



Inspired Spirit
COACHING ACADEMY
International Coach Training & Certification

COACHING SUCCESS SECRETS GUIDEBOOK

by Sandy Forster



Become a Certified Coach
Transform Lives and
Create Abundance

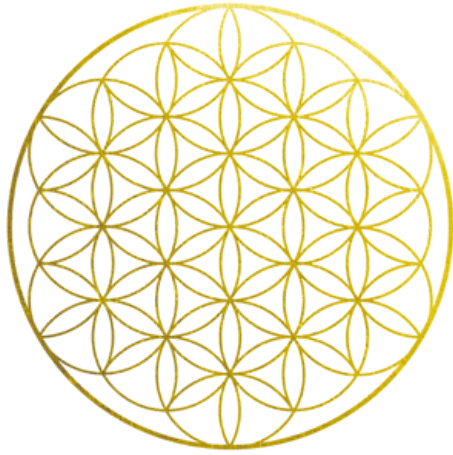


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HEY THERE!

If you're here today, chances are you want to have an uplifting and positive impact on other people's lives. You want to support them to make the most of their potential. And you want to help them create the life of their dreams.

And of course, you want that for yourself too!

By completing this Guide, you're taking a positive step in your own personal growth, your ability to help others, and your chance to live a life of abundance as an Internationally Certified Law of Attraction Coach.

Before we dive into how that's possible for you, I want to briefly share my story...

My name is Sandy Forster, and I remember being at a real low point in my life.

I was divorced, then after my ex-husband's child support payments dropped to just \$100 a month, I was forced to sell the dream home I had built for my beautiful two young children. And after a series of bad luck and even worse choices, I was relying on welfare for us to get by...

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CERTIFIED COACH TODAY >>**

I was also struggling with some serious and scary health issues. A bad back that kept me in bed for days on end... and skin cancers that had to be removed from my face and neck that left me with over 40 stitches.

It was at that point, when things seemed to be going from bad to worse, that I discovered the Law of Attraction... and that's when everything changed. Using ancient and cutting-edge mindset processes, I was able to completely transform my life, financially, spiritually and emotionally. I went from welfare to millionaire, from stressed to blessed, and I have coaching, the Law of Attraction and neuroscience to thank for that.

Today, I'm proud to have been featured in 'Oprah's Aussie Secret' and known as one of the world's leading Money Mindset Coaches... as well as a bestselling author, international speaker, trainer and multi-award-winning entrepreneur. Over five million people from around the world have seen, read or heard my message, and now I'm grateful to count you among them!

In this new Guide, I'll reveal a proven pathway you can follow to become a successful and abundant Coach. If you love the idea of becoming wildly wealthy while helping others achieve their dreams and goals, then this Guide is for you... even if you have no idea where to start.

I'll show you why anyone, including you, can become an Internationally Certified Coach, with your own business located anywhere in the world, changing other people's lives for the better and creating more abundance and more freedom than you've ever dreamed of.

**STEP INTO YOUR DREAM CAREER –
ENROLL NOW >>**





HERE'S WHAT WE'LL COVER TOGETHER:

- 10 Blissful Benefits of being a Certified Coach: Why so many women say it's the best decision they ever made
- My personal list of 'Affirmations for Coaching Abundance'... Affirmations were one of the processes that helped me go from \$100k in debt to making millions of dollars
- The secret to creating your abundant coaching business
- The easy-to-follow path to coaching success so you can create a life of freedom and prosperity
- Your 'Next Steps to Success'
- Inspiring Success Stories

HAVE MORE QUESTIONS?
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10 BLISSFUL BENEFITS OF BEING A COACH

The thousands of Coaches I've met and trained all have their own perspective on what they feel is the best thing about becoming a Coach.

Some women love the time-freedom... others love the chance to help people... others love the prosperity they create... others love being part of such an amazing and supportive community, and others (like me) just love it all!

