EnactraX®
RISE WITH CONFIDENCE
A Venture of Pragya

Helper to Coach: Certified Life Skills Coach & Master Facilitator

Don't just advise. Coach with a method.

People already come to you for guidance. In 88 days, 8 phases of NLP, CBT, EQ, stage mastery and ICF-aligned coaching turn that gift into a certified profession, with world-record holder Saurabh Jain.

DURATION **3 months · 88 days**	TIMING **5:30 to 7 PM, Mon to Fri**
MODE **Classroom + Online**	LANGUAGE **Hindi & English**
CREDENTIAL **Coach & Master Facilitator**	FEE **₹30,000 · EMI available**

> **The cost of waiting:** every month without a method, the workshops, clients and people who needed you go to someone certified.



Admissions open · Limited seats

Call or WhatsApp +91 97999 96500 · enactrax.com

Your 88-day roadmap

8 phases. A live panel capstone every 11 days. A final certification showcase on Day 88.

PHASE 1 · DAYS 1–11

Mind Architecture, NLP & Baseline Self-Mastery

Understand cognitive models, unlearn conditioning, master NLP basics and dismantle foundational fear.

PHASE 2 · DAYS 12–22

Somatic Resilience, Stress Science & Nervous System Regulation

Polyvagal theory, stress science, EQ under pressure, micro-rest and physical vitality.

PHASE 3 · DAYS 23–33

Cognitive Restructuring (CBT), EQ & Visual Storytelling

CBT, de-labelling identity, narrative psychology, visual storytelling and memory systems.

PHASE 4 · DAYS 34–44

Time-Energy Mastery, Deep Work & High-Performance Habits

Energy over time, digital fatigue resets, deep work, priority matrices and habit systems.

PHASE 5 · DAYS 45–55

Psychological Safety, NVC & Conflict Resolution

Psychological safety, Non-Violent Communication, EQ, conflict resolution and financial wellbeing.

PHASE 6 · DAYS 56–66

Advanced Keynoting, Stage Mechanics & Virtual Delivery

Extempore, AI-assisted content, camera mastery and advanced stage mechanics.

PHASE 7 · DAYS 67–77

Inward Mindfulness, Life Visioning & Purpose Alignment

Self-inquiry, mindfulness, decade life audits, ideal-day visioning and process-oriented growth.

PHASE 8 · DAYS 78–88

ICF Coaching Methodology, Author Funnel & B2B Monetisation

ICF-aligned coaching, ethics, ROI, signature keynote, branding, pricing and final certification.

Included

- Coach workbook and transformation logbook
- GROW templates, intake and consent forms
- ROI report, one-sheet and media kit templates
- Library of 500+ games and activities
- Your signature keynote and coaching manual

Your trainer

Saurabh Jain, Founder & Chief Trainer: 10 World Records, 200+ Awards, 23+ Years, a 30-hour non-stop speech and 41 training domains.

₹30,000

Admissions open for the new batch · Limited seats

EnactraX, Siddhant Complex, Gali No. 6, Adarsh Basti, Adarsh Bazar, Barkat Nagar, Tonk Phatak, Jaipur 302015 · +91 97999 96500 · enactrax.com/product/courses/certified-life-skill-coach-course/