



The Catalyst.

- Africa's Foremost Coaching Digest -



OLMED
FOUNDATION

Olusola Lanre Mind Education Development

READY, SET, COACH!



DR. LANRE OLUSOLA

THE MAN, THE ENIGMA, THE BRAND



CICMP



**CICMP: GOLD
PLATINUM
DIAMOND**

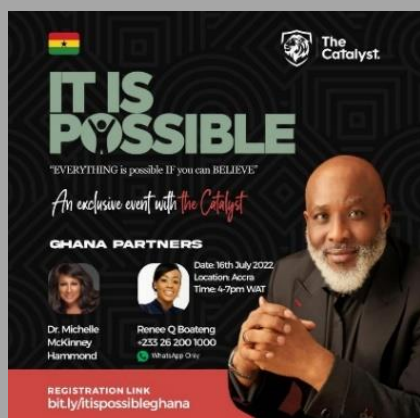
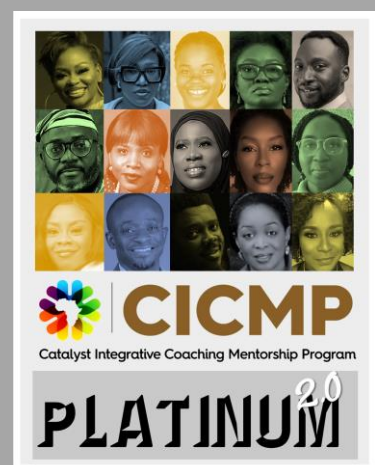
*Introducing THE
TRANSFORMATION
SHOW*

COACHING TOOLBOX
*24 Hacks to Succeed as
a Coach*

**THE CLUBHOUSE
REVOLUTION**
Coaching & Technology

"IT IS POSSIBLE"
*Amazing Stories from
Zambia and Uganda*

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CICMP
Gold | Platinum | Diamond Mentorship

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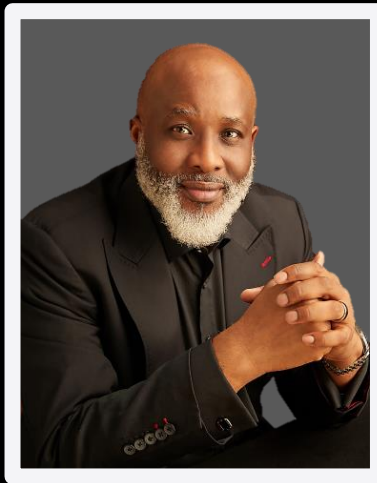
IT IS POSSIBLE!
Exciting News from Zambia & Uganda



**The
Catalyst.**

- Africa's Foremost Coaching Digest -

THE EDITORIAL BOARD



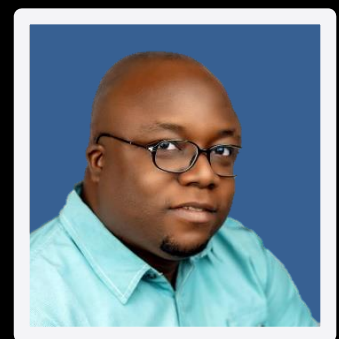
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The Catalyst

Editorial READY, SET, COACH!

Greetings Esteemed Coaches,

We are excited to introduce the inaugural edition of **The Catalyst™**, a digital coaching magazine that aims to revolutionize your coaching practice. Our mission is to equip coaching practitioners worldwide with the necessary tools to transform lives by transforming minds. We extend our gratitude to **Dr. Lanre Olusola**, the visionary behind this project and the editorial team convener, along with other experienced practitioners who contributed articles covering various complementary niches within the broad and expanding spectrum of coaching.

With over eighty pages of engaging articles, advertorials, and helpful coaching tools, we are confident that this magazine will be a game-changer for you all. This e-Magazine is designed to be fully interactive. Readers can simply hover their console on dedicated pictures, logos and links to reveal items they can click on, to access additional information on various platforms on the web.

Our articles cover a range of topics, including the challenges of starting a coaching business, which takes you through the entire process from niche development to marketing strategy. By the end of this article, you will have the confidence and mastery needed to start your coaching business.

As coaches, we operate in a continuously disruptive world, making the piece on,

"The Critical Role of Coaching in a Continuously Disruptive World" an essential read. It explores the importance of coaching in helping individuals navigate the various disruptions encountered daily. This article provides valuable insights into how coaches can help individuals and organizations thrive in a constantly changing environment by developing resilience and adaptability.

For those contemplating the sudden advent of technology in the coaching industry and its possible impact, two articles titled **"Technology and the Coaching Business"** and **"The Clubhouse Revolution"** may be of interest. These articles explore how technology is breaking into the coaching industry, enabling coaches to reach clients all over the world. You'll learn how to use technology to deliver a more effective coaching experience, whether it's through online sessions, mobile apps, or other digital tools. The piece on **Clubhouse** is a fascinating article that explains how coaches can leverage the power of this audio-only social media platform to connect with clients, network with other coaches, and grow their businesses.

The Catalyst™ brings you the latest insights, trends, and best practices that will help you grow your coaching business as well as achieve your full potential.

So, keep an eye out for our next issue, and until then,
keep coaching!

Sincerely,

Emmanuel Emeh

 [@EmehSpeaksDotCom](#)



Special
Editorial

BUILDING A GLOBAL COACHING EMPIRE

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In a recent interview with **Danny Den Hartog**, **Coach Africa's** founder, Dr. Lanre Olusola shared his journey from being a successful engineer and serial entrepreneur who ran 14 businesses in Nigeria to becoming one of the most sought-after coaches in Africa. When asked about building a global coaching empire, Dr. Olusola shared some valuable lessons, actions, and principles based on his two-decades-long experience as a life coach and pioneer of the coaching industry in Nigeria.

To build a global coaching empire, it is essential to first understand your "why" and study what other successful coaches have done. Dr. Olusola emphasized the importance of researching the secrets of the world's most successful people. Additionally, having a powerful personal brand and understanding one's identity is crucial. Knowing who you are and who you are not is essential to articulate the challenges of the world and the required solutions or problems to solve. This will enable coaches to enunciate a vision, mission, and purpose. Successful people are driven by a vision, mission, and purpose. To become successful in coaching, it is necessary to position oneself as an influencer and a knowledge citadel.



continue reading on the next page

As experienced life coaches, you understand the importance of impacting people's lives and helping them. However, without a strong brand strategy, message, and essence, people may not know about you. This is where brand perception comes in, and it is crucial to your success in building a career or business. By focusing on these critical elements, you can create a long-, medium-, and short-term plan that executes flawlessly.

Social media is an excellent tool for reaching an unlimited number of people and making an impact. Dr. Lanre Olusola's success in reaching over 2.7 billion people in the past eight years is a testament to this. He has even grown his social media following by 40,000 new followers in the last 50 days alone.

To prepare for success, Dr. Olusola practices visualization and meditation, emphasizing the importance of strategizing before starting any project. As a coach, it is essential to journal and create personal mission and vision statements to stay focused on your goals.

During the interview, Dr. Olusola emphasized the importance of authenticity and a shift in mindset among coaches. Rather than viewing coaching as a competition, coaches should embrace collaboration.

To listen to the full podcast, please click on the link below

<https://spoti.fi/3CDEWYU>

Furthermore, he highlighted the significance of dedicating time to the coaching industry beyond monetary gain. This includes creating communities, mentorship programs, and internships.

As a role model for this approach, Dr. Olusola shared his experience running three coaching mentorship programs concurrently for the past three years. He also created a coaching TV reality show called the Transformation Show that airs in 42 African countries through DStv cable networks - Dominion TV, Sky, and Arise TV.

To achieve global excellence, coaches must position themselves to meet this standard. Accepting anything less is not an option.



Lanre Olusola

GROWTH OF COACHING IN NIGERIA

Sochi K. Ilomechina PCC is President of the International Coaching Federation (ICF), Nigeria Charter.

Coaching, although still a fairly new concept in Nigeria, has experienced a significant amount of growth since I became a Coach almost 10 years ago. I recall in one of my conversations with some HR Managers in my earlier years as a Coach, the concept of Coaching was considered a 'nice to have' and not essential when you needed to 'deliver results'. However, in recent times, I have observed the need for Coaching increase. I particularly noticed this increase during the lockdown COVID 19 period. Organisations realised that they needed to check in with their people and provide support and not from the 'fix-it' perspective but more from the support and development perspective. This is where, as a Coach, I experienced more curiosity from my clients as to what Coaching is and how it can support them in achieving both their personal and organisational goals and objectives.

In my tenure as [ICF Nigeria Chapter](#) President, and being a member since its inception in 2015, I have marvelled at the tremendous growth the industry has gone through.

Not just in the demand for Coaching, but also in the growth in the number of Coaches and ICF Accredited Coach Training Institutions in the country.



I have had the privilege of meeting and working with my counterparts in other parts of Africa. Like us, Coaching is still fairly new, however, South Africa is miles ahead with countries like Kenya, Nigeria and Uganda rapidly growing with very active ICF Chapters! ICF Chapters are also forming in other countries in Africa which is evidence of how Coaching is transforming.

Coaching has a lot of potential in Africa and is increasingly becoming recognised as an effective way to help individuals, teams and organisations achieve their objectives! I am excited about our future!

Sochi K. Ilomechina



The
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24 HACKS TO SUCCEED AS A **COACH!**

HOW YOU CAN
SUCCEED AS A COACH

DEVELOP A VERY POWERFUL
UNFORGETTABLE PERSONAL
BRAND

Shalom

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09

STARTING THE COACHING BUSINESS

An Interview with **The Catalyst, Dr Lanre Olusola**,
Pioneer of the coaching industry in Nigeria

Q: How did you start your coaching business?

TC: Starting a business wasn't a big deal because I have started several businesses and have built several successful businesses over the years, so starting a new business wasn't a big deal. What was a big deal was starting a new business in an industry that never existed, an industry that wasn't tried and tested, a non-existent industry in Nigeria. The challenge was starting a business not the way I usually start my other businesses which involved, finding a need, seeing an opportunity which was in line with what I was passionate about, and what I studied in the university. With coaching, I was praying and I heard God tell me exactly what he wanted me to do. This was very different, it was a very uncertain time, especially with the fact that I was also "instructed" to shut down all the various businesses I was doing. It was also a trying time because of how I operate. I typically like to have a full grasp of what I am doing; I like to have a good understanding of what I am getting myself into. In this case, however, I am pouring into a business I knew nothing about, so it required a lot of humility, courage, and boldness for me to go back to school to learn in a completely different environment, and what made it also very tough was the fact that there was a seeming "taboo" around the compliments of coaching, which were therapy and psychology. In addition, all that people knew about coaching then was soccer, basketball and sport, so every time I introduced what I do to people, the question often asked was, "are you a sports coach?"



Coming up with the right strategy to enter the market itself was a big deal as it was like swimming against the tide. Fast forward 20-plus years and we have built an industry and have trained more than a thousand plus coaches. We are seating at the top of the pyramid of coaching in Africa. So, it was tough, especially with the fact that people knew me with the various other brands I was initially associated with. Looking back, it seemed like a 30-year-old old guy starting life anew.

Q: How Did You Find a Mentor?

TC: I think the first set of things I did was to research. I did extensive research as I took my time to create a mission, a vision, a strategy, and an execution plan that gave me clarity. In my research, I realized there was not going to be any local mentor. Note that my first encounter with coaching was at the coaching academy in the UK. I got my first certification at the coaching academy in the UK and what I asked myself was; "Who are the top coaches in the world?"

I want to excel in everything I do. I want to benchmark myself against the best in the world, so I ask who was the best in the world and the name Tony Robbins always came up. I knew early on that there was a thin line between motivational speaking and coaching; and between caching and teaching. The likes of Myles Munroe (A pastor) also came up. Note that I am a Christian. I did my research and realized

continue reading on the next page

STARTING THE COACHING BUSINESS

that there were a few people that were very well known - Robinson Crusoe, TD Jakes, Myles Munroe and in the religious space was Pastor Adeboye, Bishop Oyedepo and Pastor Taiwo Odukoya. I reached out to the ones that were accessible and acquired all their materials. I did this to understand the whole space of teaching and speaking and what the whole dynamic was like. By proxy, I consumed Myles Munroe, Tony Robbins' interviews, books, videos - everything. I was looking out for their ideologies, their philosophies, and their approach to touching lives and helping people to become better, this was important as my mandate is to "Transform lives by transforming minds", so I went in search of who understood the construct of the human mind and the concept of living life to optimum. I got all they had and I consumed everything. Another person was Arch-Bishop Benson Idahosa.

Q: What Do You Say To Someone Who Is A Business Owner, A Career Practitioner, who Is Struggling With Transitioning Into Full-time Coaching?

TC: I think the most important question is to first find out the reason why you do what you do, and the reason why you want to do that which you intend to do is more important than what you do. What is your motivation, your "why", and your purpose? If you want to change an industry for the wrong reason, you will get yourself into trouble no matter what the industry is because there is always a sacrifice for everything. For every decision you make, there are pros and cons to it. So, you better be making the right decisions for the right reason for your transition. The first question I will ask is, why do you want to transition? I say this because coaching in itself is not a "job". I believe the best coaches are called. Even if it's not pastoral, there is a very critical dimension to coaching, and for you to truly be a great coach, you must be selfless; you must be a cheerleader; you must be diligent, dedicated, devoted and you must genuinely love people.

Q: What Are The Dos And Don't Of Coaching

TC: Anything you want to go into has a competitor in the industry and coaching is not going to be different. Counselling is seen as a competitor to coaching because they provide free services. If you are going into coaching, see these people as collaborators and not competitors. Remember that everyone has value they are bringing.

Coaching is an intervention that moves you from functional to optimal. Even though we term it a calling, coaching is a business. As a profession, coaching has over 52 business models that are responsible for different business successes. So, you've got to be able to do your business plan, strategy, business mapping and business model as an entrepreneur, and you need to stick to your plan. Being able to create your vision and mission, a strategy and culture; being able to identify who your customers are, where they are, and how best to reach them is important. Being able to come up with sales and marketing strategies and put funds asides for marketing is also important. Your ability to build credibility and trust over time is some of the best ways to build trust and integrity. You must strive to be known as a thought leader, proving yourself consistently over time. Coaching requires people's permission for you to succeed, you have to sell to a higher degree, and you have to sell trust because someone will be handing over his or her life, marriage, finances, business or career to you, and for that to happen you must have high believability and trust quotient.

Q: Which Niche Did You Start with As a Coach

TC: I started with life coaching because when I looked at the entire spectrum of intervention I needed to acquire or develop expertise in, I also had to consider the uniqueness of our environment. We are a very religious people, and the closest to church is life coaching, so, I realized that it would be the most tolerable and easiest to sell. The strategy for the first 10 years was to educate and inform, so my sales and marketing



OLCA
COACHING LIMITED

**Academy
Calendar
for 2023**



13TH
14TH

JANUARY

**Life Design and
Mapping Course**

N204,000
...

21ST

JANUARY

**HR Round Table
(Introduction to
Coaching for
Corporate
Professionals)**
...

10TH
17TH

MARCH

**Life Coaching
Certification
Course**

N840,240
...

