3 weeks I had my first \$10, 000 week”***



Before this program, I didn't have a lot of exposure to other coaches. I was successful, but self-taught and lacked a tribe or another coach to reflect ideas with.

I had been coaching high performers worldwide and I knew I was making an impact but felt a bit lost about where to go next. I love this industry and cannot imagine not being a coach.

In this certification course, I gained more confidence and validation in what I was doing and decided to double my prices. No one even blinked an eye because I deliver results.

Within 3 weeks I had my first \$10, 000 week. Ajit is fantastic and I would recommend this certification course to any new or experienced coach. I would also recommend it to all leaders.

We are in a human experience so learning more about how the mind, spirit, and bodywork allows us to access a more empowering earth journey.

**Sandy L Smith**  
Calgary, Canada





***“Because of the confidence, I gained during the program I was able to add 4 more clients and landed 2 speaking gigs”***

Before this Certification my Coaching Business was doing ok.

But because of the confidence, I gained during the program I was able to add 4 more clients and landed 2 speaking gigs.

This is a fantastic program, that will help you gain more clarity and more skills. I also noticed a change in my personal life.

I am calmer and am using the tools consciously to navigate through challenging situations.

**Bea-Marie Aning**  
Germany





Mindvalley<sup>®</sup>  
CERTIFIED  
COACH

# MINDVALLEY CERTIFIED LIFE COACH

and 6-Phase Meditation Trainer awarded to

Vishen



Ajit Nawalkha



# **A skill that serves more than one path**

## **Apply Coaches Skills in Life & Work**

Apply coaching skills to your relationships, leadership, parenting & personal growth

## **Build a Coaching Practice**

Work with clients, create income, build a purpose-driven career

# You have these skills for LIFE

- You have a new alternate career for LIFE
- You have a full time career full of freedom and abundance.
- You have the skill to change your life
- You have the skill to transform lives





Presence



Connectedness



Organize  
Your Mind



Bioengineering

## THE 4 PART PROCESS OF LIFE COACHING

# What You'll Learn



# The Journey: 4 Months to Mastery

## Month 1 : Fundamentals

Emotional regulation, deep listening, powerful questions, rapport building

## Month 2 : Presence & Mind

Mastering presence, organizing your mind, choosing new thinking patterns

## Month 3 : Identity & Bio

Lasting habits, identity engineering, transformation coaching

## Month 4 : Connectedness

Purpose, Six Phase Meditation Mastery, facilitator certification

*+ Six Phase Meditation Facilitator Certification included*





# **Month 1**

# **Fundamentals of Coaching**



## The principles of transformational life coaching

Your journey begins by exploring what makes a transformational life coach: and the fastest, simplest path to becoming one.

You'll discover how to train your mind, body, and even soul in the key principles of coaching mastery - all through Mindvalley's proprietary system that's been tested and optimized through thousands of coaching hours.

### Highlights include:

- ✓ **How to connect deeply as a coach and a human being:** from developing instant rapport, to authentic empathy and being a better listener - gain the skills you need to connect soul-to-soul with anyone.
- ✓ **Nurturing healthy, productive, and lasting client relationships:** discover the best way to cultivate long-term client relationships built on mutual trust and respect, while maintaining the boundaries you decide on.
- ✓ **Becoming an effective coach for every client:** whether it's goal achievement, deep emotional or inner work, or breaking free from unwanted habits and patterns - you'll be ready to help any client rise above any challenge.
- ✓ **And much more.**

By the end of Month 1, you'll have a clear roadmap for your life coaching adventure ahead - including the **preliminary mindset changes, tools, and strategies** you need to set up your clients and yourself for success.



# **Month 2**

## Elevating clients through mastery of presence & mind





-

MONTH

## 2 Elevating clients through mastery of presence & mind

In your second month you'll discover how to spark exceptional breakthroughs and transformations in anyone, by harnessing the full power of your presence and your mind. Because as you'll find out, mastering yourself is an essential stepping stone to helping others master themselves.

### Highlights include:

- ✓ **How to be present for challenging emotions (without being dragged down by them):** as a life coach, you'll face a vast spectrum of emotions from both yourself and your clients - and with the right approach, you can shift all of them into empowering thoughts and productive action.
- ✓ **Creating a safe space for your clients:** learn how to reconnect your clients with the confidence, clarity, and self-forgiveness they need to channel their own presence into the moment, where they can facilitate their own realizations and breakthroughs.
- ✓ **The key to coaching - and living - with peak passion, purpose, and productivity:** discover the steps to rewiring your mind for limitless focus and momentum - which you can then channel into your coaching sessions, your coaching business, and even other dimensions of your life.

By the end of Month 2, you'll emerge with a powerful mastery of your own presence and mind: which in turn allows you to create safe spaces for emotional breakthroughs and realizations both for yourself and your clients.

A dark, atmospheric photograph of a person from behind, standing on a rocky outcrop. They are wearing a blue long-sleeved shirt and brown pants. The person is looking towards a range of mountains in the distance, which are partially obscured by low-hanging clouds or fog. The overall mood is contemplative and inspiring.

# **Month 3**

# **The Art & Science of Engineering new identities**



- MONTH  
**3**

## The art & science of engineering new identities

Your third month takes you deep into the building blocks of what makes a client's persona and self-identity - and by extension the challenges they'll face in creating positive change. And through the art and science of bioengineering, you'll discover the best way to help them rearrange those blocks so they grow into the people they want to be.

### Highlights include:

- ✓ **The ultimate habit transformation formula:** stubborn self-sabotaging habits can be hard to shake off - but not when you apply this step-by-step formula that rapidly rewires your clients' minds for permanent freedom from unwanted impulses.
- ✓ **Finding the Superhuman Switch:** discover how to trigger a flow state in any client's body and brain, allowing them to embody extraordinary productivity and performance in their daily lives - free from overwhelm and frustration.
- ✓ **The power of a new persona:** master the steps to permanently shifting a client's self-identity through bioengineering - so they not only feel like a whole new person, but think and perform like one too.

By the end of Month 3, you'll be a **master of the bioengineering-based tools you need to awaken permanent life transformations** in your clients - by helping them shift how they perceive, process, and experience themselves and their lives.

A black and white photograph of a man with dark hair and a beard, wearing glasses and a light-colored button-down shirt. He is sitting cross-legged on a mat, smiling and looking down at his hands which are resting on his knees in a mudra. The background is blurred, showing what appears to be an indoor setting with some furniture and possibly a window.

# Month 4

# Transcending through connectedness + the 6 Phase Meditation system



-

MONTH **4** **Transcending through connectedness + the 6 Phase Meditation system**

The final step of your journey is a profound expansion of your life coaching skills through connectedness: to you and your clients' inner wisdom, to collective consciousness, and even to divine guidance.

Here you'll also become fully certified to teach the 6 Phase Meditation: the critically acclaimed meditation system for peak performance, developed by Mindvalley Founder Vishen.

**Highlights include:**

- ✓ **How to live a purpose-driven life:** most people (even those with great life coaches) struggle to know their purpose, let alone embody it. This framework helps you facilitate the answer to one of life's greatest questions - quickly and accurately.
- ✓ **Channeling the whispers of the Universe:** discover how to solve impossible problems for clients and yourself, receive crystal-clear guidance, and tap into a font of infinite wisdom and creation power by connecting to a Source greater than yourself.
- ✓ **Teaching the world's most powerful modern meditation system:** professional athletes, high-flying CEOs, and Hollywood celebrities swear by Mindvalley Founder Vishen's 6 Phase Meditation system - and you'll be fully trained to add it to your coaching repertoire.