If you're contemplating the path of becoming a Coach, I want to share with you the ten blissful benefits that have made coaching not only my passion but my life's purpose and a way to impact others.

These are the reasons why countless women just like you have found training to become a Coach to be the most rewarding and life-changing decision they've ever made.

BECOME A COACH AND TRANSFORM YOUR LIFE >>

10 BLISSFUL BENEFITS OF BEING A CERTIFIED COACH



1. SUPPORTS YOU SPIRITUALLY

Coaching allows you to continually grow spiritually and transform into the greatest version of yourself possible. Personally, it's opened me to a higher power – I call it different names at different times - the Metaphysical, the Universe, Divine, Source, God, All that Is, My Higher Self, the Quantum Field – this amazing source allows you to create, attract and manifest far easier and faster than you could by yourself



2. TRANSFORMS YOU EMOTIONALLY

I thought being a Coach would be all about transforming my clients' lives, which of course it is – but the biggest transformation has been in me. It's enabled me to control my emotions, make better decisions, and take full responsibility for my life – which in turn has given me more success, balance, and happiness, and I know it will transform you too



3. REWARDS YOU FINANCIALLY

For most Coaches, money comes second to their desire to help others and work in the personal development space. However, they find the more they change people's lives, the more abundance they create for themselves. One of my clients even said coaching had taken her from a “humble abode – to mansion on the hill”... talk about a life-changer!

**SAY YES TO COACHING AND
TRANSFORM YOUR LIFE >>**



4. ALLOWS YOU TO MAKE A DIFFERENCE

I can't even begin to tell you how fulfilling it is for the Coaches I train to get feedback from clients telling them how their lives have changed. They feel so proud when they see their clients begin to not only set, but to achieve goals they've dreamt about for years, if not decades. Clients love the results, and Coaches love that they're making a difference in the world on a daily basis.



5. ENHANCES YOUR OWN PERSONAL DEVELOPMENT

As a coach, I've been able to enhance my self-esteem, expand my self-worth, build my mental discipline and strengthen my inner power. I've immersed myself in all things personal development – like success-focused events, courses, books, retreats and audios that I love. I would have been burying myself in these things anyway, but now I have a professional reason to enjoy all my personal development (plus as a coach, it's now a tax deduction for me too!)



6. FURTHERS YOUR LEARNING AND GROWTH

As well as personal development, Coaches usually love learning about success principles and how to be the best version of themselves possible in business and life. Becoming a Coach empowers you to build practical skills like goal setting, time management, basic business skills, creativity, marketing, money mindset and so much more!



7. CONNECTS YOU WITH AN AMAZING COMMUNITY

Coaches come from all walks of life, all ages, all backgrounds and all corners of the world. If you ever feel stuck or need some direction, you'll always have a whole bunch of kindred spirits ready, willing and able to support you. The people you'll meet, the connections you'll make – both personal and business – may be the most important you'll ever experience and will transform your life.

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TO LIVE YOUR DREAMS >>**



8. GIVES YOU TIME AND FREEDOM

One of the main reasons I love coaching is because it's so incredibly flexible. Imagine spending time with your family or friends, doing things you love and living a life that makes your heart sing. If you're tired of your 9-5 job, sick of a high-pressure career or just want to get out of the rat race and do something fulfilling that gives you the freedom to do the things you're passionate about... then that's a gift coaching offers.



9. CHALLENGES AND EXCITES YOU

The coaching industry is still so new and growing so fast, and millions of people around the world are open to change and transformation. There's also a real desire to understand how mindset and The Law of Attraction can transform our lives. Since its release, *The Secret* which is the fastest-selling personal development book and movie of all time, has sold more than 35 million copies which shows how many people want and need these practices in their lives. It's such an exciting time to be involved in what I consider to be one of the best, most rewarding and fastest-growing professions in the world today and to play a part in coaching others through mastering mindset, manifesting and personal growth.