14TH
15TH

APRIL

**Self Mastery
Masterclass**

N204,000
...

18TH
21ST

APRIL

**Neurolinguistic
Programming
Course Level 1**

N840,240
...

WEEK
ENDS

MAY

**Life Coaching
Certification
Course**

Weekend Program
(All weekends in May)
N840,240
...

15TH
16TH

JUNE

**The Science of
Healing, Abundance,
Restoration & Peace
(SHARP)**

N210,000
...

15TH
18TH

JUNE

**Emotion Freedom
Techniques (EFT) &
Matrix Re-
Imprinting Level 1**

N420,000
...

18TH
17TH

JULY

**The Science of
Healing, Abundance,
Restoration & Peace
(SHARP)**

N210,000
...

strategy was educating and informing people about what coaching was, what it wasn't, who is doing it and the need for me to create an entire ecosystem from training and certification, creating a regulatory body and standardization body, to mentorship, supervision and also introducing the compliments based on our unique environment. Even though the church made it easier for me to sell life coaching, the church also made it difficult for clients to benefit from coaching because of the existing religious mindset. Typically, people want God to do everything for them and they are always quoting scriptures. Instead of taking responsibility for their lives and setting goals, they will rather pray and fast. Selling coaching, shifting people's beliefs and telling them to take responsibility for their life was also a problem. So, I realized that coaching in itself even though is a very powerful intervention, had limitations and therefore I had to go learn other interventions and complementary skills because of my unique environment and my experiences with people over the years. I also got some backlash from the religious sects when I wanted to introduce, EFT, NLP, and Matrix Imprinting. Even though I wanted to help people with them, I equally realized it wasn't yet time, people were not ready for it. I humbled myself and learned from the experience.

Q: What Do You Love the Most About Being A Coach And What Do You Least Like About Being One?

TC: I am not sure I have one portion I love the most in the strings of things that I like. This is because of the fact that this is what I'm created to do and since I had that interesting conversation with my maker, I have an assurance with deep conviction that I am not just doing it as a business or whatever. I believe this is why I was created. That's the magnitude of this assignment. Secondly, He counts me worthy enough to give me this responsibility to champion an industry that never existed, that speaks a lot. Another compelling reason is the transformation that happens right before your very eyes, it is very addictive and out of this world. There is nothing that gives as much pleasure as beholding that transformation.

STARTING THE COACHING BUSINESS

Another thing that touches my mind is the fact that we are all connected. The African word, "Ubuntu" means I am because we manifest. So, every session I have reinforces that concept. Even though I'm being paid, I end up becoming the greatest beneficiary in every session. I often say that there are books that will never be written and I have the rare privilege of reading those books.

The first thing I don't like is when people do not understand the magnitude at which I carry the mantle I carry and the seriousness at which I carry this mantle. When people don't carry it the way I do, it pisses me off. Second is how people trivialize their lives, not realizing that it is all they have. The third thing that pisses me off is when people exchange their lives for worldly things. They will rather choose vanity over knowledge, wisdom and understanding. They will rather squander their money instead of invest it in themselves.

Q: What Would You Say to Upcoming Coaches in Terms of The Value Of Certification In the Coaching Industry And The Role of The Regulatory Agencies?

TC: ICF and LCAN were set up for a purpose. Certification is very important. You shouldn't take up someone's marriage, life, career, etc. without being certified and trained. For me, certification should come first, while mentorship and internship follow, then supervision so that you can build experience, your brand, trust and credibility. People believe that once they call themselves coaches and choose a certain label, they will automatically be known and gain overnight prominence. Unfortunately, it doesn't work that way, people have to commit, be dedicated, be consistent, and have a vision and mission. Coaching is not child's play, it's serious business. We are building on fundamental principles of entrepreneurship. I have been building businesses for over 35 years and it's the same principles I've relied upon in building all of them, be it telecoms, fashion, engineering or coaching, the fundamental principles are the same.



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24 HACKS TO SUCCEED AS A COACH!

HOW YOU CAN
SUCCEED AS A COACH

YOUR MESSAGE AND MESSAGING
MUST BE SIMPLE, CLEAR, POWERFUL
AND DIRECT. IT MUST ALIGN WITH
YOUR CUSTOMER'S NEEDS, PAINS,
PROBLEMS, WANTS, DESIRES

Shalom

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THE clubhouse

REVOLUTION

Emmanuel Emeh is a Teacher, Int'l Training Consultant and Integrative Life Coach

The Clubhouse Revolution is a phenomenon that has taken the world by storm, drawing attention from various sectors of society. It is a concept that involves creating digital spaces where people can connect with one another based on their interests and passions. The idea behind Clubhouse is to create an environment that fosters collaboration, networking, and learning in ways that were not possible before. This revolution has been fueled by the rapid advancement of technology, which has made it easier for people to come together online.

With social media platforms like Twitter and Instagram, individuals have been able to form communities around shared interests. However, Clubhouse takes this concept to a whole new level by providing real-time audio conversations between users who share similar views or interests. No doubt, Clubhouse has become an innovative tool for personal growth and professional development in today's fast-paced society.

The rise of Clubhouse has been nothing short of a revolution in the world of social media. The audio-based app has taken the digital landscape by storm, offering an innovative platform for people to connect with like-minded individuals and engage in meaningful conversations on a wide range of topics. Many attribute its success to the authentic nature of voice communication that it provides, which is unlike any other format available today.



Beyond the numerous and sometimes hard to track, independent Clubhouse sessions hosted by mentees and associates of The Catalyst, Clubhouse is home to what is arguably one of the

most active and influential rooms on the platform – the **Be Transformed Tribe**.

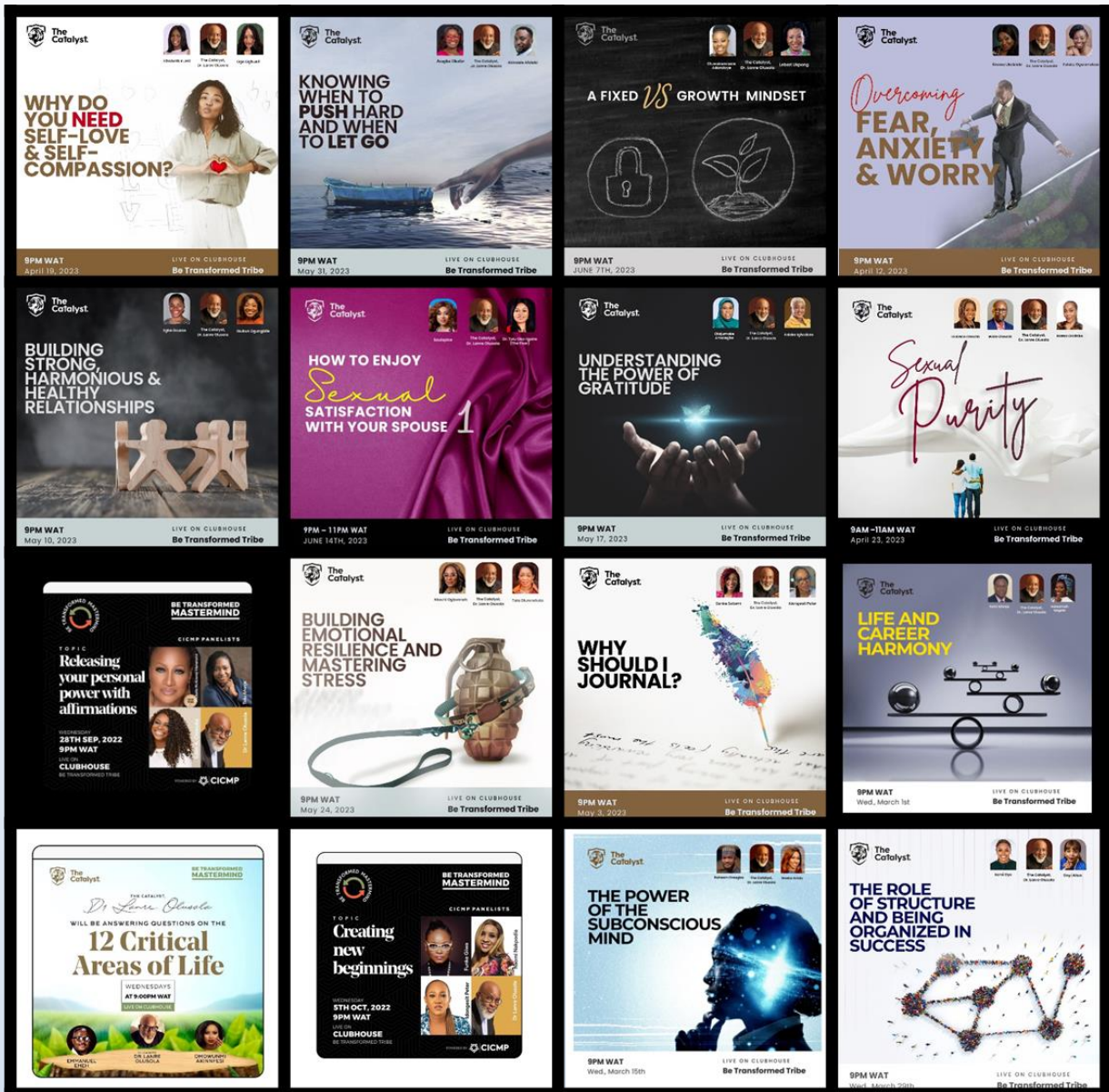
A good coach is always looking out for the most effective ways to get his or her message out, as well as connect with prospective and current clients and coachees. It is therefore no surprise that The Catalyst and his band of integrative life coaches are some of the most active on the Clubhouse platform.

The Be Transformed Tribe is unlike any other room on Clubhouse. This no-holds-barred, star-studded room, hosts strategic book reviews and discusses topics from the [12 spectrum of the wheel of life](#) popularized by OLCA coaching group.

With integrative life coaches, business leaders, and even celebrities flocking to the app, it's clear that Clubhouse has become more than just another social network. Moving forward into the impact of Clubhouse on social media, one cannot ignore the ripple effect this revolutionary concept has across different platforms. The next 4 pages is dedicated to showcasing just 64 "albums" from the Be Transformed Tribe. Weekdays are dedicated to general life topics, while Sundays are for the Spirituals. Click on the link to join and listen to past events of the [Be Transformed Tribe](#) on Clubhouse.

BE TRANSFORMED **TRIBE** *on* 👋 **clubhouse**

*Wednesday
Conversations*



<https://bit.ly/BeTransformedTribeCoaches>

BE TRANSFORMED **TRIBE** *on* 👉 **clubhouse**

Sunday Conversations

 THE PURPOSE & USE OF SPIRITUAL GIFTS 9AM-11AM WAT MAY 14TH, 2023 LIVE ON CLUBHOUSE Be Transformed Tribe	 WE ARE RIGHTEOUS 9AM-11AM WAT April 9, 2023 LIVE ON CLUBHOUSE Be Transformed Tribe	 DISCERNING GOD'S WILL 9AM-11AM WAT April 30, 2023 LIVE ON CLUBHOUSE Be Transformed Tribe	 OUR DIVINE IDENTITY 9AM-11AM WAT April 2, 2023 LIVE ON CLUBHOUSE Be Transformed Tribe
 Critical Life Lessons From The Book of Psalms Part 4 9:00 AM - 11:00 AM THIS SUNDAY OCT. 16, 2022 LIVE ON CLUBHOUSE Be Transformed Tribe	 LOVING BY FAITH 9AM-11AM WAT May 7, 2023 LIVE ON CLUBHOUSE Be Transformed Tribe	 HOW TO MEDITATE ON GOD'S WORD 9AM-11AM WAT MARCH 8TH, 2023 LIVE ON CLUBHOUSE Be Transformed Tribe	 UNDERSTANDING THE POWER OF FORGIVENESS 9PM WAT April 26, 2023 LIVE ON CLUBHOUSE Be Transformed Tribe
 UNDERSTANDING THE PROPHETIC PART 1 9AM-11AM WAT JUNE 4TH, 2023 LIVE ON CLUBHOUSE Be Transformed Tribe	 UNDERSTANDING THE PROPHETIC PART 2 9AM-11AM WAT JUNE 11TH, 2023 LIVE ON CLUBHOUSE Be Transformed Tribe	 YOU HAVE AUTHORITY Use it 9AM-11AM WAT MARCH 12TH, 2023 LIVE ON CLUBHOUSE Be Transformed Tribe	 HEARING GOD CLEARLY PART 1 9AM-11AM WAT JUNE 18TH, 2023 LIVE ON CLUBHOUSE Be Transformed Tribe
 Critical Life Lessons From The Book of Psalms Part 8 9:00 AM - 11:00 AM THIS SUNDAY NOV. 13, 2022 LIVE ON CLUBHOUSE Be Transformed Tribe	 THE LOVE AND FORGIVENESS OF GOD 9AM-11AM WAT JANUARY 22ND, 2023 LIVE ON CLUBHOUSE Be Transformed Tribe	 YOUR HEALING IS GOD'S WILL 9AM-11AM WAT MAY 21ST, 2023 LIVE ON CLUBHOUSE Be Transformed Tribe	 HOW TO FIGHT SPIRITUAL WARFARE 9AM-11AM WAT MAY 26TH, 2023 LIVE ON CLUBHOUSE Be Transformed Tribe

<https://bit.ly/BeTransformedTribeCoaches>

BE TRANSFORMED **TRIBE** *on* 👋 **clubhouse**

Wednesday Conversations

BUSINESS MONEY Secrets SPM WAT Wed., January 18th LIVE ON CLUBHOUSE Be Transformed Tribe	FUN, RECREATION AND REST SPM WAT Wed., February 15th LIVE ON CLUBHOUSE Be Transformed Tribe	Why do we need friends Part 2 WEDNESDAYS AT 9:00PM WAT LIVE ON CLUBHOUSE Be Transformed Tribe	Living a stress free life 1 WEDNESDAY 27TH JULY, 2022 9PM WAT LIVE ON CLUBHOUSE Be Transformed Tribe CICMP PANELISTS TOPIC
LIFE & SUCCESS SPM WAT Wed., 1st February, 2023 LIVE ON CLUBHOUSE Be Transformed Tribe	LOVE, DATING, RELATIONSHIPS MARRIAGE (A SPECIAL VALENTINE EDITION) SPM WAT Mon., February 13th LIVE ON CLUBHOUSE Be Transformed Tribe	Secrets of a Strong Marriage WEDNESDAY AT 9:00PM WAT LIVE ON CLUBHOUSE Be Transformed Tribe	BE HEALED AND STAY HEALTHY USING MIND/BODY CONNECTION SPM WAT April 5, 2023 LIVE ON CLUBHOUSE Be Transformed Tribe
Secrets of wealth creation Part 2 AT 9:00 PM WAT WEDNESDAY LIVE ON CLUBHOUSE Be Transformed Tribe	TRANSFORMING YOUR PARENTING TO BE EFFECTIVE IN THE DIGITAL AGE SPM WAT JUNE 28TH, 2023 LIVE ON CLUBHOUSE Be Transformed Tribe	HOW TO ENJOY Sexual SATISFACTION WITH YOUR SPOUSE 2 9PM - 11PM WAT JUNE 21ST, 2023 LIVE ON CLUBHOUSE Be Transformed Tribe	Finding Happiness & Contentment FRIDAY, APRIL 16 Clubhouse LIVE ON CLUBHOUSE Be Transformed Tribe
TRAUMA, THERAPY AND HEALING SPM WAT Wed., March 8th LIVE ON CLUBHOUSE Be Transformed Tribe	LOVE, DATING, RELATIONSHIPS MARRIAGE (A SPECIAL VALENTINE EDITION) SPM WAT Mon., February 13th LIVE ON CLUBHOUSE Be Transformed Tribe	Secrets of wealth creation AT 9:00 PM WAT WEDNESDAY LIVE ON CLUBHOUSE Be Transformed Tribe	LEVERAGING ENERGY FOR A Fulfilled Life WEDNESDAY AT 9:00PM WAT LIVE ON CLUBHOUSE Be Transformed Tribe