**By the end of Month 4, you'll have everything you need to step into your new role as a transformational life coach and leader - including not only a leading skill set and mindset, but the ability to transcend the limits of your own consciousness, and empower others by tapping into a limitless source of wisdom and inspiration.**

# Accredited by



# Also Accredited By





**That's not all...**

# **In Addition to Life Coach, Become a 6-Phase Instructor**

Get Certified with the celebrity-endorsed  
'6 Phase Meditation' protocol



**The 6 Phase Meditation**  
with Vishen

The 6 Phase Meditation is a critically acclaimed Quest from Mindvalley, and we'd like to give you instant access to it - completely free. Designed by Mindvalley Founder Vishen Lakhiani based on his own daily practice.

Your intake begins in 5 days. Meanwhile please go through the Introduction and Warmup to get the best out of this quest.

[Start Warmup](#) [Other Intakes](#)

**CERTIFICATE OF COMPLETION**  
**6 PHASE MEDITATION**  
COACHING PROTOCOL  
awarded to  
Mary Doe

**CERTIFIED**  
**LIFE COACH**  
awarded to  
MARIE DOLLE

**THE 6 PHASE MEDITATION METHOD**  
VISHEN LAKHIANI





### The 6 Phase Meditation

## Tony Gonzalez recommends Vishen Lakhiani's 6 Phase Meditation in the New York Times.

I've actually been meditating for almost 15 years. When I played, it had to do with visualization of the game. Now I do it for my emotional state. I've used apps and guided meditations, but when I started, it wasn't trendy and it wasn't easy to find all this material that's so accessible now. There's a guy on YouTube that does guided meditations called Vishen Lahiani.

**Tony Gonzalez**

Professional Football Player





### The 6 Phase Meditation

**"It is a six-phase guided meditation narrated by Vishen Lakhiani that traverses consciousness, gratitude, forgiveness..."**

This quest for connective learning sent me on a journey three years ago today and introduced me to the power of 'transformative education' and a platform called Mindvalley - said Miguel in an interview with Billboard on how he meditates before shows.

"It is a six-phase guided meditation narrated by Vishen Lakhiani that traverses consciousness, gratitude, forgiveness, three-year aspirations, visualization of one's perfect day, etc."

### Miguel

Songwriter  
Los Angeles, United States





[The 6 Phase Meditation](#)

**"It has definitely changed my life and just know that you're not only changing my life, but you also change millions of lives"**

Binaca Andreescu, Canadian professional tennis player and the highest-ranked Canadian in the history of the Women's Tennis Association, went live with Vishen Lakhiani to talk about her experience with Mindvalley and Vishen's programs.

(See the video to find out)

**Bianca Andreescu**

Professional Tennis Player  
Canada



# Benefits

# **The life and career breakthroughs you can anticipate**

## **1. Design new lifestyle of freedom and conscious intention**

Take full charge of both your schedule and your location, and enjoy having a far greater freedom to design your own best life – so you can focus fully on what brings you joy and meaning.

## **2. Take charge of your money, and financial freedom is at last within reach**

Whether you're approaching life coaching as a full-time career or a side practice – you've now gained a lucrative income stream limited only by your ambition. how much you want to earn. Now you finally own the power to give yourself a raise, charge what you're worth, and take charge of your financial destiny.





***"I went from \$10k months to \$20k months to the goal of \$30k months and have now been experiencing \$20-30k days"***

I experienced much growth in my personal life and business with elevated confidence levels, clarity and definition as to the types of clients that I'm willing to work with, finding my rhythm in combining my many modalities, and meeting some of the collaborators and co-creators I had been manifesting as business partners.

I went from **\$10k months to \$20k months to the goal of \$30k months and have now been experiencing \$20-30k days**. I plan to make these days more frequent and consistent. I have embodied what I teach, allowing ease in creation and manifestation and seeing a limitless future. I have started new businesses, and the list goes on.

**Julie Tunador**  
Los Angeles



# **The life and career breakthroughs you can anticipate**

## **3. Unlock abilities and depths of potential you never knew you had**

Expand your skill set and discover untapped gifts and talents you've never known you have before. From creative problem solving, to deep empathy, to lifestyle design and high-level strategic thinking - you've now proven to yourself that you're capable of so much more.

## **4. Leverage your work to create a BIG positive impact on humanity**

Witness your work making waves in the world as you guide your clients through starting new conscious businesses, pursuing game-changing ideas, or simply showing up as their best selves: your clients' growth is exactly what the world needs.





***“Knowing how advising AND coaching can interplay to create even more amazing results, has been mind-blowing”***

Developing people, and helping them be the best version of themselves is my passion.

I took this certification to go deeper myself, so I could best serve those around me, and so I could specifically focus on supporting women leaders in business. **I thought I was a pretty good coach before the course ;), but now realize that I can do so much more!**

My BIGGEST takeaway is that to be a GREAT coach you are responsible for creating the space for reflection and insight to emerge, to allow the magic to happen. It's not always about giving advice, **which I do a lot for business contacts, given my extensive experience working in entrepreneurial VC backed companies and disruptive consumer brands, such as Virgin; but knowing how advising AND coaching can interplay to create even more amazing results, has been mind-blowing.**

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Ajit and Evercoach team have delivered this with the clear intention to share their whole authentic selves to help us do good, they are truly living their purpose and I thank you for your service. I look forward to being part of this community for life.

**Eleena Broadfoot**  
London, United Kingdom



# The life and career breakthroughs you can anticipate

## 5. Harness your passion for personal growth into a secure career and a mission

Learn, evolve, and level up not only your clients – but yourself – as you gain exclusive, insider access to Mindvalley exclusive and never-seen-before tools and training. Now that's a job perk.

## 6. A pioneering role in the future of changes lives as a business

Your role as a transformational leader has placed you at the forefront of a fast-evolving world. And instead of worrying about the uncertainties and challenges of the future, you're equipping others (and yourself) with the skills and the mindset to serve, adapt, create, and collaborate for a better tomorrow.





**Patrizia** crossed \$500,000 in  
5 months after years stuck at  
\$100,000 in revenue.



# 6 Things this gives you



1. Design your new lifestyle



4. Create meaningful impact



2. Take control of your income



5. Future-proof your career



3. Unlock hidden abilities



6. Become a pioneer



# How it works



**Total Time :**  
**3 Hours / Week**



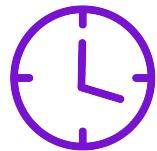
**Starts Mar 04**



# Mindvalley 3-Part Weekly Coaching Method



# 3 Hours a week. That's it.



1.

## Pre-Recorded Training

Watch anytime on the Mindvalley app. Flexible.



2.

## Live Q&A with Ajit

Over Zoom. Ask questions. Get coached in real time.



3.

## Coaching Pods

Paired with other students. Practice on each other.



# **There are 3 parts to the experience each week**

1. Weekly pre recording training (60 mins)
2. Live Q & A with Ajit/Vishen(60 mins)
3. Coaching Pods (90 mins)





1.