10. GIVES YOU DIRECTION AND A SENSE OF PURPOSE

I knew I loved personal development... but had no idea how I could create an income from something I was so passionate about. Becoming a Coach allowed me to focus on what I truly loved. Because once you're focused, doors open and opportunities are presented to you. It's amazing what the universe can deliver to you once you take that first step, once you make that commitment, once you step up and say "YES... becoming a Coach is what I want to do!"


**HAVE MORE QUESTIONS?
BOOK YOUR FREE COACHING CHAT >>**

Take a look back through the 10 blissful benefits and feel into which ones speak to your soul. Which ones resonate with you the most and align closely with your motivation for becoming an Internationally Certified Coach?

Below, list at least 3 benefits that make your heart sing, the things you'd love to experience when you're a Certified Coach, and also write down why those things are important to you.

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Now take a moment to imagine you're already an Internationally Certified Coach and you're ALREADY living those blissful benefits every day... Now write down the emotions you're feeling and then intensify those emotions, and feel as if you're already a successful Coach, because that's how you become magnetic to your desires! Write down how that makes you feel!



As you're considering becoming a Coach, remember it's a journey of personal growth, financial abundance, and a deep sense of fulfillment. It's your opportunity to make a difference and live a life that aligns with your passion or purpose. While you embrace this life-changing path you'll discover a world of blissful benefits waiting for you.

Now you understand the benefits of becoming a Coach, let's dive into a mindset technique to help you create that reality...

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AFFIRMATIONS.. FROM \$100K IN DEBT TO MAKING MILLIONS

When I discovered the Law of Attraction, everything changed for me very quickly. And affirmations were one of the processes which helped me achieve my success because they're based on neuro-science and help to re-wire the subconscious. I've created some specifically for you so you too can create abundance as a Coach.

To make the most of these, I invite you to read them out slowly. But don't just say them... feel them in your heart... feel what it would be like for them to already be true:

I love being a happy, spiritual entrepreneur
I am so proud to be an Internationally Certified Coach
I love making a difference in the world
I am confident and excited about my business
I am ready to attract abundance into my life
I am grateful to be transforming lives
My abundance continues to grow, expand and flourish
I am at one with a successful coaching business
Money and joy continually flow into my life
My clients love being coached by me
My life is filled with the rich bounty of the Universe
It is my divine destiny to be prosperous
I am divinely guided to be a Certified Coach
I bring love and prosperity to everything I do
I am so grateful I said YES to becoming a Certified Coach
I now easily and effortlessly attract total abundance
I love being a Coach and transforming lives
I am passionate about supporting others
It is my divine destiny to be wildly wealthy
Coaching others makes my life richer and more rewarding
I am so excited about all I can be, do and have
I do whatever it takes to become a successful Life Coach
I welcome the prosperity that continually flows into my life
I am ready to allow success and freedom in my life
Thank you, thank you, thank you!
And so it is!

**BECOME AN INTERNATIONALLY
CERTIFIED COACH TODAY >>**



When I first started using affirmations, I was \$100k in debt and struggling on welfare. I know they were a big part of how I was able to turn my financial fortune around so quickly... to the extent that I went from welfare to millionaire! And I still love using them today - they make me feel inspired, empowered and open to possibility.

If I was able to completely change my life for the better, I know you can too. Use these affirmations regularly to align with what you desire. FEEL them as real as you say them. These affirmations are a simple yet powerful process to make yourself more attractive to abundance and a coaching business you're passionate about.

Also, affirmations that 'speak to your soul' are always the ones that work best for you. Make a list below of the top 10 affirmations from above (or create your own) that you will use to speak your coaching success into being.