<https://bit.ly/BeTransformedTribeCoaches>

BE TRANSFORMED **TRIBE** *on* 👋 **clubhouse**

Sunday Conversations

NEW CREATION REALITY SERIES <i>Encounter with the HOLY SPIRIT</i> 9AM-11AM WAT FEBRUARY 6TH, 2022 LIVE ON CLUBHOUSE Be Transformed Tribe	<i>The Thin Line Between Spirituality & Reality</i> 9PM WAT Wed, January 19th LIVE ON CLUBHOUSE Be Transformed Tribe	THE PRINCIPLES, PRACTICE & SECRETS OF MEDITATION 9:00AM-11:00AM THIS SUNDAY SEPT 11, 2022 LIVE ON CLUBHOUSE Be Transformed Tribe	CRITICAL LIFE LESSONS FROM THE BOOK OF PSALMS 9:00AM-11:00AM THIS SUNDAY SEPT 25, 2022 LIVE ON CLUBHOUSE Be Transformed Tribe
UNDERSTANDING & SKILLFULLY USING THE GIFT OF THE WORD OF KNOWLEDGE 9AM-11AM WAT JULY 2ND, 2023 LIVE ON CLUBHOUSE Be Transformed Tribe	Critical Life Lessons From The Book of Psalms Part 3 9:00AM-11:00AM THIS SUNDAY OCT. 9, 2022 LIVE ON CLUBHOUSE Be Transformed Tribe	Activating the Power of Meditation SUNDAY SEPT 4, 2022 9:00AM WAT	Critical Life Lessons from the Book of Psalms PART 8 9AM-11AM THIS SUNDAY NOVEMBER 20 LIVE ON CLUBHOUSE Be Transformed Tribe
ASSURANCE OF SALVATION 9AM-11AM WAT JANUARY 15TH 2023 LIVE ON CLUBHOUSE Be Transformed Tribe	HEARING GOD CLEARLY PART 2 9AM-11AM WAT JUNE 29TH, 2023 LIVE ON CLUBHOUSE Be Transformed Tribe	<i>The Thin Line Between Spirituality & Reality</i> 9PM WAT Wed, January 19th LIVE ON CLUBHOUSE Be Transformed Tribe	WHAT IS PRAYER? 9AM-11AM WAT FEBRUARY 19TH, 2023 LIVE ON CLUBHOUSE Be Transformed Tribe
NO MORE SIN, CONSCIOUSNESS, GUILT OR CONDEMNATION 9AM-11AM WAT FEBRUARY 17TH, 2023 LIVE ON CLUBHOUSE Be Transformed Tribe	THE CHARACTER OF GOD 9AM-11AM WAT JANUARY 25TH, 2023 LIVE ON CLUBHOUSE Be Transformed Tribe	KNOWING THE UNKNOWN 9AM-11AM THIS SUNDAY DECEMBER 4 LIVE ON CLUBHOUSE Be Transformed Tribe	THE FOUNDATION OF GRACE 9AM-11AM WAT JANUARY 8TH 2023 LIVE ON CLUBHOUSE Be Transformed Tribe

<https://bit.ly/BeTransformedTribeCoaches>



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24 HACKS TO SUCCEED AS A **COACH!**

**HOW YOU CAN
SUCCEED AS A COACH**

**BE THE BEST IN
DELIVERING YOUR CONTENT/
PROGRAMMES. EXCELLENCE
MUST BE YOUR
WATCHWORD.**

Shalom

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Dr., Lanre Olusola



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The Critical Role of Coaches in a Continuously Disruptive World

Omawumi Ogbe is President of, Life Coaches Association of Nigeria (LCAN)

In today's fast-paced and continuously disruptive world, individuals face numerous challenges in achieving their goals and realizing their full potential. From changes in technology to shifts in societal norms and more, the world is constantly evolving. Presenting both opportunities and obstacles for personal and professional growth. In such a dynamic environment, the role of coaches becomes critical in supporting individuals and organisations to navigate these constant changes and achieve success.

Coaching is a process of personal and professional development that supports individuals and organisations to identify and achieve their goals. It is a collaborative partnership between the coach and the client to enhance client awareness, identify their strengths and limitations, and create a roadmap for achieving their objectives. Coaches help their clients to develop new skills, behaviours, and mindsets, enabling them to thrive in a constantly evolving world.

In today's world, coaches play a critical role in supporting individuals to adapt to change and stay ahead of the curve. Little wonder that Harvard Business Review refers to coaching as the profession of the future, and PwC reports that it is the 2nd fastest-growing profession, second only to Information Technology (IT).

[The Life Coaches Association of Nigeria \(LCAN\)](#) recognises the importance of coaching in a rapidly changing world and is working to standardise the coaching practice, support transformative living, and inspire change in Africa.

 [@omawumio](#)



LCAN is a professional body that provides a platform for coaches in Nigeria and across Africa to collaborate, share knowledge, and support each other's growth. At LCAN, we are committed to promoting the highest standards of the coaching practice, enhancing the credibility of coaching as a profession, and supporting coaches in developing their skills and expertise, to be the coaches of today and the future.

LCAN is also dedicated to supporting transformative living, which involves helping the people who live within the environment our coaches practice, to reconstruct their lives from the inside out. By championing this, coaches support our society in achieving its full potential.

In recent years, there's been a growing recognition of the importance of coaching in Africa. This is due in part to the continent's increasing economic importance, as well as the realisation that with proper support, Africans, regardless of their fields, can not only overcome some of the unique challenges they face but also thrive and prosper.

By working together, we can contribute to transforming our continent by transforming our people. To learn more about LCAN and how you can be a part of the community and the work we do, please visit www.lcan.ng or email hello@lcan.ng. Connect with LCAN across social media @lcan_ng.

Cheers to Africa being the next frontier!
With love and gratitude.

Omawumi Ogbe

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24 HACKS TO SUCCEED AS A COACH!

**HOW YOU CAN
SUCCEED AS A COACH**

**YOU MUST KNOW YOUR
CUSTOMERS. WHO ARE YOU
CALLED TO SERVE? WHAT
ARE THEIR PROBLEMS?
WHAT SOLUTIONS DO
THEY NEED?**

Shalom

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TECH AND YOUR COACHING BIZ

Chukwudi (Chukie) Williams, is a Leadership Consultant and Integrated Life Coach

The age of the digital revolution is here. It's altering the ways in which tasks are completed, businesses are organized, and people from all walks of life go about their days.

To succeed in today's data- and algorithm-driven environment, we need to expand our horizons and adopt novel ways of thinking and behaving. We need to switch to thinking digitally.

Yes, but what does that entail? Some worry that it portends a future where everyone must learn to code and become fluent in AI, machine learning, robotics, and whatever else comes next.

This article will introduce you to the two main tenets of a digital mindset: collaboration and change, as well as the viewpoints and activities inside those tenets that will help you acquire the necessary digital competencies.

The ability to think digitally allows one to better anticipate, evaluate, and plan for the digital future. Coaches that take these sharp points will be able to train for the digital future and ensure their businesses thrive.

The 30% rule is a good starting point for most people who want to become more tech-savvy; it's the point at which we have just enough knowledge of digital tools to be able to make sense of and benefit from them in our daily lives.

If you're a coach, technology can do wonders for your business. You may save time and effort by using AI to automate mundane processes, boost client interactions, and gain insights into their development. We can see this in the following illustrations:

Chatbots may take care of any questions your customers may have, allowing you to devote more time to training. They can offer timely help and support, too, which will endear your company to its clientele.



In order to produce high-quality, relevant, and engaging content, more and more people are turning to artificial intelligence (AI) tools.

Some current applications of AI in the field of content creation are as follows:

Production of Content: AI is capable of producing high-quality content in response to a topic or prompt. And they can even copy an author's or publication's voice word for word.

Existing content can be analyzed by AI-driven systems for optimization recommendations. They may recommend alterations to enhance readability or audience participation.

Virtual reality (VR) technology can be utilized to create a realistic setting in which clients can practice their newly acquired skills in a risk-free setting. A virtual reality (VR) application for public speaking training, for instance, may replicate the experience of giving a speech in front of a large audience. Have you thought of taking your client in a meditative or visualization mode using VR?

Suggestions Tailored to Each Individual's Needs and Objectives.

AI can make suggestions tailored to each individual customer's wants and objectives. A fitness coach could utilize AI to tailor a client's exercise and nutrition plan to their unique needs and preferences.

In closing, the use of technology in your coaching business can dramatically enhance communication, streamline operations, and reveal previously unknown information. Use these resources to become a better coach.

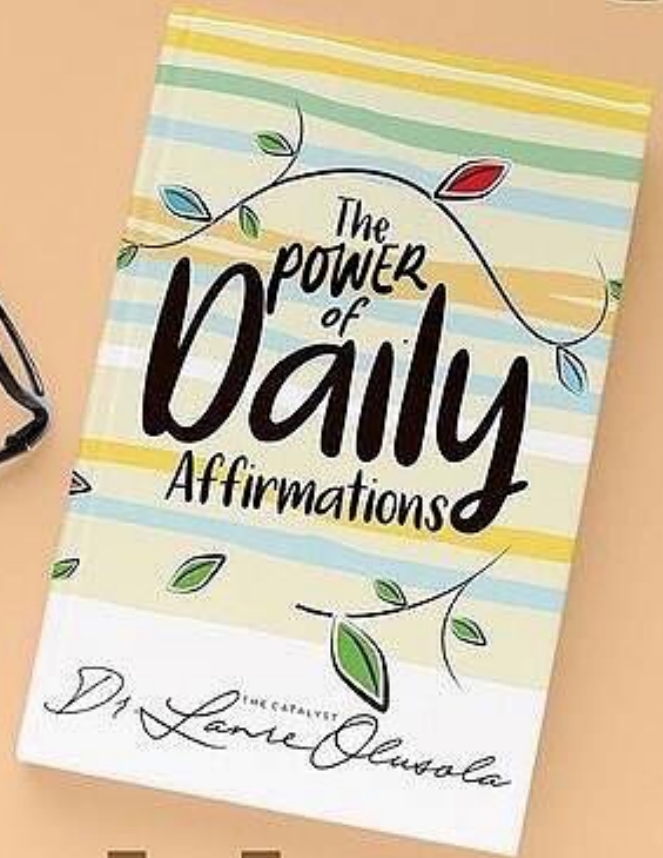
Chukwudi Williams

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Along your successful pathway master and align your thoughts, beliefs, emotions, words, decisions, actions and results.

You can make incredible things happen in your life.

It all starts with your thoughts.

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SAY THIS VERY POWERFUL AFFIRMATION WITH ME ALL DAY TODAY.
MEDITATE UPON IT AND KEEP AFFIRMING YOURSELF WITH IT ALL
THROUGHOUT THE NEXT 70 DAYS !!!

I am at peace with myself.

I appreciate who I am.

I Love Myself

I accept myself

I value myself as a person.

I have value

I am value

I create value

I am a valuable human being.

I deserve to relax.

I deserve to be happy.

I deserve to be at peace

I embrace my happy feelings and enjoy being content.

All of these affirmations are true for me, right now in this moment.

I enjoy the self-esteem relaxation feeling I am experiencing right now.

When my mood is low, I accept my emotions and recognize that the low mood will pass, and I will be happy again.

I look forward to the good times.

My future is bright and positive.

I look forward to the future, and I enjoy the present.

I look fondly upon and only remember happy and empowering memories from my past.



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I forgive myself for my mistakes.

After all everyone makes mistakes.

I now see my mistakes as opportunities to learn, progress and grow

I am a good person

I only want to do the best that I can

I am still a good person even if I make mistakes

I release the feelings of regret because I have learned from my mistakes
and I have now moved on.

I forgive myself for my mistakes

I release any bad or negative feelings from my mistakes

I only feel gratitude because it the opportunities to learn, progress and
grow from them

I am now free from my past

By freeing myself from past mistakes, I can move on and do good things.

I forgive myself.

I believe all of these affirmations are true for me, right now in this
moment,

I enjoy the self-esteem relaxation I am now experiencing.

I feel good about who I am today.

I accept the person that I am.

I accept my weaknesses and accept my strengths.

Every strength and weakness are gifts for my learning, progress, and
growth



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I view my shortcomings as strengths not yet developed, rather than as weaknesses.

I eagerly develop new strengths and skills.

I approach challenges with strength.

I do the best that I can at the time.

I give 100% effort when I am able

I choose to put full effort toward the things that are important.

I accept my imperfections and the imperfections in what I do.

My efforts are good enough, and they're okay each time.

I do not have to be perfect to be okay as a person.

I am a human being with flaws.

I enjoy being who I am, and love myself as I am.

I nurture the child within me.

I feel secure in who I am

I accept my authenticity

I do not need to compare myself to others.

My body is acceptable just the way it is.

I am okay and enough just as I am.

I accept this body and gift that I am in.

There is no need to be perfect.

My imperfections make me unique.

I am perfectly alright just the way I am.

My body is a functioning whole.



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am value
create value
have value
am a valuable human being.
accept myself.
feel confident.
accept myself.
feel secure.
am at peace with myself
am full of joy
am happy with myself
love myself.
like myself.
accept myself.
accept myself.
permit myself to feel peaceful, confident and self assured
allow myself to feel calm, relaxed, comfortable, and safe
am faith, hope and love.
have faith, hope and love
now daily live and act in faith, hope and love
picture myself enjoying and maintaining this state in perpetuity

Shalom

am the Catalyst

Transform Lives by Transforming Minds



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24 HACKS TO SUCCEED AS A COACH!

**HOW YOU CAN
SUCCEED AS A COACH**

**GET TRAINED AND CERTIFIED IN
COACHING AND OTHER COMPLEMENTARY
INTERVENTIONS.**

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SELLING YOUR COACHING BUSINESS

Collins Alunomoh is an Integrative Life and Personal Sales Coach

It is very frustrating to get all the certifications, become highly motivated and still not make good money from coaching or have a steady stream of clients to serve.

As a life coach, it becomes very important to create coaching products, services and programs that meet the core needs of your clients so you become more profitable and visible to prospective clients.