## **Easy-to-follow weekly training**

- Learn and grow at your own pace
- Weekly training schedule
- Only 60 minutes a week



11:44

4G

MINDVALLEY  
CERTIFIED  
LIFE COACH

Vishen & Ajit Nawalkha

Certified Life Coach

Ajit Nawalkha

75 lessons 4,096 enrolled

Overview Lessons Resources Stories

Introduction

Preview unlocked lessons

INTRO 1 Welcome to Certified Life Coach 19 mins

INTRO 2 The Process 21 mins

INTRO 3 Meet Your Trainers 2 mins

# Weekly Training (Recorded)

Watch at your own pace  
(1 hour per week)



## 2. **Go deeper with weekly LIVE classrooms with Ajit**

- Dive deeper into each week's materials
- Get all your most burning questions answered
- Busy? No problem.  
Easy recording available
- 60 mins a week



# Live Q&A Schedule with Ajit Nawalkha (60 mins)

**Welcome Call**

March 04, 26  
(Wednesday)

**End Date**

July 07,26  
(Graduation)

**Live Calls on Wednesday**

10:00 am Los Angeles | 6:00pm London





### **3.**

## **Gain real-life experience with weekly coaching pods**

- Bring our education to life by practicing on your peers
- A safe and supporting space
- Get feedback and accelerate your growth
- 90 mins a week



# Coaching Pods

## (90 mins)

Wednesday

11:00 am Los Angeles | 7:00 pm London



# Stories on Mindvalley Certified Life Coach

Stories about Mindvalley Certified Life Coach from our community

Categories ▾

Countries ▾

**1,482 Mindvalley Certified Life Coach stories for you**



Mindvalley Certified Life Coach

"Since joining, my confidence has soared.



Mindvalley Certified Life Coach

"I gained not only practical skills, but also a deeper



Mindvalley Certified Life Coach

"Thanks to this program I have obtained the tools

# Stories of Career Transformation





## ***“Even before graduating, I have 5 paid clients as a New Coach !!”***

When I came across this course, the logical, realist side of me would have said you cannot afford it! This course was very very expensive for me for where I come from. (Note: I say 'was' - my mindset around money has taken a huge turn) But I chose to follow my gut and spent half my savings on this course.

I have experienced in these last 4 months! If there was a graph showing the rate of growth over my entire lifetime, these last 4 months will be the steepest climb. My relationship with my partner and my son has transformed. My intellectual, emotional, and spiritual growth is at an all-time high!

And to top it all, even before graduating, I have 5 paid clients as a New Coach !!

**Sumana Sethuraman**  
Pune, India





***"I am so thrilled to share I already have 15 incredible women enrolled in my program"***

The Mindvalley Life Coach program came into my life at the exact time it was meant to, I truly believe that. I had a vision and an idea for a program I wanted to launch to help people live their healthiest, happiest, most elevated lives, but I needed guidance how to proceed.

No more than a week after I had this program idea did I get an email from Mindvalley about the Life Coach program and I knew it was a sign from above, I was meant to do this.

The program is helping me be the best possible coach I can be and I am so thrilled to share I already have 15 incredible women enrolled in my program and not only that, they are thriving! They are hitting their goals, feeling better than ever, and excited to share this with the world. It has been so rewarding and has meant the world to me to watch their success grow.

**Katrina Kubicina**  
UK



# Stories of **Personal Transformation**





***“Thanks to this program, I coached myself by applying the techniques and got out of depression”***

I discovered MindValley Life Coach and I knew this is what I needed right now. I need to coach myself. Thanks to this program, I coached myself by applying the techniques and got out of depression.

Also, I found beautiful people during the coaching lab that help me go through this.

Today, I am so grateful for the program, for Ajit, Vishen and the coaches Fran, Bruno, Sudha and Sid, for the tribe. You changed my life and now I am so excited to help people around me, including all NICU mamas like! Kaia is now 5 month adjusted age and she is doing great !

**Marina Ou**  
Doha, Qatar





***“My businesses started flourishing, all my relationships improved, my stress and anxiety levels decreased for the first time in 2 years, and my chronic illness magically disappeared”***

Through CLC, I became an even better self-coach, I found precious connections with amazing coaches from all over the world and I learned so much from each of them. The tools I learned through the course, I immediately applied to myself. I also found myself a mentor, and a coach companion, Elke Preuß, who helped me to peel off more layers which I couldn't have done on my own.

My biggest lessons are being present, listening deeply even in non-coaching conversations and asking myself better questions. God, did magic happen! My businesses started flourishing, all my relationships improved because I was present and I was listening. Because I was present and learned to reframe my thoughts, my stress and anxiety levels decreased for the first time in 2 years, and my chronic illness magically disappeared! Coincidence? I believe not!

**Alexis Glanville**  
United States





***“For anybody aspiring to become a life coach, become a better you, and help others achieve their dream life, this program is for you”***

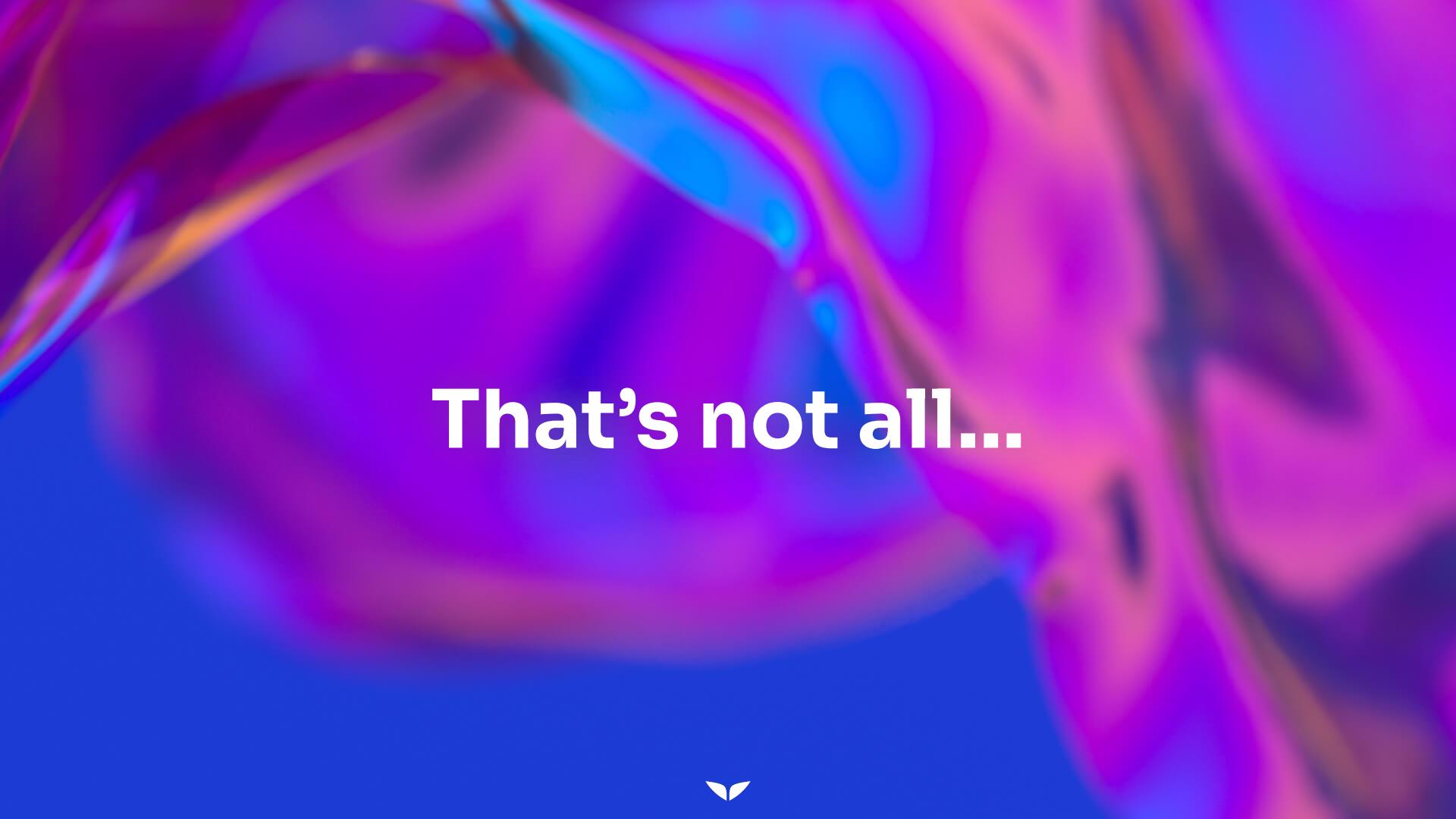
CLC has been quite impactful, profoundly transformative, and in the context of my own perspective of life at this time, life-changing.