**HAVE MORE QUESTIONS?
HAVE A FRIENDLY CHAT WITH SANDY >>**

THE SECRET TO CREATING YOUR ABUNDANT COACHING BUSINESS

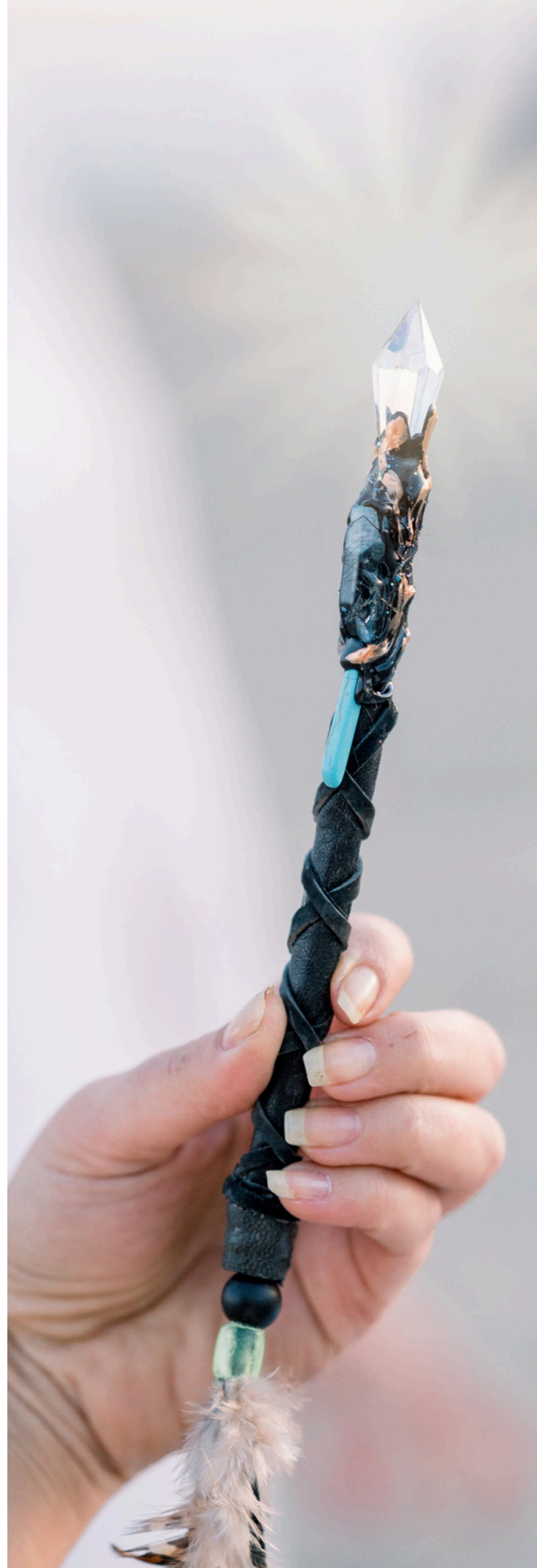
When I first started coaching, I was excited about the possibilities, but, to be honest, I was also afraid. You're probably feeling a little scared or a little daunted, too. But trust me when I say ANYONE can make it to 6 figures as a Coach!

It's not a matter of being exceptionally clever or talented. As 'woo woo' as it sounds, you just need to align your heart and your mind. Then it's simply about following the proven methods of people who've been before you and created the success you're seeking.

Regardless of whether you're just looking to bring in some additional income or earn enough money to replace your existing job and have more time freedom, or even create your own coaching empire, there is a pathway most successful coaching students follow.

You have to realize that most of the super successful people or experts or gurus out there, they actually started off by coaching in some form or another.

**STEP INTO YOUR DREAM CAREER –
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They didn't suddenly wake up, walk into their day job and say, I'm sick of this, I'm going to call myself an expert on relationships or expert on life balance. or expert on breaking through procrastination, or whatever their niche is. They didn't then suddenly go out and immediately start teaching other people how to create success in that specific topic they are passionate about.

No, many of them started off exactly like I did, and how many of our ISCA Coaches do, they start by doing some form of one-on-one coaching.

And while they are coaching, they began to see patterns. They recognize that they're really good at coaching and supporting people around one specific area, or they're drawn to one particular topic or niche, they decided to focus on that niche.