With the right strategies, you can increase your visibility and reach a larger audience. Here are some tips to help you achieve success:

1. Develop an Effective Sales Funnel:

Developing an effective sales funnel is key to increasing your visibility and boosting your sales. Your sales funnel should include steps like lead generation, lead nurturing, and follow-up. Utilize a variety of strategies such as email campaigns, webinars, and social media campaigns to reach more potential customers and keep them engaged through the customer journey or experience. Employing the services of a trained hand here or using current available AI tools can be very helpful.

2. Offer Unique and Valuable Content:

Offering valuable content is a great way to attract potential customers and increase sales. Think about creating content that is helpful and relevant to your target audience.



You can also offer free content such as e-books, webinars, and other resources to demonstrate your expertise and establish yourself as an authority in the coaching industry. Always remember that people pay to solve their pain points.

3. Utilize Social Media Platforms: Social media platforms are a great way to reach a larger audience and increase visibility. Utilize platforms such as Facebook, Twitter, and Instagram to promote your coaching products, services, and programs.

Social media serve as your 24-hour salesman who is still working while you sleep. The analytics from them can also help you make good business decisions and even better target your chosen audience.

4. Have A Clear Target Market and Message: Before you start selling your coaching products, services, and programs, you need to know who your ideal customer (Customer Avatar) is.

continue reading on the next page

Who do you want to target? What are their needs and wants? Once you have a clear understanding of your target market, you can create tailored messaging that resonates with them.

5. Invest in Creative Marketing: You need to make sure that your coaching products, services, and programs are seen by your target audience. Investing in creative marketing techniques such as content marketing and SEO tools, social media and Artificial intelligence enabled apps, and email marketing will help you reach more potential clients. Make sure your offer is attractive enough to draw in potential customers and make sure the features and benefits are clear and easy to understand.

6. Offer Free Resources: Providing free resources such as e-books, webinars, and other helpful materials can help you establish yourself as an authority in your field and build trust with potential customers. This can also be an effective way to drive more traffic to your funnel.

7. Word of Mouth Referrals: It is often said that a satisfied customer multiplies and comes back. People buy based on recommendations from family and friends. These are people they trust. So, provide excellent service and ask for referrals.

8. Testimonials: People are also quick to buy a product when they see other people have used it before. This is both a biological and psychological human response. Openly share your testimonials with permission of the giver of course.

 [@alunomohcollins](https://www.instagram.com/alunomohcollins)

SELLING YOUR COACHING BUSINESS

10. Have a Workable Website: A website is your office online and gives prospective clients a view of your brand, style, offerings and quality. Every serious coach should have one.

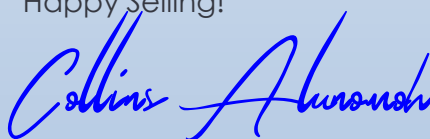
11. Create a Blog: Life coaches should consider creating a blog to share their insights and advice. This will help them to gain more visibility and attract potential clients.

12. Special Promotions: Offering special promotions can be an effective way to attract new clients and grow visibility. This could include discounts, Psychological pricing, free consultations limited offers, or special packages.

13. Write a Book: A book gives you the opportunity to put your thoughts and share your gifts with the world. The best coaches in the world all have authored books and you should too.

Finally, you should stay up to date on the latest trends in the life coaching industry. This includes reading industry publications, attending conferences, and networking with other Life Coaches. At this juncture, I'll like to ask, if you are a member of the Life Coaches Association of Nigeria (LCAN) or any other professional coaching body? Click on the link below for information on how to be a member of LCAN – <https://lcan.ng/membership/>

Happy Selling!





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HOW YOU CAN
SUCCEED AS A COACH

**SEE COACHING AS A CALLING.
GO BACK TO GOD AND ASK HIM WHAT
YOU WERE CALLED TO DO.**

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WHAT IS CCEU?

Emmanuel Emeh is a Teacher, Intl. Training Consultant and Integrative Life Coach

Coaches must continually strengthen their coaching skills, and Continuing Coach Education Units (CCEU) is a crucial part of that process.

The purpose of CCEUs is to give coaches the chance to improve their knowledge and abilities, stay current with market trends and best practices, and keep their coaching credentials.

Success in the coaching sector depends on continuing education. It is a method for coaches to remain current, advance their coaching abilities and education, and show their dedication to the industry.

Coaches must get CCEUs in order to keep their ICF credentials, according to the International Coaching Federation (ICF), the biggest association for professional coaches in the world.

Many educational & professional development activities can be used to earn CCEUs. They include of engaging in coaching circles or peer groups, taking online courses, attending conferences, workshops, webinars, and other training activities, as well as reading coaching-related books and articles.

One of the main advantages of earning CCEUs is that it enables coaches to remain up-to-date with the newest trends and industry best practices. This is crucial since the coaching sector is always developing, and coaches must keep up with the most recent findings in order to offer their customers the greatest coaching experiences.

Earning CCEUs has another advantage in that it may help instructors stand out from their competitors. Coaches may distinguish themselves in a competitive market and

establish themselves as authorities in their industry by displaying a dedication to continual professional development.



Also, obtaining CCEUs might aid coaches in expanding their network of industry contacts. Attending conferences, seminars, and other training events can provide you the chance to network with other coaches, exchange ideas and

stories, and create connections that could result in future collaborations or commercial possibilities.

Coaches must finish courses or training sessions that their professional coaching organization has authorized in order to receive CCEUs. Depending on the organization and the coach's level of certification, different organizations have different requirements for CCEUs.

In conclusion, CCEUs (Continuing Coach Education Units) are a crucial part of coaches' continuous professional development. Coaches have the chance to improve their knowledge and abilities, remain current with industry trends and best practices, and preserve their coaching credentials through CCEUs. By obtaining CCEUs, coaches may set themselves apart from their contemporaries, position themselves as authorities in their industry, and expand their professional networks. Earning CCEUs will be more crucial as the coaching market develops for coaches who want to remain competitive and give their customers the greatest coaching experience possible.

Emmanuel Emeh

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COACHING LIMITED

**Academy
Calendar
for 2023**



16TH
19TH

JULY

**Emotion Freedom
Techniques (EFT) &
Matrix Re-
Imprinting Level 2**
N420,000
...

WEEK
ENDS

AUGUST

**Neurolinguistic
Programming
Level 1**
Weekend Program
(All weekends in August)
N840,240
...

15TH
17TH

SEPTEMBER

**Advanced
Coaching Course**
N450,000
...

14TH
21ST

OCTOBER

**Life Coaching
Certification
Course**
N840,240
...

11TH
12TH

NOVEMBER

**Self Mastery
Masterclass**
N204,000
...

11TH
18TH

NOVEMBER

**Neurolinguistic
Programming
Course Level 2**
N840,240
...

9TH
10TH

DECEMBER

**The Science of
Healing, Abundance,
Restoration & Peace
(SHARP)**
N210,000
...

9TH
11TH

DECEMBER

**Emotion Freedom
Techniques (EFT) &
Matrix Re-
Imprinting Level 3**
N420,000
...

16TH
17TH

DECEMBER

**Life Design and
Mapping Course**
N204,000
...

CAREER COACHING: THE PRISON PRISM

Kemi Oye is an Executive and Career Coach, TEDx Speaker, Trainer and Global HR Expert

Meet Jemima.

Head of Customer Services at a Multi-National Company in West Africa. With over 25 years of experience in the Financial Banking sector. Seemingly accomplished yet feels unfulfilled and thinks she has more to give in a way she cannot quite articulate.

'I feel imprisoned' she retorted in response to my question about how she felt as we sat in Eric Kaiser on a Saturday morning over coffee.

This didn't take me by surprise. In Aug 2022, a Gallup report indicated that along with dissatisfaction, workers are experiencing staggering rates of disengagement and unhappiness. 60% reported as emotionally detached and 19% miserable.

Her response imprinted a juxtaposed picture of an inmate and Jemima in my mind.

- Confined to a room for a certain number of hours a day – her office!
- Inability to make any meaningful changes due to a lack of interest– unfulfilled!
- Inmates a possible threat – Colleagues scheming to take her role – irritated and traumatised!
- Looking forward to family visitations – looking forward to Friday to spend time with her family. Loving Fridays and hating Mondays!

Does this resonate with you?

Like Jemima, do you feel imprisoned by your job or career?

Research suggests that staying in an unfulfilling job or career for an extended period leads to burnout and work-related stress that ultimately affects your physical and mental health. This was the subject of my recent TEDx talk in a bid to wake people up to the reality of the effects and the need to design an exit plan if you are in a job or career that doesn't make you come to life.



Are you frustrated, irritated, traumatised – fit?

Would you like to be Fulfilled, Impactful, Transformational – FIT?

The secret formula that worked for hundreds of people I have worked with to transition from fit to FIT is to engage your Strengths, Talents,

Experiences and Passion (STEP)

When there is a misalignment between the work you do and your STEP, then unfulfillment at work is inevitable.

Get ready to take off those invisible golden cuffs!

- What are your core strengths? List 5 of them.
- Do you recognise your talents? Make a list of as many as you can. What are you most effective at?
- What critical experiences have you acquired over the years? Both negative and positive. How has this enabled your growth? Which experience has ever made you feel like you are operating in your zone of genius?
- What are you most passionate about? What can you do for hours and not get tired? Does this seem like a solution to the needs of others?

Create a narrative from the above and think about the themes and golden thread that cuts across your STEP to formulate options to guide the direction of travel for your perfect career match.

You have a unique and phenomenal STEP that will help you transition from fit to FIT. Use it and let it mark the beginning of your journey to where you desire, deserve, and are designed to be.

Kemi Oye

 [@kemi_oye](#)

CREATIVITY AND INNOVATION IN COACHING

Emmanuel Emeh is a Teacher, Intl. Training Consultant and Integrative Life Coach

As a life coach, your ability to facilitate growth, learning, and development in individuals, teams, or organizations relies heavily on your creativity and innovation. These essential components of coaching allow you to explore new ideas, develop innovative strategies, and find unique solutions to problems.

Unleash Your Creativity.

Creativity is the key to generating new ideas and concepts. As a life coach, you can challenge old assumptions and explore new perspectives. Encourage curiosity and exploration by asking thought-provoking questions and seeking out new experiences. By embracing curiosity, you open up new avenues for growth and development.

Harness the Power of Brainstorming.

Brainstorming and mind-mapping techniques are powerful tools that coaches can use to generate new ideas and explore new possibilities. By inviting your clients to participate in brainstorming sessions, you can help them identify innovative solutions and different perspectives. This collaborative approach fuels creativity and leads to breakthroughs.

Tap into the Power of Visualization.

Visualization and creative visualization techniques can unlock your clients' creativity and imagination. Encourage them to visualize their goals, dreams, and aspirations, and guide them to use visualization techniques to explore new ideas and possibilities. By tapping into the power of visualization, your clients can gain clarity and create a clear path to success.

Embrace the Art of Experimentation.

Innovation often involves trial and error. As a coach, it is crucial to encourage your clients to embrace experimentation and be willing to take risks. Encourage them to try new things, test new ideas, and learn from their failures. It is through this process that real growth and innovation occur.



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and learn from their failures. It is through this process that real growth and innovation occur.

Employ Creative Problem-Solving Techniques.

Coaches have a vast array of creative problem-solving techniques at their disposal. Techniques such as brainstorming, mind mapping, lateral thinking, and design thinking can help your clients find unique solutions to their challenges. By guiding them through these techniques, you empower them to think outside the box and uncover innovative solutions.

Foster a Culture of Creativity and Innovation.

As a coach, you can foster a culture of creativity and innovation within your practice or organization. Encourage collaboration, open communication, and a willingness to take risks and try new things. By cultivating an environment that values creativity, you create a space where your clients can thrive and reach their full potential.

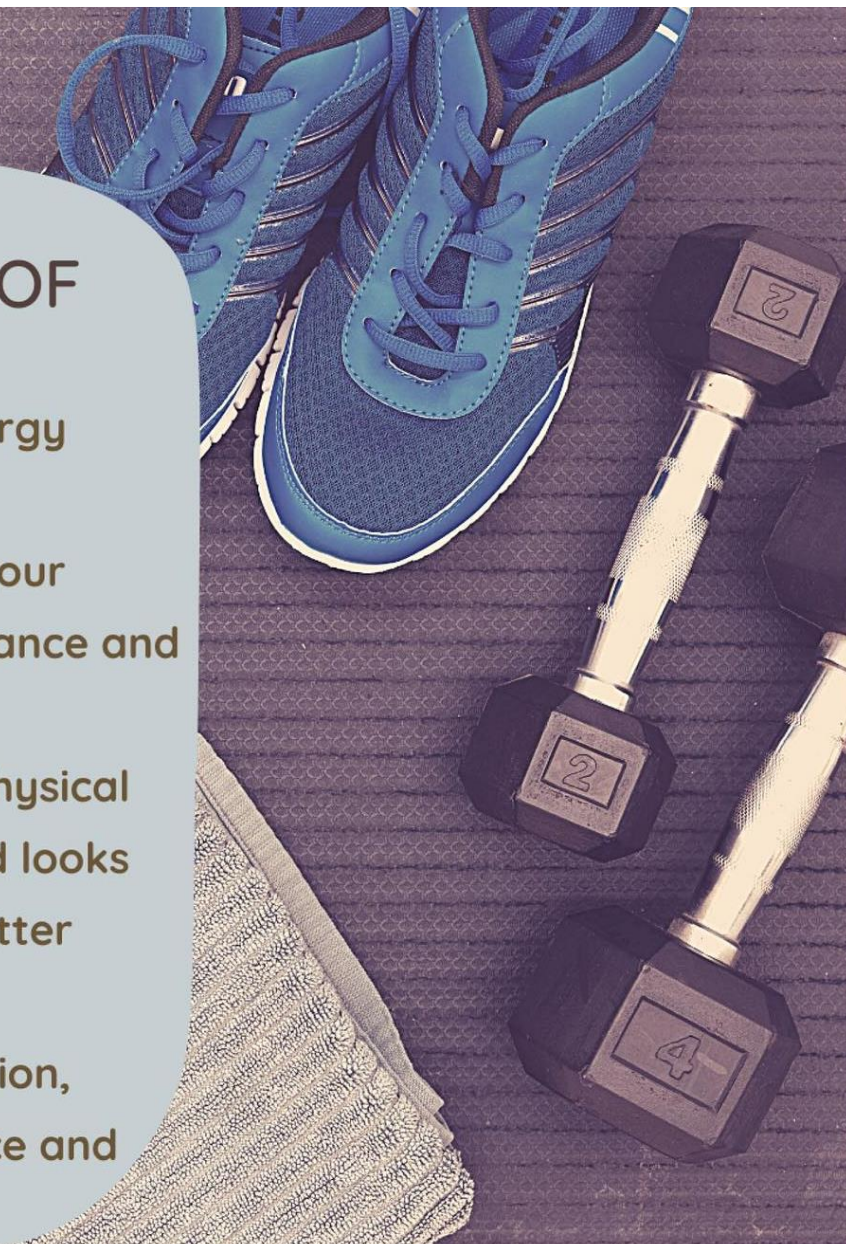
By utilizing the tips above, you can guide your clients towards tapping into their creativity and achieving their goals. Embrace these principles, and you and your clients will experience transformative growth and success.