The program itself is unique in its approach, very complete and well-balanced. Scientific background, techniques, methods, practice.

Everybody of the MV teams involved in the program have been supportive, inspiring, dedicated and with such tangible energy that all of the tribe truly felt uplifted and energized every single week for four months!

**Guy Dusselier**  
Rangoon, Burma





**That's not all...**



# Bonuses



# Certificate & Accreditation



# **Bonus #1**

## **Professional Certificate ICF, CCE & CPD Accreditation**

**Worth: \$2,000**

**"You will be a certified, accredited  
coach trusted by clients from day  
one"**



Mindvalley<sup>®</sup>  
CERTIFIED  
COACH

# MINDVALLEY CERTIFIED LIFE COACH

and 6-Phase Meditation Trainer awarded to

Vishen



Ajit Nawalkha



# **Bonus #2**

## **6-Phase Meditation Certification**

Worth: \$2,000

**"You will lead powerful group  
experiences that transform entire  
rooms at once"**

**The 6 Phase Meditation**  
with Vishen

The 6 Phase Meditation is a critically acclaimed Quest from Mindvalley, and we'd like to give you instant access to it - completely free. Designed by Mindvalley Founder Vishen Lakhiani based on his own daily practice.

Your intake begins in 5 days. Meanwhile please go through the Introduction and Warmup to get the best out of this quest.

[Start Warmup](#) [Other Intakes](#)

**CERTIFICATE OF COMPLETION**  
**6 PHASE MEDITATION**  
COACHING PROTOCOL  
awarded to  
Mary Doe

**CERTIFIED**  
**LIFE COACH**  
awarded to  
MARIE DOLLE

**THE 6 PHASE MEDITATION METHOD**  
VISHEN LAKHIANI



# Community



# Bonus #3

## Mindvalley Supercoach Conference

Worth \$2,000



**"You will never feel alone on your  
coaching journey — your tribe  
awaits in Tallinn"**



# Join Supercoach Live

An Invite to **Mindvalley Supercoach Experience**

Build a global network of friends and colleagues that will last a lifetime.

# Supercoach Experience 2026 (25-26 July 2026)

2-Day Experience for  
Certified Coaches of Mindvalley





MINDVALLEY  
**SUPERCOACH  
EXPERIENCE**



# Bonus #4 Community Platform

Worth \$2,000



**"You will never lack the support,  
answers, or connections you  
need to keep growing"**

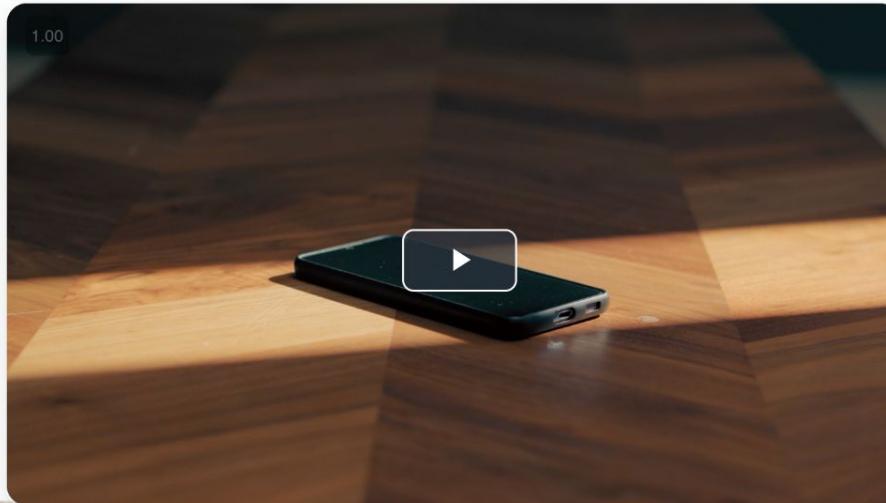
# Be part of a community of people committed to Coaching Community



# Introducing six

Join Mindvalley's new elite social networking app where brilliant minds, business leaders, and extraordinary people connect.

Get early access







## Rafael Oliveira

UX/UI designer at Orion  
 Sydney, Australia

### About me

I am passionate about designing user-friendly and visually captivating digital experiences that truly resonate with people. I strive to create interfaces that are functional and beautiful.



## Jessica Don Elbanez

Brand Manager at Vetemens  
 Bali, Indonesia

### About me

Immersed in Bali's cultural tapestry, weaving brand narratives in Film & Music. Radio aficionado fostering global resonance, shaping memorable experiences.



## David Levi

Chief creative officer at Aurora  
 Toronto, Canada

### About me

A passion for storytelling and a keen eye for design. I have a background in film, music, and radio, I excel at crafting compelling brand narratives that resonate globally.



# **Bonus #5**

# **Mindvalley Coach Membership**

**Worth \$500**



**Listen in on world-class coaching  
conversations and learn how elite  
coaches market themselves**

# Mindvalley Coach Membership

The Ultimate Growth Hub  
for Coaches



Evercoach  
**MEMBERSHIP**

- **7 Powerful Coach Training Quests**
  - Get access to 10 powerful coach training quests from some of the most seasoned coaches in the world.
- **Build Your Coaching Business**
  - Access 3 powerful quests designed to help you start and grow your coaching business.



# Fast Track Bonus

We help you build a  
coaching **business** that  
gets clients



# Bonus #6 Your First \$2K

Worth \$1000



**Get your first \$2K client.  
Then repeat. Again and again.**

**YOUR FIRST \$2K**  
with Ajit Nawalkha

**View More**

**YOUR FIRST \$2K**  
by Ajit Nawalkha

WEEK 1  
Day 1

WEEK 2  
Week 2: Day 1

WEEK 3  
Week 3: Day 1

WEEK 4  
Week 4: Day 1

WEEK 5  
Week 5: Day 1

The 5 pillars that make up our certification:  
Timestamps in the video progress bar to jump to a specific topic.  
Hours of the Evercoach Methodology (00:34)





# YOUR FIRST \$2K

by Ajit Nawalkha

# **Bonus #7**

## **Launch Week Live with Ajit**

**Worth \$1000**



**You will never wonder what to  
charge clients and how to create  
repeat customers**



# Launch Week Live

## with Ajit

No more waiting, wondering, or preparing endlessly.