And when they want to reach more people, affect more lives, they may write a book, or create a program, or lead a workshop, or hold seminars. You can't go from nothing to guru in one leap, you have to take it step by step.

This doesn't happen overnight, although many of our new Coaches start making money in the very first month they learn our coaching models. But coaching itself is a business and it grows over time. I just want to share with you if you have big dreams, what's possible, and how simple it is starting with coaching to create that healthy income.

So of course the first step is saying yes to becoming a coach. You've got to make that decision. Step up and decide this is for you. Once you've done that, then the next step is being trained and becoming certified as a coach.

So while you'll make a difference in so many lives through coaching, imagine the additional lives you can change and prosperity you can create from holding workshops, retreats or writing a book - the possibilities are endless.

Have you ever thought about what you'd like to be doing in the future with your coaching business and what type of income you'd like to create from coaching?



**BECOME A COACH AND
TRANSFORM YOUR LIFE >>**

Are you looking to add to your current income, replace your current job, create enough abundance to give you money and time freedom?

Do you want to focus on one-on-one coaching or groups or workshops, online courses, retreats, writing a book... it's ALL possible!

I have so many amazing examples of women creating beautiful businesses, helping others, feeling passionate about what they do and making a real difference in the world. It is such a divine combination!

Once you're certified and your confidence has grown the possibilities are endless...

Small workshops are a great way to connect with clients like Claire who said after her very first one "It was rich and rewarding experience"

Suzanne said "I started running abundance workshops in China. They're a huge success so I'm going to be spending six months of the year in China doing what I love."

Imagine making money and changing lives in exotic locations around the world. Like Belinda Anderson, who was a yoga teacher and a mom with two boys who said she found her calling with Retreats. Since becoming certified she's held over 60 sold out retreats in places like in Fiji, Bali and Byron Bay in Australia.



**SAY YES TO COACHING AND
TRANSFORM YOUR LIFE >>**





Imagine traveling the world and getting paid for it. Like Margaret who says "I'm in my happy place" as she combines her love of travel with coaching. She speaks on cruise ships around Bali, New Zealand and the Fijian Islands.



When Cathy was still in training she said, "I'm terrified and excited but I listen to your audios, particularly when I'm terrified, which is all the time". But she kept moving forward and since then she's held workshops, written books, been on the cover of magazines, been interviewed on podcasts and recently been nominated in the Women Changing the World Awards. And it all started with just taking that first terrified step.

Or Denise Duffield-Thomas who has made millions of dollars for herself and her family (over \$25 million in fact!) with her online course and live events. She's transforming thousands of lives and making a difference around the world and gratefully said 'With structure and a step-by-step outline to follow you know exactly what to do every second. It all started when I followed the Inspired Spirit Coaching Academy process word for word.'



**HAVE MORE QUESTIONS?
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Imagine where your life and business could be in the next few years!

So now we've shown you some exciting examples... take a moment to think again about the type of income you'd like to create from coaching – anything from a few thousand dollars a month to millions a year... our students have done it all.

Before we finish up, I'd like you to just take a moment and imagine that you've said YES to coaching, you've completed your training and you're now an Internationally Certified Coach.

Feel how good that would feel to have taken that step... because you didn't just say yes to coaching, you said yes to yourself and yes to a new future.

Now in your imagination, step into the future, connect with you in 2 years' time, when you've started your coaching business and it's everything you hoped it would be. You are so proud of what you've accomplished and how you are transforming lives.

Take a moment to write down how much money you're making, how you feel about your life and your future, now you have a successful coaching business and are helping others... and include the emotions this vision evokes in you too.

The more connected you become to your vision, the faster it can manifest.



I want to wish you a huge thank you for taking the time to go through this Guide. I hope you found the tips inside to be exciting and inspiring... and that you feel one BIG step closer to achieving your dreams of having a business you're passionate about and helping people every day.