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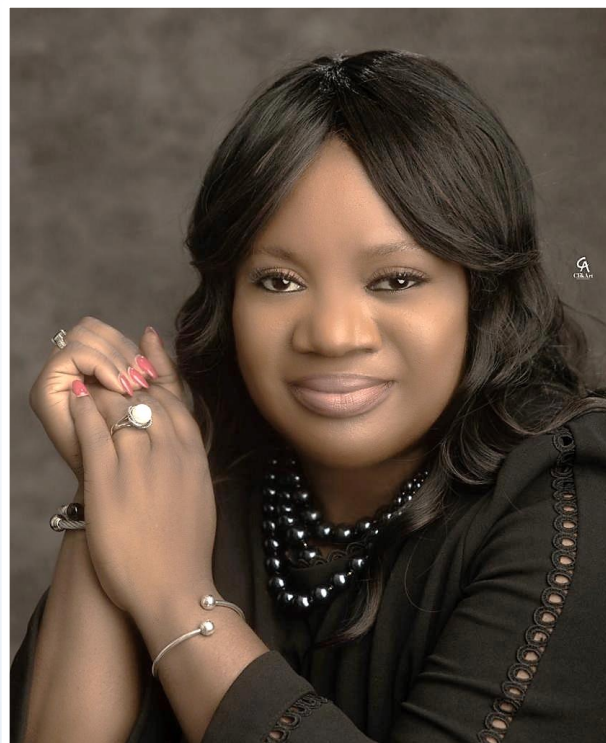
BENEFITS OF EXERCISE

- Boosts your energy levels
- Helps improve your overall performance and productivity
- Attainment of physical fitness and good looks
- Enjoy overall better health
- Enhances cognition, boots intelligence and memory



COACHING FOR HEALTH AND WELL-BEING: THE KEY TO UNLOCKING YOUR BEST SELF

38 In today's fast-paced world, losing sight of what truly matters – our health and well-being can be easy. In our current pandemic era, the need for optimized emotional and physical well-being has never been more crucial. Unregulated emotional health can significantly impact physical health and vice versa. For example, stress, anxiety, and depression can lead to physical symptoms such as headaches, fatigue, and muscle tension. Chronic stress increases the risk of heart disease, digestive disorders, neurological diseases and weakened immune function. The mind-body connection is a powerful one, and the way we feel emotionally can have a profound impact on our physical well-being. A 2012 Harvard University meta-analysis found that optimism may decrease the rate of cardiovascular disease progression. Lead author Julia Boehm said, "The absence of the negative is not the same thing as the presence of the positive. We found that factors such as optimism, life satisfaction, and happiness are associated with reduced risk of cardiovascular disease regardless of a person's age, socioeconomic status, smoking status, or body weight."



Dr. Lilian Ebuoma is a Harvard-trained radiologist, high-performance coach, social entrepreneur, United States Navy Veteran, and speaker.

The biology behind our stress response is based on the autonomic nervous system. It regulates various bodily functions, including heart rate, blood pressure, and digestion.

In stressful situations, the autonomic nervous system responds by releasing a cascade of hormones, including adrenaline and cortisol. Adrenaline is responsible for the classic "fight, flight, or freeze" response we experience when under stress. It causes our heart rate and blood pressure to increase, our muscles to tense up, and our breathing to become rapid and shallow. This response prepares us to respond quickly and effectively to a threat. Unfortunately, the body cannot distinguish between being chased by a Sabretooth tiger or road rage from four-hour Lagos traffic.

continue reading on the next page

Persistently elevated levels can lead to high blood pressure, heart issues, tremors, digestive problems etc. Cortisol, another critical player, is a longer-lasting stress hormone.

The adrenal glands release it in response to stress. Cortisol increases glucose in the bloodstream, which provides energy to our muscles and organs. Elevated cortisol levels, as seen with prolonged stress, can suppress our immune system, leaving us more vulnerable to illness and infection. It causes insulin resistance which can cause diabetic diseases. It leads to an increase in abdominal fat, weight gain, sexual dysfunction, mental fog, irritability, depression and anxiety. Poor stress management leads to the elevation of stress hormones, which can have a negative ripple effect on your health.

In stressful situations, the autonomic nervous system responds by releasing a cascade of hormones, including adrenaline and cortisol.

Stress and energy management are thus vital components of living modern life if we desire it to be long, healthy, and fulfilling. The root cause of stress, whether it's work-related stress, relationship issues, or financial worries must be explored. Addressing these underlying issues helps reduce our overall stress levels. If you are like most, you may find you struggle to make sustainable changes when it comes to your optimal health and well-being.

You may know that you need to improve your physical and mental health but lack the guidance and support to make those changes stick. It doesn't help that there is a bombardment of information about the latest diets, fitness trends, courses, masterclasses, and self-help books, but how do you know what's right for you? That's where coaching for health and well-being comes in – it's a personalized approach to unlocking your inner potential and achieving your goals.

Coaching is a collaborative and empowering process that focuses on your unique needs, goals, and aspirations. Whether you want to improve your physical health, boost your confidence, find your passion, or create more balance, a coach can help you clarify your vision, identify obstacles, and create a roadmap to success. At its core, coaching is about helping you bridge the gap from where you are to where you want to be. It's not about fixing or telling you what to do but rather about supporting you in discovering your answers, strengths, and resources.

One of the key benefits of coaching is that it can help you overcome the limiting beliefs and self-doubt that often hold you back from achieving your goals. Through self-reflection and exploration, a coach can help you identify and challenge the negative thoughts and behaviours that may keep you stuck, and help you cultivate a more positive and empowering mindset.

Despite her many accomplishments, Rebecca, a successful businesswoman, and mother of two, felt burnt out. She was overwhelmed, struggling to balance and prioritize her health and well-being. She decided to seek the help of a health and wellness coach. Working with her coach, she identified her goals and developed a plan to achieve them.

Rebecca's most significant discovery was that she was chronically sleep deprived. As a high achiever, she had always prided herself on being able to function on just a few hours of sleep; she now realizes that this was taking a toll on her health. With her coach's guidance, she developed a bedtime routine and began to make sleep a priority. She immediately noticed that she felt more rested and energized and could better tackle the demands of her busy life. Rebecca learned about stress management techniques, such as mindfulness meditation, deep breathing exercises and journaling.

She also began delegating more work tasks and setting clear boundaries around her personal time. These changes made her feel more in control of her life and more at peace with herself.

Through her work with a health and wellness coach, Rebecca was able to transform her life and achieve a greater sense of balance and fulfilment. She learned that taking care of herself was not selfish but a necessary foundation for success in all areas of her life. Today, Rebecca is thriving in her career, enjoying her family life, and feeling much better. She credits her coach with helping her to unlock her full potential and achieve lasting health and happiness.

One of the key benefits of coaching is that it can help you overcome the limiting beliefs and self-doubt that often hold you back from achieving your goals. Through self-reflection and exploration, a coach can help you identify and challenge the negative thoughts and behaviours that may keep you stuck, and help you cultivate a more positive and empowering mindset.

By working with a coach, you also can tap into the power of accountability, motivation, and personalized support to achieve your health and well-being goals. Ultimately, coaching can be a game-changer in achieving the optimal health and well-being you deserve and desire. By working with a coach, we can unlock our full potential and become the best version of ourselves. So, if you're ready to take your health and well-being to the next level, consider partnering with a coach who can provide the guidance, support, and accountability you need to succeed. Your best self is waiting for you!

Lilian Ebuoma



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OLMED FOUNDATION FOR STUDENTS

Vinuyon Ramos is an Integrative Life Coach

The Olusola Lanre Mind, Education and Development (OLMED) Foundation was founded by The Catalyst. Dr. Lanre Olusola with the following aims:

- To raise awareness and promote mental health and general well-being.
- To promote the education and learning of the human mind, its health and well-being.
- To work with Educational Institutions at all levels in introducing Mental Health Programmes and assist in the policy formulation for the promotion of self and mental wellbeing
- To provide general assistance to members of the public.

Recognizing the psychological issues that pervade the educational space, OLMED is partnering with educational institutions to provide much-needed capacity building through mental health and emotional well-being support to Students, Teachers and School Administrators.

Using Coaching and Neuro-Linguistic Programming (NLP) tools, OLMED seeks to help students with psychological skills and mindset shifts to navigate the turbulence and uncertainty that currently characterizes the world they find themselves in, while their Teachers and School Administrators are equipped to self-coach and manage their students better.



Ensuring that the conditions for support are convenient, accessible, relevant and adequate for them, OLMED hopes to create a new awareness and transformed the mindsets of its target audience. This will be done in collaboration with the members of the alumni body of OLCA Coaching Limited, coaches who have been trained, certified and hence equipped to provide the required service.

In January 2023, OLMED successfully implemented a group session themed "Reach for the Stars" for students of Vivian Fowler Memorial College for Girls, Lagos Nigeria. One hundred and fifty students (150), between the ages of 13 and 16 attended while 15 Integrative Coaches supported this venture by taking the students through Goal setting and Developing Self Esteem. Dr. Kafayat Shafau, popularly known by her stage name, Kaffy, a Nigerian dancer and choreographer, dance instructor and fitness coach, featured at the event to encourage the students to Reach for the Stars.

An integrative and wider scope of this session is planned for the very near future, in 2023. This will consist of a 6-week program to allow for in-depth engagement and impact over a period of time.



OLMED FOUNDATION

Olusola Lanre Mind Education Development



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Kafiyat, inspiring the students after the coaching session with OLMED Foundation Coaches



THE TRANSFORMATION SHOW

The Catalyst, Dr Lanre Olusola, is the Pioneer of the coaching industry in Nigeria

Going into coaching for me, was a divine call and mandate. I still remember vividly that moment when I was on my knees, praying in my room over 20 years ago when the Almighty God walked in and said, "Shut down all the businesses you're currently running and go transform lives by transforming minds for me".

It was also a mandate that I would find a lonely one to execute for many years to come.

However, on reflection now, it is clear to see that coaching has indeed advanced exponentially in Nigeria over the last 20 years, and the last 3 years account for a good percentage of this shift with the COVID and post-COVID era.

The evolution of coaching in Nigeria and across various parts of Africa has seen coaching morph into a quasi-multi-disciplinary practice, which has impacted religion (a crucial part of the African identity); cultural influences (exposing deep-seated trauma and dysfunctionalities); and the corporate world at large (adjusting to the demands of uncertainty).

Transforming lives by transforming minds over the years, I have worked with individuals and organizations to transition them from where they were to where they desire and deserve to be - faster - than they can all by themselves.

For the first time on television, viewers are going to be watching me and several other coaches work with individuals to move them from where they are, to where they want to be through THE TRANSFORMATION SHOW (TTS).

We are going to be changing destinies with TTS where viewers will experience coaching happening on their television screens, see a coach and a coachee work together, see themselves in that coachee, and see their situation in related episodes.

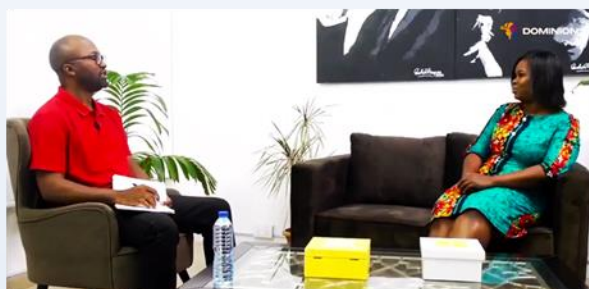
The 12 episodes for season one capture all the **12 dimensions of life** - Financial & Wealth; Career/Business; Fun, Recreation & Rest; Health/Wellness; Relationships & Marriage; Friendship/Social Network; Energy, Passion & Power; Achievement & Success; Self Esteem; Spirituality & Security & Contentment & Peace; Home & Family

We put out expressions of interest for people who wanted to get coached and we got over a hundred and two (102) responses in two days. This further confirms that it is the time and season for this show. Just for the benefit of those reading this, every coachee in each episode accepted to experience coaching on real-life issues confronting them.

Stay tuned to The Transformation Show currently showing on Dominion TV channels on DSTV 352 and GOTV 168; every Saturday at 9 PM, WAT.

[WELCOME TO THE TRANSFORMATION SHOW!](#)

THE TRANSFORMATION SHOW



STARTING ALL OVER AGAIN

Ifeoma Ukabiala is a Leadership Consultant and Integrated Life Coach

Starting over is a journey that frequently entails overcoming obstacles and confronting fears. It necessitates stepping outside of our comfort zones and embracing change, even if it is uncomfortable or uncertain.

In my own life, I've had to deal with the challenges of starting over. After years of working in a career that no longer fulfilled me emotionally, I made the difficult decision to leave and pursue a new path. The pay was excellent, but I knew it was time to leave because I had a botched surgery. It was terrifying and overwhelming, but I knew it was essential for my growth and happiness. I knew it was time to rest, reset, and restart. This process taught me the value of resilience and perseverance. I faced rejection and setbacks, but I refused to let them stop me from achieving my goals. I also learned the importance of self-care and taking time to rest and recharge, as starting over can be physically and emotionally exhausting.

One of the biggest challenges I faced when starting over was the fear of the unknown. I had to leave behind a steady job, a comfortable routine, and a familiar social circle to pursue a new dream. It was scary, but I knew that staying where I was would mean sacrificing my happiness and potential for growth. So, I took the leap of faith and embarked on a new journey.

and negative self-talk. I used to tell myself that I wasn't good enough or that I couldn't achieve my goals. However, through therapy and self-reflection,



I realized that these thoughts were impeding and not serving me. I was able to cultivate a more confident and empowered mindset by replacing them with positive affirmations and focusing on my strengths.

Another important aspect of starting over is the willingness to forgive and let go. This may mean forgiving yourself for past mistakes or forgiving others who have hurt you. Holding onto anger and resentment can prevent you from fully moving forward and experiencing the happiness and fulfillment that life has to offer.

It is never easy to start over, but it can be one of the most rewarding experiences of our lives. It enables us to grow, learn, and discover new aspects of ourselves that we were previously unaware of. "You are never too old to set another goal or dream a new dream," C.S. Lewis once said.

continue reading on the next page

So, if you find yourself in the position of having to start over, know that you are not alone. Accept the journey, seek help when needed, and believe that the universe has a plan for you. "I can do all things through Christ who strengthens me," says the Bible verse Philippians 4:13. You can overcome any obstacle and create a bright future for yourself if you have faith and determination.

It's also important to keep in mind that starting over isn't a straight line. Along the way, there will be ups and downs, twists and turns. But it's the difficulties that make the journey so worthwhile and rewarding. Breaking down your goals into smaller, more manageable steps is one strategy that can help you start over.

This can make the process feel less daunting and more manageable. Celebrate each small victory as it contributes to the larger picture of starting over.

Another important strategy is to surround yourself with people who are positive and supportive. Seek out friends, family, or a support group that can provide encouragement and a listening ear when needed. These individuals can also hold you accountable and assist you in staying on track with your objectives.

Quotes and Bible verses, in addition to strategies and support, can serve as sources of inspiration and motivation. Here are a few more to think about:

"Faith is taking the first step even if you can't see the entire staircase." - Dr. Martin Luther King, Jr.