Launch Week Live is an intensive 5-day live experience where you and your fellow certified coaches officially launch your practices — together.

- Daily live calls led by Ajit himself — set up your offer, announce to the world, and take your first client calls in real-time.

# **Bonus #4**

## **Entrepreneurship For Coaches**

**Worth \$4999**





# Mindvalley ENTREPRENEURSHIP MASTERY

## ENTREPRENEURSHIP MASTERY

Kathy, Dave Asprey, Milli Arora, Neelam Jain, Verne Harnish  
46 lessons, 54 hours 48 mins, 2.52 GB

We're in the top 1% of Mindvalley who make from \$60K to \$20M and beyond. Multiply your revenue, build systems that run without you, and unlock the mindset of world-class founders – with leadership, real-world entrepreneurship mastery.

[Start Program](#)

**Fast Track Bonus**  
**Only Available For 24 Hours**

**Deadline**  
**Saturday, February 14, 2026**  
**11:59 PM Los Angeles Time**

**What if you could make your  
investment back while still  
in the program?**



# 1-1 Coaching

Average 1-1 Coaching package for new Life coaches:

**\$2,000 for 3 months**

You need to pay for **TWO** clients to make the money back



# **Group Coaching**

**Average Group Coaching package for new Life coaches:**

**\$800 for 3 months**

**You need to pay for **FIVE** clients to make the money back**



# Meditation Coaching

Average Meditation Coaching package for new Life coaches:

**\$50 a session – 1 Hour**

You need to pay for **80** people to make the money back





# Let's summarize



# Here's What You Get

## Mindvalley Certified Life Coach Certification (\$4,999)

- World - Class Weekly Training on Demand
- Live Q&A with Master Coaches
- Hands-on Coaching Practise Sessions

## The 6 Phase Facilitator Certification with Certificate (\$2000)

### Bonuses worth \$:

- ICF and CPD Accreditation Certification (\$2,000)
- **Community Bonus:** Invite to supercoach live event experience (\$2,000)
- **Community Bonus:** Exclusive Coaching community access (\$2000)
- Mindvalley Coaching Membership(\$499)
- **Fast Track Focus:** 5-Day Launch Live Week with Ajit (\$1,000)
- **Fast Track Focus:** Your 1st \$2K with Ajit(\$1,000)

\$15,498



# Here's What You Get

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- **Fast Track Focus:** 5-Day Launch Live Week with Ajit (\$1,000)
- **Fast Track Focus:** Your 1st \$2K with Ajit(\$1,000)

~~\$15,499~~  
**\$4,499**



# For Attendees

## **Mindvalley Certified Life Coach Certification (\$4,999)**

- World - Class Weekly Training on Demand
- Live Q&A with Master Coaches
- Hands-on Coaching Practise Sessions

## **The 6 Phase Facilitator Certification with Certificate (\$1500)**

### **Bonuses:**

- AI Coach Companion
- Marketing Training: Evercoach
- Community Bonus: Invite to supercoach live event experience
- Community Bonus: Exclusive community access

**YOUR INVESTMENT:  
ONLY \$4,499**



# Next Steps



# Secure your spot for only \$200 application deposit

1

Deposit \$200 right now

2

Send in application to become a Mindvalley Coach

3

After approval:  
\$4,299  
(Total \$4,499)

4

If rejected,  
application fee will be refunded



# Need a Payment Plan?



4 payments of  
**\$1199**

OR

1 payment of  
**\$4,499**

**SAVE \$500**

# For Mindvalley Members



4 payments of  
**\$1,079**

OR

1 payment of  
**\$3,999**

SAVE additional \$500

# Secure your spot now



[www.mindvalley.com/certs/life/early-bird](http://www.mindvalley.com/certs/life/early-bird)



Remember you don't have to say YES right now. You only have to say MAYBE. Go through the materials for 15 days risk-free from the day of Purchase.

You can refund yourself anytime with one click. No emails, no phone calls, no hassle. Just reach out through our Refund Page and get a full, friendly and fast refund. No questions asked.

**Cohort Start Date**  
**4th March 2026**

**Application Deadline**  
**26th Feb 2026**

# I know what you are thinking...

**That's a lot of money...**

**I need to think about it...**

**What if it's not for me...**

**I am not sure if I am ready...**

**How should I really make a decision  
here...**

# Stories of Career Transformation





***“I've successfully launched my coaching business and recently had the opportunity to speak on the Mindvalley University stage”***

But then, in a serendipitous way, the CLC opportunity presented itself to me even though I had never thought of becoming a coach before.

Ajit shared about clc and I made the decision to embark on this path. Little did I know that this transformative journey would not only open my eyes to a world of possibilities, but also equip me with the practical tools to recreate a purposeful life!

Today, I find myself thriving in the same corporate job, making global impacts that align with my core values. Since being certified, I've published two best-selling books.

**Freeman Fung**  
Sydney, Australia





## ***“Got 3 new clients without even marketing myself!”***

I love coaching. But learning from Ajit and Fran was amazing. I learned so much more than I ever thought was out there! I'm a better coach, a better listener, and much better at asking questions than I was before.

I seem to be different inside as well, my last 3 clients came to me. This means without me marketing or going out there three new people have just appeared for me to coach. They were all wonderful clients too!

**Julie Little**  
Portland, United States





## ***“As I prepare to graduate from the program, I have 3 private clients”***

The CLC program has been more than I ever could have imagined. Within a month, I was coaching & mentoring my first private client through her recent losses and how to rebuild her life.

My plan before joining CLC was to do only group coaching, though with the concepts, practices, approaches, and tools the CLC shares, I discovered I'm not only loving 1:1 coaching but I'm making a real difference in others' lives. After just one coaching session, my first client posted an unsolicited, glowing testimonial on a public referral site. Then at the end of almost every session, she thanks me for coming into her life. It's so incredibly humbling and moving for me.

**Kimberley Pittman-Schulz**  
McKinleyville, United States





***"I can now say I am a paid coach as I have just signed a client"***

Mindvalley showed up on my feed with the certified life coaching certificate and I had an aha moment. This is showing up in my life when I need it, so I registered and here I am at the end of the second month knowing I found my way. I knew I could coach and help people, but I had no idea how to convert that into a business.

The course has given me so much direction and has confirmed and reminded me of certain things I knew but forgot. It has given me the confidence of putting myself out there and the confidence to say I am a life coach even before I am even certified. I worked on my logo, website and used my own name for the logo and website as I am now confident with myself now and have become unfuckwithable as per Vishen's teachings :D

**Carla Larranaga Struble**  
Toronto, Canada



# Stories of **Personal Transformation**





***“I have a clearer understanding of how to help myself and others with effective tools”***

This course started on February 14, 2022, and I quit my job on February 11, 2022. Talk about divine timing. If I continued my job I wouldn't have had the same time and dedication to give to this program. I have zero regrets about my decisions.

After this course, I have a clearer understanding of how to help myself and others with effective tools. They provide many methods and tools you can use in addition to your already existing expertise.