**REGISTER FOR OUR NEXT INTAKE
AND LIVE YOUR DREAMS >>**





THE PATH TO COACHING SUCCESS ANY WOMAN CAN EASILY FOLLOW TO CREATE A LIFE OF FREEDOM

Even though Coaching spoke to my soul, I had a lot of fears and questions before, and even after I first started. Questions like, “Who am I to be a Coach; how will I interact with clients; will I be any good; what if I make a mistake; how will I get clients; how do you coach someone; what if I don’t know what I’m doing and embarrass myself?”

You might have some of these thoughts popping into your head. It’s ok if you do! In fact, that’s normal.

I’ve helped thousands of women become Coaches and many of them had the exact same doubts and questions.

That’s exactly why I founded the Inspired Spirit Coaching Academy – to give women a fast and easy pathway to coaching prosperity, even if they have no idea where to start.

[LEARN MORE ABOUT THE ISCA >>](#)

WE HOLD YOUR HAND EVERY STEP OF THE WAY

At the Inspired Spirit Coaching Academy, my team and I do more than get you Certified as a Coach, we're aligned with the world's leading professional coaching organisations, including the International Coaching Association (ICA), International Coach Federation (ICF), and International Institute for Complimentary Therapists (IICT) and the World Metaphysical Association. We show you, step-by-step, how to create a coaching business, attract clients, create content for your sessions or use our done-for-you content, create client transformations, and grow your business so you can reach and impact even more people.

Together, we'll cover things like:

- How to get your very first client in 3 months or less (even before you're certified), rather than spending years growing your business, we have done-for-you Handouts, Templates, Exercises, Visualizations, Scripts, Samples and Step-by-step Processes and complete Coaching Sessions you can use as a secret shortcut.
- How to market and grow your coaching business - we'll give you your very own website and product... as well as show you how to create your own success-focused information product to attract clients. We'll also give you dozens of done-for-you social media graphics and posts to spread the word about you, your business and how you can help others..

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- How to wow and empower clients in your sessions – we'll give a 12-session, word-for-word script you can follow, at least until you feel confident enough to bring your own skills and personality into your sessions. Plus, you'll get hands-on opportunities to practice coaching with other academy members so you feel confident before you go "live".
- Why you don't need to have a perfect life to coach someone else – I certainly didn't when I started. It's about asking the right questions and offering support, guidance, cheering people on and holding them accountable, so they achieve things much faster and easier with you as their Coach.
- Plus a whole lot more.

Best of all, you won't have to do any of this alone!

As a member, you'll have ongoing access to our inspiring, empowering, and supportive community of heart centered, success focused women from around the world.

Plus, you can jump on live calls every two weeks with me and my team... and that support lasts for LIFE!

We give you everything you need to go from "no idea where to start" to attracting abundance and feeding your soul... as an inspiring Internationally Certified Coach making a difference in others' lives by helping them fulfil their potential and reach the goals that make their heart sing!

**STEP INTO YOUR DREAM CAREER –
ENROLL NOW >>**

**HAVE MORE QUESTIONS?
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BOOK A FREE 30-MINUTE 'COACHING CLARITY CALL' WITH AWARD-WINNING MONEY MINDSET COACH SANDY FORSTER

I want to wish you a warm and heartfelt thank you for taking the time to go through this Workbook. I hope you found the tips inside to be exciting and inspiring... and that you feel one BIG step closer to achieving your dreams of having a business you're passionate about and helping people every day.

If you want to go even further on your path to abundance, the best thing to do is book a free 30-minute 'Coaching Clarity Call' with me. What exactly is an 'Coaching Clarity Call'? Well, it's a special one-on-one session with me!

During your session, I'll get to know more about you and find out your current personal and professional goals... and together, we'll decide if becoming an Internationally Certified Coach is the next right step for you.

I have limited places available in my calendar, so if you want to book one, you can click the button below now. I'm looking forward to speaking with you in person soon!