"For I know the plans I have for you," the Lord says, "plans to prosper you and not harm you, plans to give you hope and a future." Jeremiah 29:11

"Success is not final, and failure is not fatal: what matters is the courage to continue." Winston Churchill's

"Those who hope in the Lord, on the other hand, will be strengthened. They will fly like eagles, run without becoming tired, and walk without becoming dizzy." Isaiah 40:31 Starting over can be an intimidating and difficult experience, but it is also a chance for growth, self-discovery, and a brighter future.

You can navigate this journey with confidence and resilience if you use strategies, seek help, and draw inspiration from quotes and Bible verses.

It's also critical to recognize that starting over frequently necessitates letting go of past experiences and beliefs that may no longer serve us. This can be difficult and unpleasant, but it is necessary for personal growth and progress.

Limiting beliefs are a common barrier that many people face when starting over. These are the beliefs that keep us from reaching our full potential. "I'm not good enough" or "I'll never be able to succeed" are two examples. These beliefs can be deeply ingrained and difficult to overcome, but they must be challenged and

replaced with more positive and empowering beliefs. NLP (neuro-linguistic programming) presuppositions are another useful tool for starting over. These are the underlying assumptions that influence our thoughts and actions. "The meaning of communication is the response you get," for example, and "There is no failure, only feedback." We can change our mindset and approach to starting over by adopting these assumptions.

Also looking to industry studies and results for inspiration and motivation can be beneficial. According to a Kauffman Foundation study, people over the age of

55 are nearly twice as likely as people between the ages of 20 and 34 to start a successful business. This demonstrates that starting over at any age is feasible and can result in great success.

To summarize, starting over requires courage, resilience, and a willingness to let go of the past. We can approach starting over with confidence and a sense of possibility by employing strategies, challenging limiting beliefs, adopting NLP presuppositions, and drawing inspiration from industry studies.

Maya Angelou, the renowned author and poet, has a quote that captures the essence of starting over: "You may suffer numerous defeats, but you must not be defeated.

In fact, facing defeat may be necessary in order to understand who you are, what you can rise from, and how you can still come out of it."

Similarly, the Bible contains numerous verses about beginning again, such as Psalm 51:10, which says, "Create in me a clean heart, O God, and renew a right spirit within me."

This verse emphasizes the importance of letting go of past mistakes and starting over with a new outlook.

Finally, starting over is a chance for growth and reinvention. It's an opportunity to design the life you want and pursue your passions and goals. While it can be difficult at times, the benefits can be immeasurable only if one stays positive.

When starting over, the most important thing to remember is to be gentle with yourself.

Starting over can be a difficult and emotional process, so take things slowly at first. You can create a new and fulfilling life for yourself if you approach it with compassion, perseverance, and a sense of adventure.

Some final words of advice for starting over are as follows:

Set specific objectives: Take the time to define your goals and map out a plan to get there. This will give you direction and keep you focused on your objectives.

Seek help: Starting over can be difficult, so don't be afraid to ask for help from friends, family, a professional counsellor, or an integrative Coach. A strong support network can make all the difference. Be a part of a community that supports and encourages you. Look around and assist someone in need.

Accept change: Starting over frequently necessitates significant changes in your life. While this can be frightening, try to embrace the unknown as an opportunity for growth.

Maintain a positive attitude: It can be difficult to maintain a positive attitude during times of transition, but it is critical to remain hopeful and optimistic. Surround yourself with positive people and enjoyable activities.

Mindset-altering activities include: To avoid bitterness and hopelessness, which can lead to depression or a state of 'languishing,'

it is beneficial and transformative to engage in the following activities on a daily basis. Use visualization to help you dream again - you have so much more inside of you. Gratitude journaling can help you focus on all the good things that are happening to you and around you. Every day, affirm and meditate.

Create the world you want by daily meditating and affirming what is REPLANT - Right, Excellent, Pure, Lovely, Admirable, Noble, and True. Philippians 4:8. Look for God's promises about resuming your life and His plans for you, personalize them, and turn to affirmations. Exercise on a daily basis. You must include at least 30 minutes of exercise per day to help you break a sweat. Make all of these activities a part of your morning or evening routine.

Starting over is a brave and courageous decision that, if handled correctly, can lead to a fulfilling and rewarding life. It is never too late to follow your dreams and live the life you desire. Remember to be gentle with yourself, seek help, and stay focused on your goals. You can overcome any obstacle and start over with persistence and determination.

Ifeoma Ukabiala

P.S., [OLCA](#) and [Dr Lanre Olusola](#) helped with my Starting All Over Again. I am eternally grateful to you, your staff and your community.

"You can't start the next chapter of your life if you keep re-reading your last one."

—
Anonymous

"Never be afraid to fall apart because it is an opportunity to rebuild yourself the way you wish you had been all along."

— *Rae Smith*

"Brothers, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead,"

— *Paul of Tarsus*



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Catalyst.

24 HACKS TO SUCCEED AS A COACH!

HOW YOU CAN
SUCCEED AS A COACH

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Shalom

The Catalyst
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The Power of Meditation

Emmanuel Emeh is a Teacher, Intl. Training Consultant and Integrative Life Coach

Meditation is a powerful tool for reducing stress, improving mental clarity and focus, and increasing overall well-being. For centuries, people have turned to meditation to cultivate a sense of inner peace and connect with their inner selves. In recent years, there has been an explosion of interest in meditation, with more and more people discovering the benefits of this ancient practice.

One of the most effective ways to incorporate meditation into your daily routine is by joining a meditation challenge group. These groups are designed to help you stay accountable, provide support and motivation, and offer a sense of community and connection. Here are some of the advantages of joining a meditation challenge group:

Accountability: One of the biggest challenges of starting a new habit is staying accountable. Joining a meditation challenge group can help you stay on track by providing a sense of accountability. Committing to a challenge with a group of like-minded individuals makes you more likely to follow through with your commitment.

Motivation: Meditating on your own can be difficult at times. However, when you join a meditation challenge group, you have access to a community of individuals who can motivate and inspire you.

Seeing others in the group progress and growth can be a powerful motivator to keep going.

Support: Meditation can be a deeply personal practice, and it can be helpful to have the support of others who are going through the same experience. Joining a meditation challenge group can provide you with a supportive community where you can share your experiences, ask questions, and offer support to others.

Variety: A meditation challenge group can provide you with a variety of meditation techniques and styles. This can help you explore different types of meditation and find what works best for you.

Consistency: Consistency is key when it comes to meditation. A meditation challenge group can help you establish a consistent meditation practice. By committing to a daily or weekly challenge, you are more likely to stick with your practice over the long term.

If you are interested in experiencing the benefits of meditation and want to establish a consistent practice, consider joining a meditation challenge group. With a group's support, motivation, and accountability, you can cultivate a sense of inner peace and improve your overall well-being. These and more are my experiences as a two-time participant in The Catalyst 40 and 70-Day Meditation Challenge.

For those interested, please check out the link below to purchase any of the guided meditation audio sets.

<https://bit.ly/TheCatalystMeditationSeries>



The
Catalyst.

BENEFITS OF AFFIRMATIONS

- Promotes a positive outlook on life
- Enhances the ability to maintain healthy boundaries
- Helps to achieve harmony & flow in life
- Helps attain the level of transcendental living
- Promotes a sense of purpose & meaning in life

I RADIATE
BEAUTY,
CHARM,
AND GRACE



HOW TO USE AFFIRMATIONS TO ACHIEVE SUCCESS

The Catalyst, Dr Lanre Olusola, Is the Pioneer of the coaching industry in Nigeria

Thousands of people use affirmations daily to manifest their desires and obtain all that they've dreamed of in life. Many of these people are able to find success, but far more never see the results of their daily practice. This isn't to say that affirmations don't work; instead, they aren't being used correctly. You have to understand that positive affirmations aren't about the words that you say or the phrases that you repeat, instead, they are about the idea that those words convey, as well as the feeling you get from repeating the phrases.

In order for your affirmations to work, you need to feel good while thinking about them or repeating them. This is the basic principle behind the Law of Attraction. In my book, [Power Of Daily Affirmations](#), I explain that if you don't feel positive emotions while repeating the statement, then it isn't the right affirmation for you. Here are some things to keep in mind when using positive affirmations to attract your desires:

1. You Must Believe. If you want to ensure that your affirmations will work, you have to believe in them.



Affirmations that are half-hearted or empty will never work for you. You need to genuinely believe in the statement that you are repeating if you want it to work. For example, if you are telling yourself that you are successful but you don't really feel it, you need to consider changing your affirmation. Instead, you can state in your statement that you are capable of being successful in the beginning and then shift your affirmation to state that you are successful, once you start to believe it. Try to start with a statement that lets you know that you are perfectly capable of manifesting your desires. Once you begin to honestly believe that it is possible, you will begin to take the actions necessary to prove to yourself that you are right.

2. Make it Personal. Take some time to write down the negative thoughts that are floating around in your mind currently. Then carefully examine each of the negative thoughts and write down a positive statement against that negative belief. Using self-generated content that is specific to your particular problem will help you better connect with the affirmation. When you write down your affirmations, you want to make sure that you start with the phrase, "I am," to make it more meaningful.

How to Use **AFFIRMATIONS** To Achieve **SUCCESS**

3. Make it Memorable. When you are creating your positive affirmations to combat your negative beliefs, you want to make sure that they are simple, short, and direct. These qualities will make the affirmation more memorable and likeable. Keep your affirmations short and straightforward, this makes them much easier to say, as well as to remember. You can add punch to your mantras and make them more appealing by making them catchy.

4. Keep Them Positive and Present Tense. When it comes to creating positive affirmations that are effective, you have to make sure that they focus on what you want to achieve, instead of what you don't want. Make sure you avoid using negative statements. Positive affirmations are much more powerful and have better clarity of purpose. It is also essential to frame your affirmations in the present tense, as if the situation you are affirming is already happening.

5. Repeat Daily. When you first speak your affirmation, it may seem utterly unbelievable to you. However, by following a daily routine of repeating the statement, you can instill the power of positive thinking into your subconscious mind. This allows your mind to become more open and receptive to the new information that you are feeding it. As you move through the days, your confidence starts to build, and you are better able to direct your thoughts toward achieving your goal. To get the most out of your positive affirmations, repeat them for five minutes, at least two to three times a day.

6. Energize Your Affirmations.
Having passion, excitement, and energy

around your affirmation will get you into a highly positive vibe and make you believe you are already living it. Be happy and do what your heart desires if you want your aspirations to come true. Adding strong emotions to your affirmations will raise their intent to an entirely new level.

7. Visualize.

Incorporate creative visualization into your affirmation practice. This will make your affirmations seem more real and encourage you to take immediate action. Feel it, taste it, hear it, see it, smell it. In my book, [Power Of Daily Affirmations](#), I explain how you should engage entirely with your vision and affirmation and sense every detail of the desire that you wish to manifest. Doing this will help to encourage you to move forward and manifest the reality you desire.

Conclusion. The more you can infuse every part of your day with positive affirmations, the more they will become an automatic part of your thinking. You will start to believe, with certainty, that your goals are indeed happening, and you will take the necessary action to achieve them. When you can go forward with this kind of confidence, the universe will meet you more than halfway to help you manifest your desires.

When positive affirmations are used daily, they can help you create the rapid and positive changes that you are looking to develop in virtually every aspect of your life. So start using positive affirmations in your daily life today and be amazed at how quickly you can begin to attract the love, appreciation, success, and abundance that you have always desired.

To your success!

 [@LanreOlusola](#)

BREATHE RIGHT TO FEEL AND LIVE RIGHT

The Catalyst, Dr Lanre Olusola, is the Pioneer of the coaching industry in Nigeria

Do you know that Intentional breathing has so many benefits?

I recently concluded a 70-Day Meditation Challenge with about 120 people on Clubhouse every morning at 5am and on WhatsApp during the day.

As I meditated one morning, I felt a very strong urge to write about our breathing practice as humans, especially during meditation. Breathing is much more than taking oxygen in and exhaling Carbon dioxide.

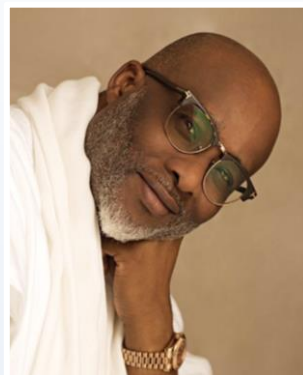
"The soul of man is the breath of God The breath of man is the life of man The life of man is the soul of man The soul of man is the breath of man The breath of man is the breath of God" - The Catalyst

As you follow your breath, you follow God and tune into your soul.

According to Genesis 2:7

'And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life, and man became a living soul.'

According to research; Toddlers take between 20-30 breaths per minute. Older children and adults, while resting, take between 12-20 breaths per minute. Over the course of a day, we take between 17,000-30,000 or more breaths per day!



Our breathing patterns follow our thinking and feeling, meaning that you breathe as you think and feel.

Do you know that this relationship between your

thoughts and feelings is directly proportional?

This means that as your thoughts and feelings influence your breathing, so can your breathing also influence your thoughts and feelings.

Unfortunately, most of us are unconscious of our breathing all day and don't engage the power of our breath. Imagine being more conscious and intentional about your breathing.

Breathing during meditation is one of the ways you can be more intentional, as you synchronize and harmonize your body, soul and spirit, attaining inner states of peace, tranquility, prosperity, joy etc.

There are several physical benefits of breathing right, as follows;

- Activating your Parasympathetic Nervous System (PSNS).
- Slowing down your pulse/heart rate
- Lowering your blood pressure
- Creating a calm and tranquil feeling.

Apart from the above benefits activating the PSNS also promotes digestion, and brings our body into a state of rest, relaxation and recovery. What we call the rest and digest mode. This forms one-third of our autonomic nervous system, alongside the sympathetic nervous system (SNS) also known as the fight or flight mode, and our enteric system (ENS), sometimes referred to as our second brain.

Intentional breathing during meditation helps you decrease your reactivity to stress, manage stress triggers, reduce lactic acid in your muscles, strengthen your lungs, improve your immune system, and promote healing.

The right way to breathe is to breathe from your diaphragm instead of your chest, relaxing your neck and chest muscles and engaging your abs thereby allowing a larger amount of oxygen into your body's cells and organs.

Under stress, you release hormones like cortisol and adrenaline that causes your breathing to speed up, increase your pulse and blood pressure, and put you in a state of hypervigilance.

Deep breathing helps reverse this and relaxes your body.

So, the next time you breathe be aware of the following;

- The rise and fall of your chest and belly.
- The temperature and moisture of your breath.
- Tune into your muscles as they relax.
- Observe how your body feels as your breathing changes and gets deeper

Breathing also helps calm and slow down the emotional turbulence in your mind. Several studies have shown that breathing during meditation can help resolve and reverse depression, anxiety, panic attacks and PTSD.

I created [several mediation audios](#) that can help access buried emotions, pain, and traumas, with can ultimately help change your mental state.

So the next time you breathe be aware of the following;

- Your thoughts - Even as you let them come and go
- The feelings that come and go
- Your inner voice as it becomes audible and then silent.
- Your visualized and desired outcome/intention during the meditation session.

Breathing during meditation helps you connect with and activate the power of your Core Spirit—Your Highest Self.