The community was something I really needed in my life. I don't currently have friends that have similar interests and values, and during this program, I was able to connect with so many like-minded people.

**Daina Migliore**  
Los Angeles, United States





***“Exceeded my expectations by leaps and bounds and truly transformed my life day by day”***

Mindvalley’s Certified Life Coaching Program was the best gift I decided to give myself this year.

Before this program, I was unsure of where I was headed in life with my new purpose and mission.

Thanks to this program, I’m so much more certain and confident as I envision a life that is filled with limitless possibilities. I’m still unsure of how life would unfold in the days to come, but now, I feel so much more assured knowing that I am equipped with the tools and resources to overcome challenges and thrive in every life structure.

**Gwen Tang**  
Singapore





***“My confidence in my abilities have grown exponentially, and I feel so much more equipped to create transformational experiences for my clients”***

Being a part of this incredible global community of compassionate, service-driven, diverse, and talented Coaches is perhaps the best aspect of the experience.

Going into this program, it was a goal to create authentic, lasting relationships with others – ones that would only continue to grow + collaborate – and I am happy to say that a foundation has been built!

**Johanna Brooks**  
Washington, United States





***“I recommend this life coaching program to anyone seeking to unlock their true potential”***

**Discovering my True Mission:**

One of the main reasons I decided to enroll in the certified life coaching program was my longing for a new career that aligns with my true passions and purpose. Through the program, I gained valuable insights into my strengths, values, interests and the confidence where I should headed next in my career.

**Personal Transformation and Growth:**

Thanks to you, my beautiful coaches - Ajit, Fran, Sid, Johanna - I received effective guidance and tools which had a profound impact on my personal development. The program's structure and techniques helped me gain valuable insights into my own limiting beliefs, fears, and self-doubt. Armed with newfound clarity, I have overcome these obstacles and achieved a higher level of self-confidence and self-belief.

**Positive Effects on My Family and Relationships:**

The transformation I experienced through the CLC program extended far beyond myself. My newfound sense of inner peace, love, and personal growth has had a profound impact on my family

**Sylwia Zajac**  
Poland





# Risk free guarantee

Secure your spot now.  
Make a final decision later.

**400**  
**Slots Open**



# Secure your spot now



[www.mindvalley.com/certs/life/early-bird](http://www.mindvalley.com/certs/life/early-bird)



**What if I don't have any  
experience?**



A photograph of a Black man with short, curly hair, wearing round-rimmed glasses and a dark suit jacket over a white shirt. He is smiling broadly, showing his teeth. The background is dark, suggesting it might be nighttime or he is in a dimly lit area.

# How will it help if I love my current career?



A photograph showing a medical professional, a man with a beard wearing a white coat and a stethoscope, interacting with a young girl with long hair who is seated in a wheelchair. The girl is smiling and has her hand raised towards the doctor. The background is slightly blurred.

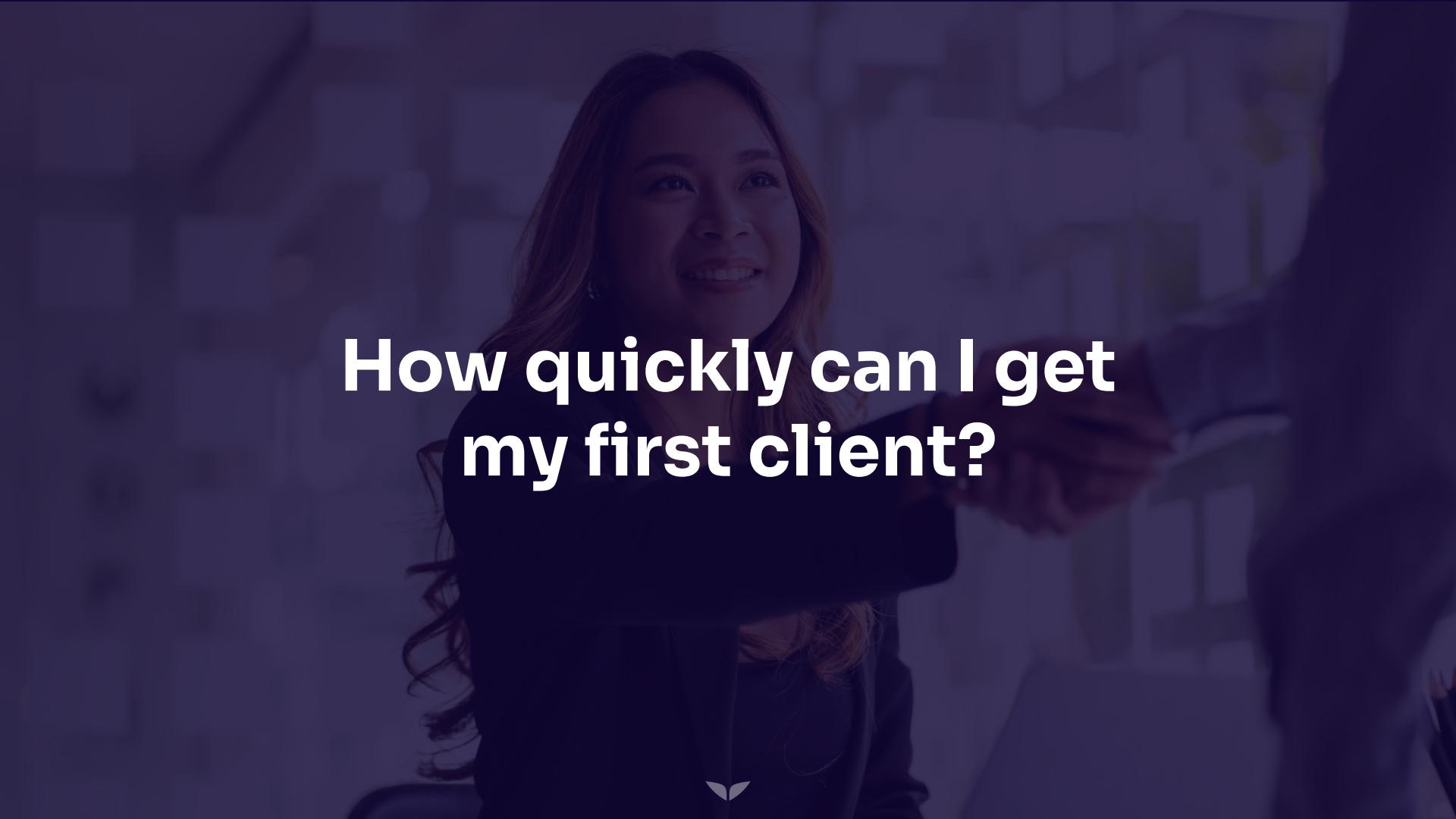
# Does it help if I am in medical profession?