**HAVE MORE QUESTIONS?
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**BECOME A COACH AND TRANSFORM
YOUR LIFE >>**

SUCCESS SECRETS



Denise Duffield-Thomas

“ I had been flirting with the idea of becoming a life coach for years and was searching for something that would make my heart sing. The second I heard about Sandy's Coach training it was a serendipitous moment and knew this was what I'd been yearning to do.

My first month in coaching, although I was nervous I knew it was my calling and I was grateful I finally made the leap. It's given me clarification and I gained knowledge and a deeper understanding of the Law of Attraction and other Universal Laws.

That first month I made \$225... I now have a healthy 6-figure [now multiple 7-figure] coaching practice and it all started with those first few sessions, following the ISCA script word for word. ”



Helen F.

“ I am so glad I joined the ISCA, I love the uplifting and empowering energy of the group and knowing together we are co-creating a better world, one of enlightened entrepreneurs and awakened individuals. The best things are the supportive community, professional delivery, great structure and amazing, detailed yet simplified content.

I had my first paying client within 4 weeks of starting the program and if someone was thinking about joining, I'd say “Why are you still sitting here listening to me?? Run to your computer and SIGN UP, it will be the best investment you'll ever make in your life. ”



Janette Baird

“ I had retired at age 70 after 55 years of working and realised it was not a good decision. So I took a leap of faith and used my Funeral funds to pay for my future career and joined the ISCA in Feb 2022. When Sandy said “Treat this course like a college degree “ I took it to heart and immersed myself in the program and in just 2 months I had my first paying clients.

My life is now busy and exciting again and I'm working with amazing women helping them make the changes they want in their lives. My business is taking off and my family are delighted I am 'back'. I'm a role model for older people that it's never too late. Life begins again at 71. Thank you for making this possible. ”

**SAY YES TO COACHING AND CHANGE
YOUR LIFE FOREVER >>**

SUCCESS SECRETS

“From 60+ Hours a Week in an Awful, Degrading Low Paying Job... to Starting My Unlimited Coaching Business.

The Inspired Spirit Coaching Academy spoke to my soul and was perfect for me. It was everything I needed to become a great coach including personal growth and business information – plus all the bonuses – WOW! It has changed my life...

From not even a honeymoon – to a family holiday in the tropics; From NO self esteem – to I love and accept myself; From poverty – to money in the bank!; From limiting beliefs – to I will do whatever it takes; From 60+ hours a week in an awful, degrading low paying job – to starting my unlimited coaching business that fills me with passion and purpose! I LOVE MY LIFE!

I would recommend the Inspired Spirit Coaching Academy to anyone who wants to wake up each day filled with joy and passion about the difference they are making in both their own life and the lives of others. People who are READY for the ride of their lives, because through the ISCA your life will be changed for the better, forever! ”



Wendy A.

“Before ISCA I was a bartender. I knew I was meant for more but had no idea what. Now I’m a full time coach who has fully stepped into her feminine power with a clear mission and goal to make a big impact.

I’m so proud of myself for the commitment to see this through. I feel like I’m finally home. ”



Krystee H.

“Confidence to Become an Author

The ISCA has given me the tools and confidence to share my message in my book ‘Happy Mind Formula’. It’s also given me a new confidence and sense of purpose which reflects in the way I feel each and every day. ”



Tracey

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To find out more about this life-changing program and the current pricing and bonuses, or if you're ready to enrol in our next intake to become an Internationally Certified Coach, just jump on over to www.InspiredSpiritCoachingAcademy.com

If you have any questions whatsoever, please reach out to our friendly team at info@wildlywealthy.com. Let's make sure you feel becoming a Coach with the Inspired Spirit Coaching Academy is the next best step for you.

I hope you decide to join our beautiful community from around the world and I'm looking forward to seeing you inside the members area and on our live Mastermind calls as we connect, support and encourage each other every day!



Sandy

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