You experience spiritual awakening and are more attuned to your inner/subconscious being.

Do you know that the ego gets in the way of true spirit function and breathing during meditation can help remove your ego and connect you: To Your True/ Highest Self, with the spirit of the Universe and ultimately to the Spirit of The Divine?

So, the next time you breathe be aware of the following;

- Sense it as the Universe and/or The Spirit of The Divine filling you with a new and/or pure Zoe/Energy/Life Force on your inhalation.

continue reading on the next page

- Your experience as this new and/or pure Zoe/Energy/Life Force flows through you.
- Welcome this new and/or pure Zoe/Energy/Life Force, creating space for them within you.
- This new and/or pure Zoe/Energy/Life Force connects and synchronizes/harmonizes your soul and spirit.
- As you exhale, send this new and/or pure Zoe/Energy/Life Force to everyone and everything around you thereby changing their state and essence
- The vibrational level you're in
- How you attract positive things into your life each time you practice intentional breathing during meditation

Breathe right to feel and live right.

Practice intentional breathing, not just during meditation, but every hour all day, to activate your PSNS:

- Inhale for a count of 4.
- Hold your breath for a count of 4.
- Exhale for a count of 4.
- Repeat up to 10 breaths.
- Increase to a count of 6 if you want to deepen the practice.

If you do all these, then breathing will not just be an unconscious activity, but a medium that helps you attract, create and manifest the health and life that you deserve and desire.

HAPPY BREATHING!!!

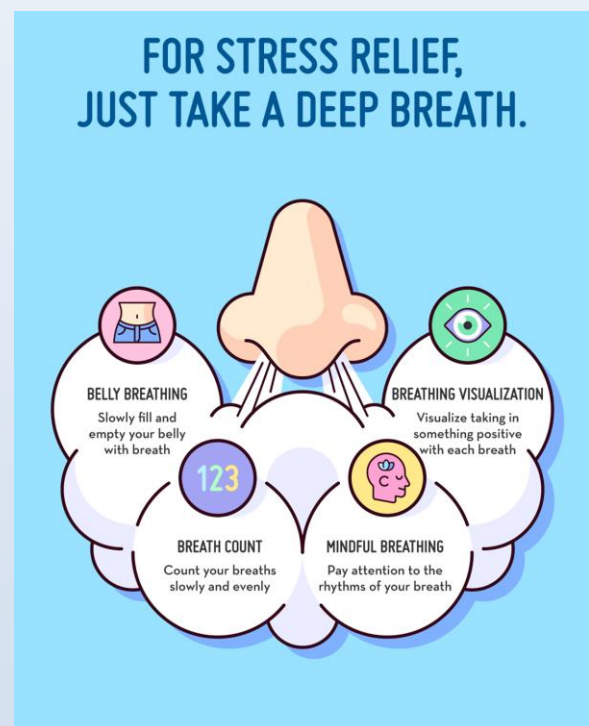
Shalom

I am The Catalyst

I Transform Lives by Transforming Minds



The right way to breathe is to breathe from your diaphragm instead of your chest, relaxing your neck and chest muscles and engaging your abs thereby allowing a larger amount of oxygen into your body's cells and organs.



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The
Catalyst.

24 HACKS TO SUCCEED AS A **COACH!**

HOW YOU CAN
SUCCEED AS A COACH

INVEST IN YOUR PERSONAL
DEVELOPMENT. ASIDE FROM
YOUR PROFESSIONAL
DEVELOPMENT, YOU MUST
BE READY TO INVEST IN
YOUR PERSONAL GROWTH.

Shalom

The Catalyst
Dr., Lanre Oluola



+2348098883555



@lanreolusola



www.thecatalystng.com

Why YOU NEED A NICHE

Merriam-Webster defines a niche as "a specialized market" or "the ecological role and space occupied by a plant or animal in an ecosystem."

While the challenges and complexity of today's ever-changing world demand that those in "helping practices", embrace an integrative coaching mindset and training in the study and discharge of their duties, the need for niching further helps those who are called and trained as coaches to zero in for maximum impact.

Choosing a coaching niche will help increase your success rate and attract your ideal clients as well. Niching down helps gain clarity on who your target audience is, identify their pain points and help them recognize you as the best answer. Narrowing down your focus can be beneficial for your career and clients, as it will attract your ideal clients easily and offer more effective service. It will also make you more adept in dealing with similar clients and make way for personal and professional growth.

By choosing a coaching niche, you become more productive, face less competition, and scale your business. It helps you get more recommendations and open up the scope to collaborate with other coaches.

Below is a growing catalogue of some identified coaching niches and their subcategories.



Emmanuel Emeh is a Teacher, Intl. Training Consultant and Integrative Life Coach

Arts and Creativity

Acting | Dancing | Music | Singing | Writing | Drawing | Painting | Crafts | Photography

Career

Advancement | Career Transition | Interview Skills | Job Search | Retirement.

Corporate

Executive Coaching | Mergers and Acquisitions | Strategic Planning | Team Building.

Emotions, Thoughts, Mindset

ADHD | Anxiety | Addiction | Autism | Depression | Grief | Happiness | Law Of Attraction | Stress Relief.

Technique/ Method/ Approach

NLP | EFT | Reiki | Re-birthing | Yoga | Hypnotherapy | Journalling | Art

Family

Adoption | Ageing Parents | Funeral | Living Overseas | Military Family | Mixed Families | Parenting | Stay-At-Home Parent | Attachment Parenting | Alternative Schooling | Divorce / Separation

Health, Fitness, Wellness

Competitive Sport | Exercise | Nutrition | Raw | Vegan Or Vegetarian | Specific Diet Type | Specific Health Problem | Weight Loss

Love Life

Cross Cultural | Dealing With Loss | Divorce | Gay | Marriage | Online Dating | Better Sex.

Life Skills

Assertiveness | Communication Skills (Effective Listening, Questioning, Rapport Building, etc.) | Self Confidence | Time Management | Work/Life Balance | Financial Management | Getting Organized (de-clutter) | Interior Design | Lifestyle Design | Personal Image.

Performance

Goal Setting and Achievement | Motivation | Productivity

Professional Skills

Communication | Customer Service | Leadership | Management | Negotiations | Project Management | Public Relations | Public Speaking | Sales/Marketing

Small Business

Entrepreneur | Growing a Business | Getting Online | Marketing | Starting a Business

Spirituality

Inner Peace | Intuition | Life Purpose | Meditation | Mid-Life Crisis | Religion

Shared Common Ground

Specific Age | Specific Location | Specific Nationality | Specific Profession | Specific Religion | Specific Life Experience

Additional Suggestions:

- Transitional Life Coach
- Disability Life Coach
- Brain Injury Recovery Life Coach
- Neuro-cognitive Life Coach
- Paranormal Experiences
- Voodoo and Native Beliefs.
- Dyslexia



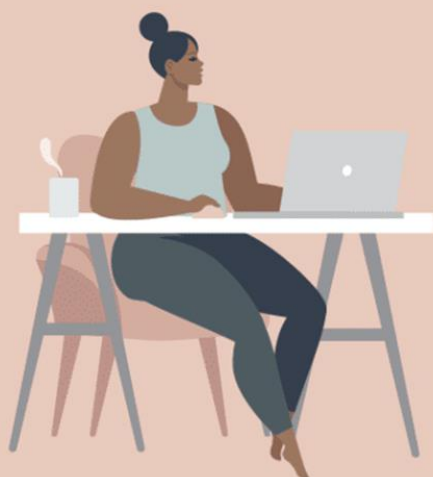
Emmanuel Emeh



@EmehSpeaksDotCom

4 STEPS ON HOW TO

Find Your Niche



- 1.** List Your Skills & Passions
- 2.** Search Niche Market Keywords to Work With
- 3.** Research, List and Narrow it Down
- 4.** Define Your Target Audience & Choose Your Niche



**The
Catalyst.**

24 HACKS TO SUCCEED AS A COACH!

HOW YOU CAN SUCCEED AS A COACH

**YOUR CONTENT MUST BE POWERFUL;
YOUR PROGRAMS AND SERVICES
UNIQUE AND YOUR POSTS MUST
ALIGN TO YOUR CUSTOMERS NEEDS,
PAIN, PROBLEMS, WANTS, DESIRES.
PRODUCE NOVEL CONTENT,
MODELS, TOOLS, ETC.**

Shafom

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Catalyst Integrative Coaches Mentoring Program (CICMP)

Fast track your coaching practice and guarantee your success in 1 year with The CATALYST

Become a GOLD Mentee

This mentorship program is for ONLY 50 Coaches across Africa
To qualify you must have studied and or be certified as

To qualify you must have studied and or be certified as

- 1) A Coach
- 2) An NLP practitioner
- 3) An EFT practitioner
- 4) A Matrix Reimprinting Practitioner
- 5) Psychologist
- 6) Psychiatrist
- 7) Therapist
- 8) Counsellor
- 9) Emotional Intelligence Therapist
- 10) An Energy Psychologist
- 11) An Energy Therapist





The
Catalyst.



CICMP
Catalyst Integrative Coaching Mentorship Program

Catalyst Integrative Coaches Mentoring Program (CICMP 23)

Fast track your coaching practice and guarantee your success in 1 year with **The CATALYST**



CICMP is a 12-month fully Integrative Life Coaching mentoring programme, set out to yearly facilitate all round transformation & growth in the careers, businesses and lives of coaches through mentorship. The vision CICMP is to yearly facilitate the transformation of minds & lives of a select group of coaches.

Core values of CICMP is embedded in the acronym, **S.P.I.C.E.S**, which stands for:

SPIRITUALITY

(Peace, Love, Tranquility & Emotional Connection)

INTEGRITY AND HARMONY *(Honour & Respect)*

COMMITMENT AND CONSISTENCY

EXCELLENCE & EDUCATION

SELF-DRIVEN & DISCIPLINED



REGISTRATION LINK

go.thecatalystng.com/cicmp

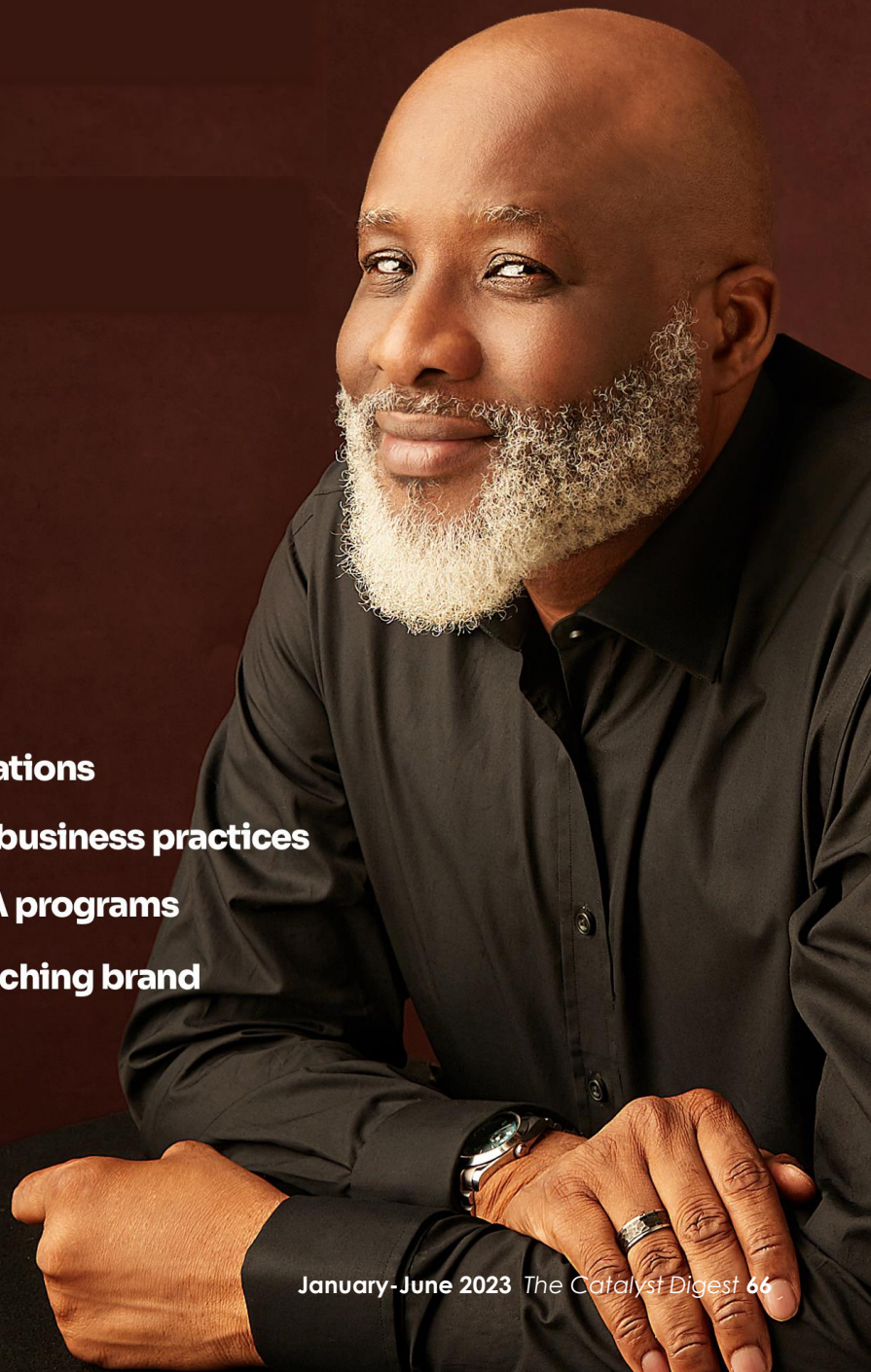


Catalyst Integrative Coaches
Mentoring Program

CICMP

for new Integrative
Catalysis Coaches

- ⦿ premium coaching support
- ⦿ premium coaching collaborations
- ⦿ access to thriving coaching business practices
- ⦿ 50% scholarship on all OLCA programs
- ⦿ support in building your coaching brand



2023 DIAMOND COHORT



Itoro Akpama



Collins Alunomoh



Ibukunoluwa Ogungbilo



Adeola Daniels



Dr. Lilian Ebuoma



Tolu Afonja



Phebian Olanrewaju



Williams Chukwudi



Omowunmi Akinnifesi



Ramatu Ahmed



Eden Onwuka



Chinwe Ezeanya



Amina Uwodi



Patience Carew





Spotlight on



CICMP

Catalyst Integrative Coaching Mentorship Program

2023 PLATINUM MENTEES

The CICMP Platinum 2023 Mentee Cohort is made up of fifteen coaches who successfully scaled through the rigorous daily mentorship program of CICMP Gold that spanned from December 2021 to November 2022.

To be eligible for admission into CICMP Platinum Mentee Cohort, each of these coaches had to score a minimum of 85% in their overall assessment for the entire year.

January-June 2023 *The Catalyst Digest* **68**



PHARM OLAJUMOKE AMOLEGBE

AKA: Pharm Jummy

Work/Mandate: Integrative Health/Life Coach/ Entrepreneur

Fun Fact: Tell jokes & laugh.