**Will coaches be needed if  
I can just “chatGPT” it?**



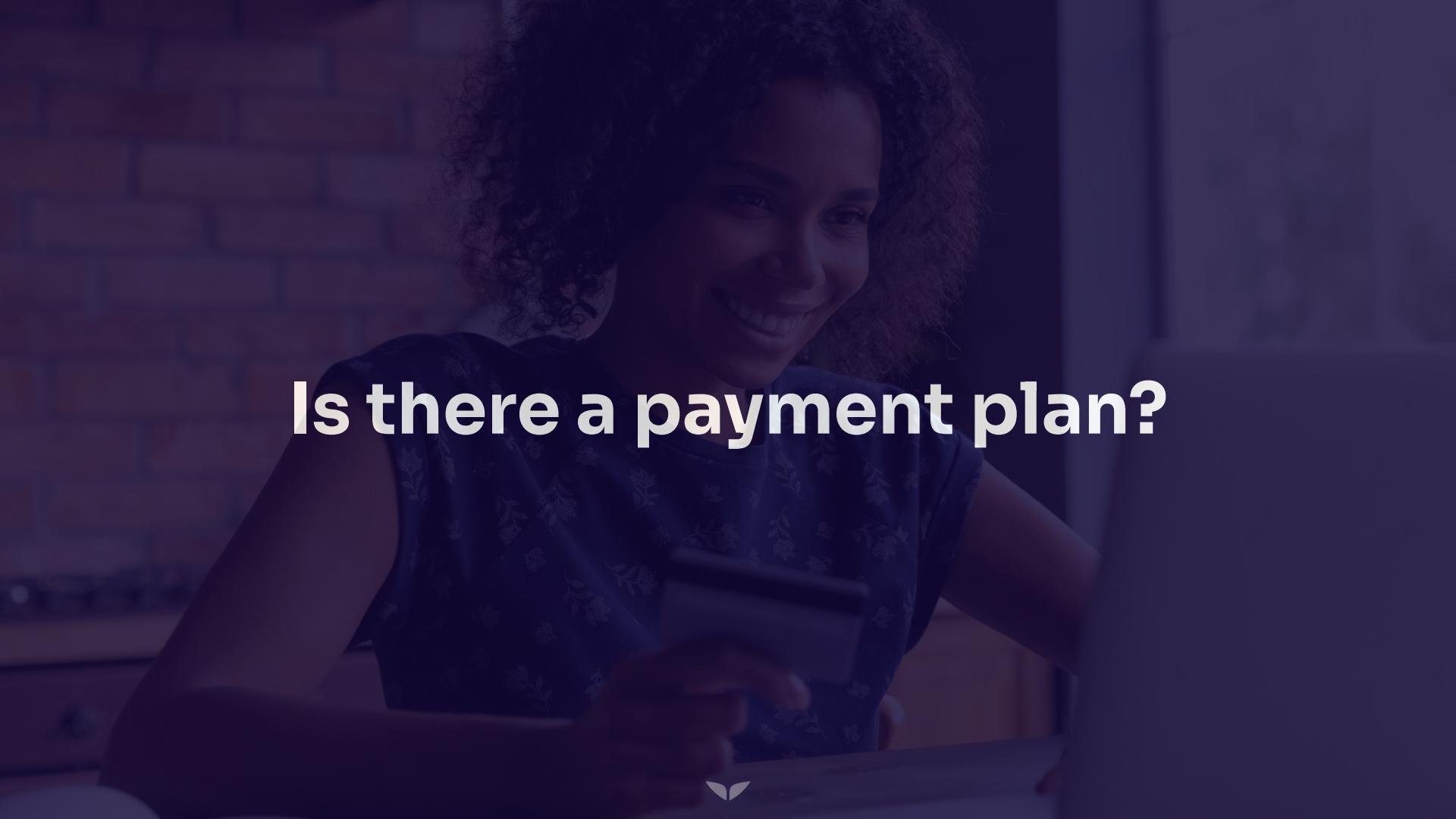


**How quickly can I get  
my first client?**

A group of five people in a modern office setting, looking at a laptop screen together and smiling.

Can I join the next group?



A woman with curly hair, wearing a blue floral top, is smiling and looking at her smartphone. She is standing outdoors, with a brick wall visible in the background.

# Is there a payment plan?



# Questions ?



# **“I don’t have time”**

**3 hrs/day**

Average time spent  
on social media  
+TV per day

**3 hrs/week**

What we’re asking for.  
For 16 weeks, For a lifetime.

You’re not adding 3 hours. You’re replacing 3 hours of what’s not serving you with something that will fundamentally change your life.



# “There are too many coaches”

**8 billion**

People in the world

**~ 200k**

Active coaches

Your social media feed is an algorithm, not reality.  
We're not even close to saturation. We're in the first inning.



# **“How will I get clients?”**

It's never a marketing problem. It's a mindset problem.

## **Mindset First**

3 months of mental mastery  
means clients find you naturally

## **Evercoach Membership**

7 programs on marketing and  
building your coaching business

## **AI Coach Companion**

Trained on Ajit’s brain –  
guidance whenever you’re stuck

## **Community**

Network of coaches across  
80+ countries



# **End of Slides**

# **Price Before 10th March**

## **Mindvalley Certified Life Coach Certification (\$4,999)**

- World - Class Weekly Training on Demand
- Live Q&A with Master Coaches
- Hands-on Coaching Practise Sessions

## **The 6 Phase Facilitator Certification with Certificate (\$1500)**

### **Bonuses**

- AI Coach Companion
- Marketing Training: Evercoach
- Community Bonus: Invite to supercoach live event experience
- Community Bonus: Exclusive community access

**TOTAL VALUE: \$4,499**

**YOUR INVESTMENT: ONLY \$3,499**

# For Members

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**TOTAL VALUE: \$4,499**

**YOUR INVESTMENT: ONLY \$3,299**

**If You Apply before  
06th March**



# **Price Before 10th March**

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**TOTAL VALUE: \$4,999**

**YOUR INVESTMENT: ONLY \$3,299**

# **Early Bird Offer For Live Seminar Attendees**



# Here's What You Get

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- Marketing Training: Evercoach
- Community Bonus: Invite to supercoach live event experience
- Community Bonus: Exclusive community access

**YOUR INVESTMENT: ONLY \$4,999**

**\$3,499**

# **Special Launch Offer**

**(Deadline : 10th March,2025)**



# Special Launch

**\$3,999  
(Save \$1,000)**

**For Non  
Members**

**\$3,499  
(Save \$1,500)**

**For  
Members**



# **Early Bird Offer**

**(Deadline : 06th March,2025)**



# Early Bird

**\$3,799  
(Save \$1,200)**

**For Non  
Members**

**\$3,299  
(Save \$1,700)**

**For  
Members**



# **Early Adopters Offer**

**(Deadline : 27th February,2025)**



# **Early Adopters**

**\$3,499  
(Save \$1,500)**

**For Non  
Members**

**\$2,999  
(Save \$2,000)**

**For  
Members**





# AJIT NAWALKHA

Partner, Mindvalley

# Stories about Ajit Nawalkha

Ajit Nawalkha has certified over 15,000+ coaches in his methodology in transforming lives. His impactful approach has generated over 3000+ testimonials, making him the most positively reviewed coach trainer in the world.

He is also the author of "The Book of Coaching", "The Business Book of Coaching" and "Live Big". He is the co-founder of Mindvalley Coach serving 600,000 coaches globally.

21 PROGRAMS   



**3,063 stories about Ajit Nawalkha**



A portrait of Nick Santonastasso, a man with dark hair and a beard, smiling warmly at the camera. He is wearing a maroon double-breasted suit jacket over a white shirt and a blue and yellow striped tie. The background is a solid blue.

# NICK SANTONASTASSO

Global Keynote Speaker, Entrepreneur, Bestselling Author



# Presence



# Organize Your Mind



Events



Thought



Thinking



Emotions

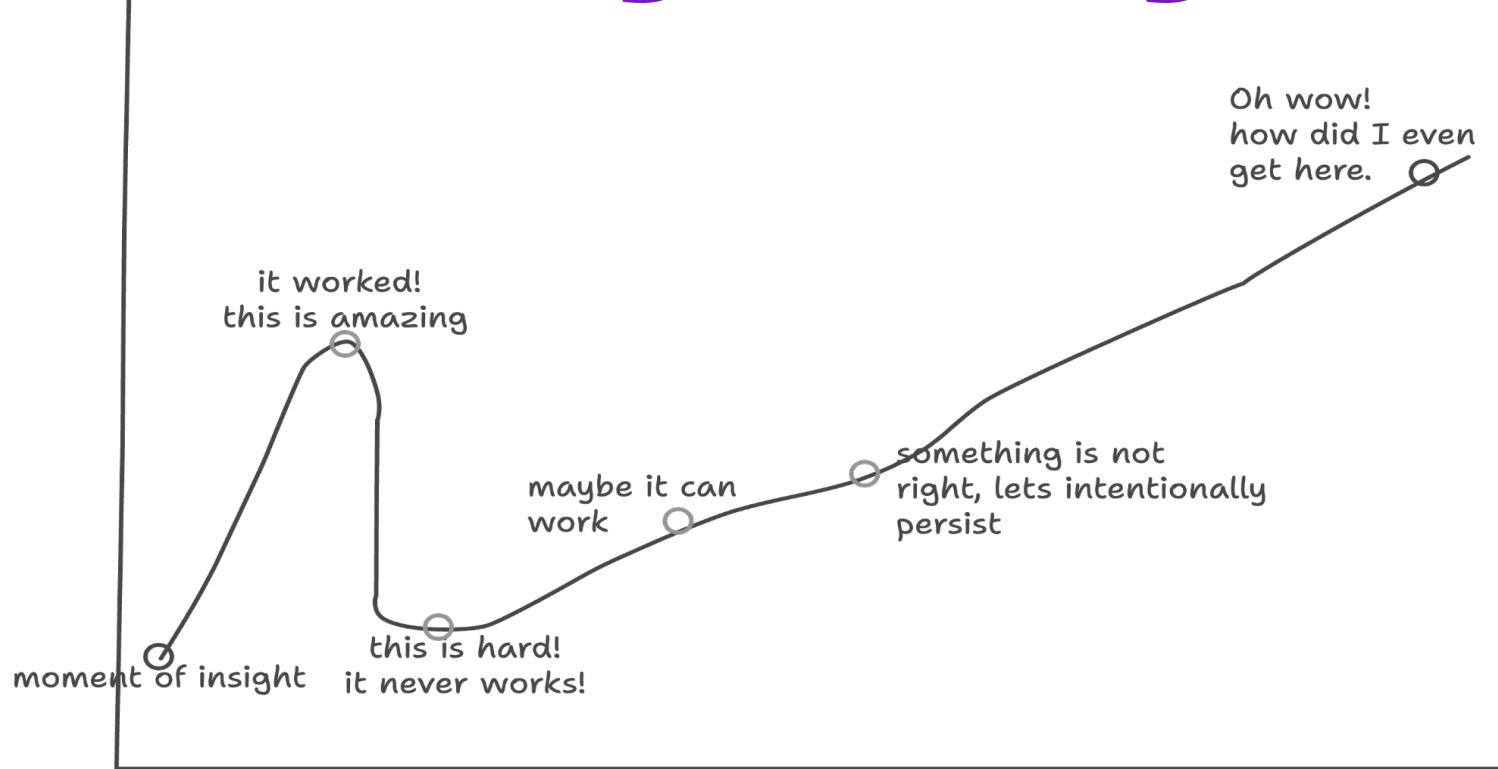


Action

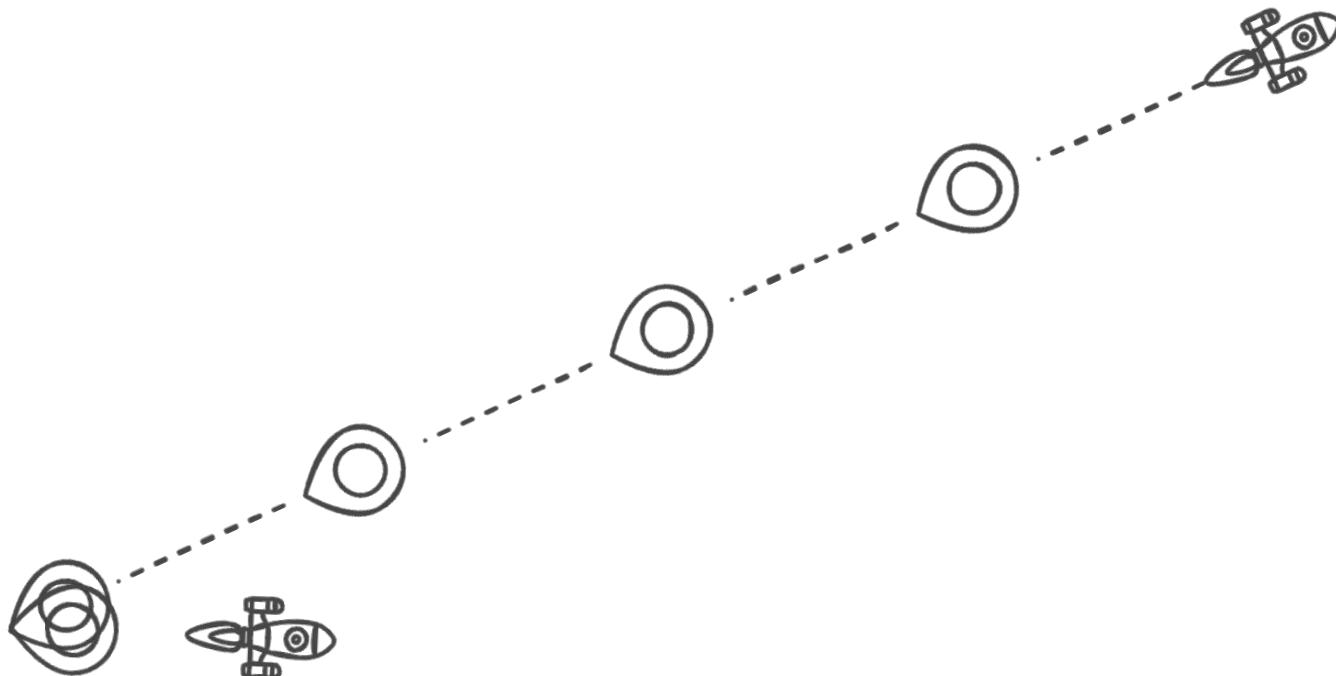


Outcomes

# Bioengineering



# Connectedness





FREE LIVE EVENT

BECOME A  
**CERTIFIED  
LIFE COACH**

WITH AJIT NAWALKHA & VISHEN

Sat, Feb 21, 2026  
11 AM New York | 4 PM London





FREE LIVE EVENT

# BUILD A FUTURE-PROOF CAREER IN COACHING

WITH AJIT NAWALKHA & VISHEN

Sat, Feb 21, 2026

11 AM New York | 4 PM London