AKINDELE AFOLABI

AKA: The Light

Work/Mandate: HR Consultant & Career Coach. I help organisations perfect their people strategy.

Fun Fact: Scared of snakes



EMMANUEL EMEH

AKA: Value Bringer.

Work/Mandate: Teacher / International Training Consultant / Integrative Life Coach.

Fun Fact: Adventure-Seeker, Dyslexic Thinker, Visual Artist

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GRACE MEKILIUWA

AKA: Charis-Grace

Work/Mandate: Research Scientist/ Mindset Coach

Fun Fact: I love doodling



ONYINYE ALLAN

AKA: Onyii

Work/Mandate: Quality Manager, Speaker, Trainer, Integrative Life Coach

Fun Fact: Always wanted to be a Psychologist.



IDONGESIT PETER

AKA: Idee

Work/Mandate: Integrative Life Coach / Entrepreneur

Fun Fact: Can be funny and naughty



KEMI OYE

AKA: The Career Doctor

Work/Mandate: Executive & Career Coach. I transform organisations & help people thrive in their careers. growth; develop my spiritual intelligence; learn human psychology.

Fun Fact: I love words



EKUASE EGBE

AKA: Exceptional Ekuase

Work/Mandate: Child Transformational Coach. I help parents & caregivers equip their preteens & teenagers with life skills to enable them to live exceptional lives.

Fun Fact: Engineer turned Banker, turned Teacher.



IBITOLA OLORUNSHOLA

AKA: Tola

Work/Mandate: Baker, Entrepreneur, Pharmacist. Passionate about achieving total well-being by using a holistic approach.

Fun Fact: Love to chill, read & entertain by preparing sumptuous meals.



NKECHI OGBONAH

AKA: Ketchup

Work/Mandate: Business Consultant, Cosmetics Manufacturer, Integrative Life Coach.

Fun Fact: Can be quite goofy



BANKE SOTOMI

AKA: The Unstuck Mentor

Work/Mandate: Leadership & Executive Coach. I help c-suite individuals maximize their career opportunities & step into impactful leadership.

Fun Fact: I love to dance, travel & I love all things feminine & pretty



EDIDIONG EFIONG

AKA: Coach Edi

Work/Mandate: Industrial Automation Specialist/ Integrative Life Coach

Fun Fact: Asymmetrical Thinker



FEMI LUTHER-ABEGUNDE

AKA: The FLAME

Work/Mandate: Life Strategist & Management Consultant/ I help high-performing individuals design a life that is meaningful & fulfilling to them.

Fun Fact: Father of twins who just learnt how to swim.



AZAGBA UZOR-OKAFOR

AKA: Counselor AZ.

Work/Mandate: I'm a Social Worker & Family Therapist/ I connect children & teenagers to their parents, modify behaviours, transform minds and add value to lives.

Fun Fact: Honest, genuine & meaningful in my drama



VINUYON RAMOS

AKA: The Change Catalyst

Work/Mandate: Executive, life/performance Coach. I'm Passionate about helping individuals & organizations efficiently bring about change to achieve optimal results with no limits.

Fun Fact: I love Flying, & I love holidays



OLCA
COACHING LIMITED



Did You Know

**Life coaching is not therapy,
but it can complement
therapy by helping
individuals focus on taking
action towards their goals.**

2023 GOLD COHORT



Abdulraheem Oreagba



Nneka Ariolu



Ijeoma Anunibe



Akin Thompson



Emerita Eliane Ineza



Adetola Ogbebor



IRETI OBEMBE



Haleemah Gegele



Vivian Okolo



Ogochukwu Ogbueli



Felix Edionwe



Olufemi Afonja



Lebari Ukpong



Ifeoma Ukabiala



**Olufunmilola
Matthew-Mobolaji**



Abimbola Balogun



CICMP

Catalyst Integrative Coaching Mentorship Program

2023 GOLD COHORT



Elizabeth Ama Kumi



Folake Ogunmekan



Oluwakemisola Adaraloye



Yvette Umutoni



kiki Okewale



Chekwube Uchea



Jemima Kuukua Ansah



Ikwuagwu Igwe Kalu



Christine Daniel



Rosemary D. L.
Amarh-Kwantreng



Adebola Okusanya





CICMP

Catalyst Integrative Coaching Mentorship Program

GOLD 2022 COHORT MEMBERS



From the CICMP GOLD 2022 Yearbook



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24 HACKS TO SUCCEED AS A COACH!

HOW YOU CAN SUCCEED AS A COACH

BE GENUINELY INTERESTED IN
THE GROWTH AND PERSONAL
DEVELOPMENT OF YOUR
CLIENTS.

**EXAMPLE: OLCA OFFERS FREE
REFRESHER COURSES TO
THEIR STUDENTS.**

Shalom

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IT IS POSSIBLE:

FROM CYNICISM TO CONVICTION

Desire JK BARUGAHARE, is a Counseling Psychologist, Mentor and Counselor from Uganda, based in Zambia

My Initial Cynicism

I was invited to attend "*It is Possible-Zambia*" by a very good friend of mine, Mrs. Mary Kazilimani. She and I work together and both have much respect for each other's opinions. However, when she invited me to this event, I was very hesitant. I had my reasons. The guest speaker was Nigerian and I wondered if the event was genuine or if I was going to be fed with lies and hear what I have heard many times in the past from other motivational speakers.

Compelled by the credibility of my friend who invited me and the respect I have for her, I decided to attend but not before I had prayed and asked the Holy Spirit of God to block out any lies and statements that had the potential to derail me from my path. At the same time, I had felt for some time that I was stuck in a place of lethargy and I was seeking a way out without much luck.



Day One of, "It Is Possible, ZAMBIA"

The event was held at the top Hotel in Lusaka, The Neelkantha Sarovar Premiere Hotel which was a relief. Learning is usually a challenge for me when the environment is not conducive.

The training room had a display of assorted breakfasts to offer for free to everyone who attended.

I am not fond of free stuff but the hosts, who my friend, Mary was among them said, it was okay.

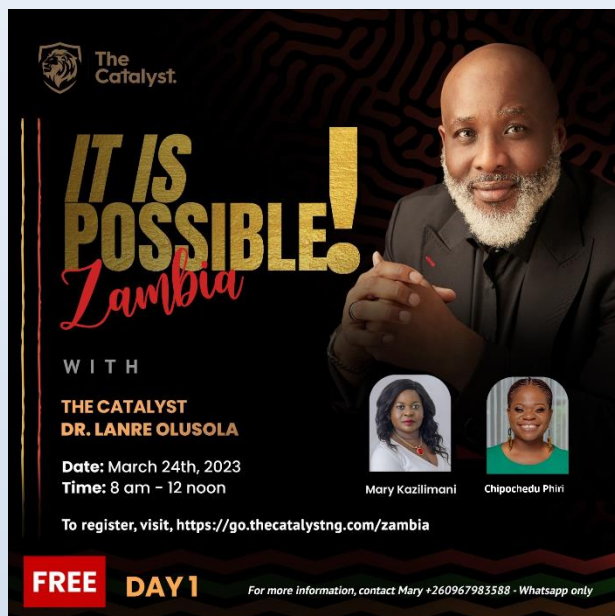
Dr. Lanre was sat in the corner of the room with his back to the room reading something and as the room filled with invited guests, he came round to greet everyone as they settled in.

Still asking myself why I was here, there was a sense of peace in the room that I could not explain. There was a pleasantness that sort of calmed my uncertainties a little.

It Is POSSIBLE – Zambia & Uganda

There was energy in the room that I wasn't familiar with. Calm and collected energy - A quality space and even before he spoke, Dr. Lanre had a quality to him that was rare. Now I know why! It is who he represents that stood before us. Through his well-prepared content, Dr. Lanre spoke directly to my inconsistent need, to that inner woman that nobody saw or ever spoke to.

I was at that point in my life where I was seeking but I wasn't very sure what exactly it was and I didn't know where or how to get it. Surprisingly, this was a place that most participants were at - Seeking! Then there was a man speaking with authority and calmness that brought down all our walls. The depth of his wisdom and the guiding message was straight from heaven to everyone who attended.



The Catalyst.

IT IS POSSIBLE!

Zambia

WITH

THE CATALYST
DR. LANRE OLUSOLA

Date: March 24th, 2023
Time: 8 am – 12 noon

To register, visit, <https://go.thecatalystng.com/zambia>

FREE DAY 1

For more information, contact Mary +260967983588 - Whatsapp only

Mary Kazillmani
Chipochedu Phiri



I left the first day of the 2-day workshop wanting everyone to listen to this man. I was undone in, "It Is Possible Zambia". I walked away from day one with renewed energy to follow up on my dreams. I had a whole new perspective on life and I wanted this for everyone.

The Spark That Ignites

One of the things that has always bothered me is the state of our beautiful continent, Africa. The unnecessary issues that we have to deal with and the hopelessness of that made me angry and sometimes anxious but after It is Possible – Zambia, I knew the solutions are available and I am part of the solution.

After the sessions with Dr. Lanre, I knew, it is truly possible for Africa and for every person of African descent. We are more than we have believed from those who have written a narrative that boxes us up as Africans. It is possible for us to be very wealthy, healthy and to become world achievers. God does not have favourite continents. God has definitely not turned his eyes off Africa. Africa is not less than other continents. The power is in our hands.

continue reading on page 77



The
Catalyst.

24 HACKS TO SUCCEED AS A *Coach*

HOW YOU CAN
SUCCEED AS A COACH

INTENTIONALLY CREATE, CULTIVATE AND
NURTURE A LOYAL COMMUNITY OF LIKEMINDED
PEOPLE.

Shalom

The Catalyst
Dr. Lanre Olusola

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+2348098883555



@lanreolusola



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It Is POSSIBLE – Zambia & Uganda

We already have all we need to strive to be the best in any and everything in the world. Yes, we can stand as equals with the rest of the world.

Each African has a contribution to make towards making Africa great. Our governments can only do so much. We are raising up as Africans and taking back what has always been ours.

We need to hear that statement over and over again as Africans. I believe that Dr. Lanre Olusola's mandate is ripe for this generation.

Day Two, It Is Possible, ZAMBIA

The second day was a master class on "50 secrets for success"! This class of about 20 happily took notes and soaked in every lesson. So many eye-opening points. The main takeaway was how Dr. Lanre translated God's word into lessons that should be obvious but have eluded us. His wisdom and discoveries were so enriching and enlightening.

The poster is for a free masterclass titled "IT IS POSSIBLE! Uganda". It is presented by "The Catalyst" and "COACH AFRICA". The main speaker is "THE CATALYST, DR. LANRE OLUSOLA". A co-speaker is "Dr. Norah Njuba Bwaya, Founder, Coach Africa". The event is on "Friday 19th May, 2023" from "11am - 12noon" registration and "12noon - 4pm" event. It is labeled "DAY 1". Registration is at "Kampala Serena Hotel, Kintu Rd. (Said Barre) Avenue". Contact information for Beatrice Kamukune is provided: +256 773 200 400, +256 785 347 388. A URL to register is given: <https://tinyurl.com/IIP-Uganda>. Logos for The Catalyst and Coach Africa are at the top.

The Road to, It Is Possible, UGANDA

By tea break on the second day, I knew I really wanted my fellow Ugandans to listen to Dr. Lanre. I was going to do whatever it takes to have him in Uganda. I asked him what it would cost me to invite him to Uganda. His answer was as simple - 100 people in the room. I asked him, "What about flights and hotel?" He said, "That's God's cost".

He said he would take care of this cost if I guaranteed him 100 people. I can get 100 people in the room. After exchanging numbers, I hoped to get a date in 2024 but he got back to me a week later and gave me open dates on his calendar, which was 2 months after Zambia!

I thought if I said it is short notice he'll eventually not come. I was desperate for my people to hear these truths that have helped transform my mind and life. So, I said yes.

It Is Possible, UGANDA

It Is Possible - Uganda happened because my mind had been transformed in Zambia. I knew it was possible even though I had all sorts of fears running through my mind. I am still trying to master the art of positive thinking. It surely is key to how we can achieve more with our lives.

Organizing the event in Uganda while in Zambia was an uphill journey but it was worth every step climbing it. Dr. Lanre has a fantastic team in the background that is so positive, encouraging and supportive. Everyone believed with me that It is possible.

It Is POSSIBLE – Zambia & Uganda

In the background, if there is anything that could go wrong, it went wrong. I learned the art of not giving up on what I wanted, even if all strings seemed disconnected. I learnt what it means to be consistent even in the midst of a storm. These lessons were demonstrated to me through Dr. Lanre and his team.

I heard Dr. Lanre teach, I also watched him live out which was an excellent reality for me. I have barely seen anyone who truly demonstrates what he preaches. At 55 years of age, with world exposure and high education, Dr. Lanre is the first person who truly practices what he teaches.

I felt like giving up when all social media refused to work. I told myself, this is a sign, let it go. I even prayed that Dr. Lanre would give up because of how stressful everything was. He nor his team even suggested nor implied it

 [@desirejulia](https://www.instagram.com/desirejulia)



The Catalyst, with the Ghetto Kids of Uganda

It Is Possible, AFRICA!

Indeed, It is possible, Uganda, a 2-day event happened with rooms filled with eager and expectant Ugandans. The event was hosted at the Kampala Serena Hotel in the heart of the city as Dr. Lanre requested.

The incredible thing is that though Dr. Lanre had asked me for 100 people in the room, God however allowed him access to the entire nation of Uganda on four TV stations that were availed to him for free! It was a story for a book that only human goodness and a willing heart can write.

Africa, it's our time and It is possible. If you are reading this and like me, you feel stuck, get in touch with the team and invite Dr. Lanre (The Catalyst) to your country.

Desire JK Barugahare

The Catalyst.

Desire JK Barugahare

The Catalyst, Dr. Lanre Oluola

Available Opportunities For Your Personal & Professional **SUCCESS**

3:30 PM WAT
5:30 PM UGANDA TIME
MAY 9TH 2023

<https://bit.ly/DesireJKBarugahareFacebookLive>

f LIVE



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TOPIC:
MINDSET CHANGE AS A CATALYST TO PREVAILING
ECONOMIC HARDSHIPS IN THE COUNTRY

DR. LARNE OLUSOLA

#SMB
Thursday 18/05/2023
9:00am
WITH Joram Paul Sonko

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UBC
INSPIRING UGANDA

DR LARNE OLUSOLA
The Catalyst

TOPIC: DR LARNE OLUSOLA IN UGANDA

WEDNESDAY
17TH. MAY. 2023

HOST
Kirabo Robert
@RobKirabbo

TIME
9:00AM

#UBCGMUEXTRA

Good Morning Uganda **EXTRA**

ubctvUganda



Dr Lanre Olusola

Products by Dr Lanre Olusola on Selar.co.



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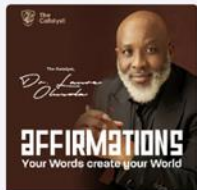
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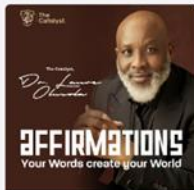
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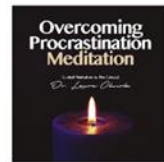
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THE MORNING COMMANDER
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Grief Relief Meditation
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