



# Coach Breakthrough

WORLD CLASS COACH TRAINING  
TO INSPIRE RESILIENT MENTAL  
HEALTH IN YOUNG PEOPLE AND  
STUDENTS.

## WHAT WE DO...

- Ground-breaking coach training programmes
- Long-lasting skills and techniques proven to boost student mental health
- Skyrockets the wellbeing and confidence of course participants
- Learn skills to grow your own coaching business
- ICF Accredited coach training





*"IT IS EASIER  
TO BUILD STRONG  
STUDENTS THAN TO  
REPAIR BROKEN  
ADULTS".*

Sam Moinet, a former teacher and founder of Student Breakthrough and the Coach Breakthrough, is on a worthwhile mission to transform mental health support.

His passion and determination to the cause comes from the frustrations he experienced during his teaching career, feeling as though he never had the right training, knowledge, or time to help young people manage their emotions.

He found common barriers of anxiety, under achievement, low motivation, self-esteem and a lack of confidence were stopping his students from reaching their full potential, and Sam was confused about the right strategy to implement in order to help them.

On a personal level, he also struggled with his own mental health and felt isolated and alone. It was only after reaching out for coaching to help with his own challenges, that things really clicked into place.

This realisation in 2018 led Sam to set up his own academy, and Student Breakthrough was born.

With a dedicated team coaching team, Student Breakthrough has dramatically changed the lives of thousands of young people worldwide, using their 3B programme which focuses on three key elements; Boost, Believe and Breakthrough.

As more and more children benefitted from the unique coaching methods, Sam and his team (who are all teachers, ICF accredited coaches and MHFA practitioners) started seeing that the most effective way to transform emotional support was to train people to become accredited Student Breakthrough Coaches; thus the Coach Breakthrough was born.

**The aims were simple; to offer world class coach training so that more young people can get support with their mental health.** Alongside helping the trainees to learn new business skills so that they can create a new life with more freedom and income.

However, Sam and the team started seeing that people on the course were benefiting from the transformational student coaching methods – improving their own mental health which in turn led to significant personal and professional growth, deeper relationships with friends and family, and many other positive outcomes.

The results are incredibly powerful. Not just a sticking plaster, the Coach Breakthrough has already created long-lasting change for hundreds of coaches and countless young people. This is exactly what you can achieve training with us.





# OUR COACH TRAINING IS REVOLUTIONARY.

We have 107 five-star reviews and  
recommendations...

"The Coach Breakthrough enables you to grow both personally and professionally whilst making an impact in the lives of others, I would highly recommend this course – **Ryss Amin**

"I made back my investment in the Coach Breakthrough training within three months from paid coaching work" – **Paul Butler**

"Learning how to coach young people has been such an incredible experience. It has not only improved my ability to deliver content in schools but has made me a better father, I cannot recommend the course highly enough." – **David Duker**

"The Coach Breakthrough is amazing! I discovered how to coach students, met a great community of people and learned life changing skills. This training is brilliant, start now!" – **Francois Jiracek**

"Throughout the course I discovered new found confidence in myself and have grown on so many levels. I loved being coached each week, making new friends and landing my first paid coaching clients. It has transformed my life!" – **Kelly Parker**

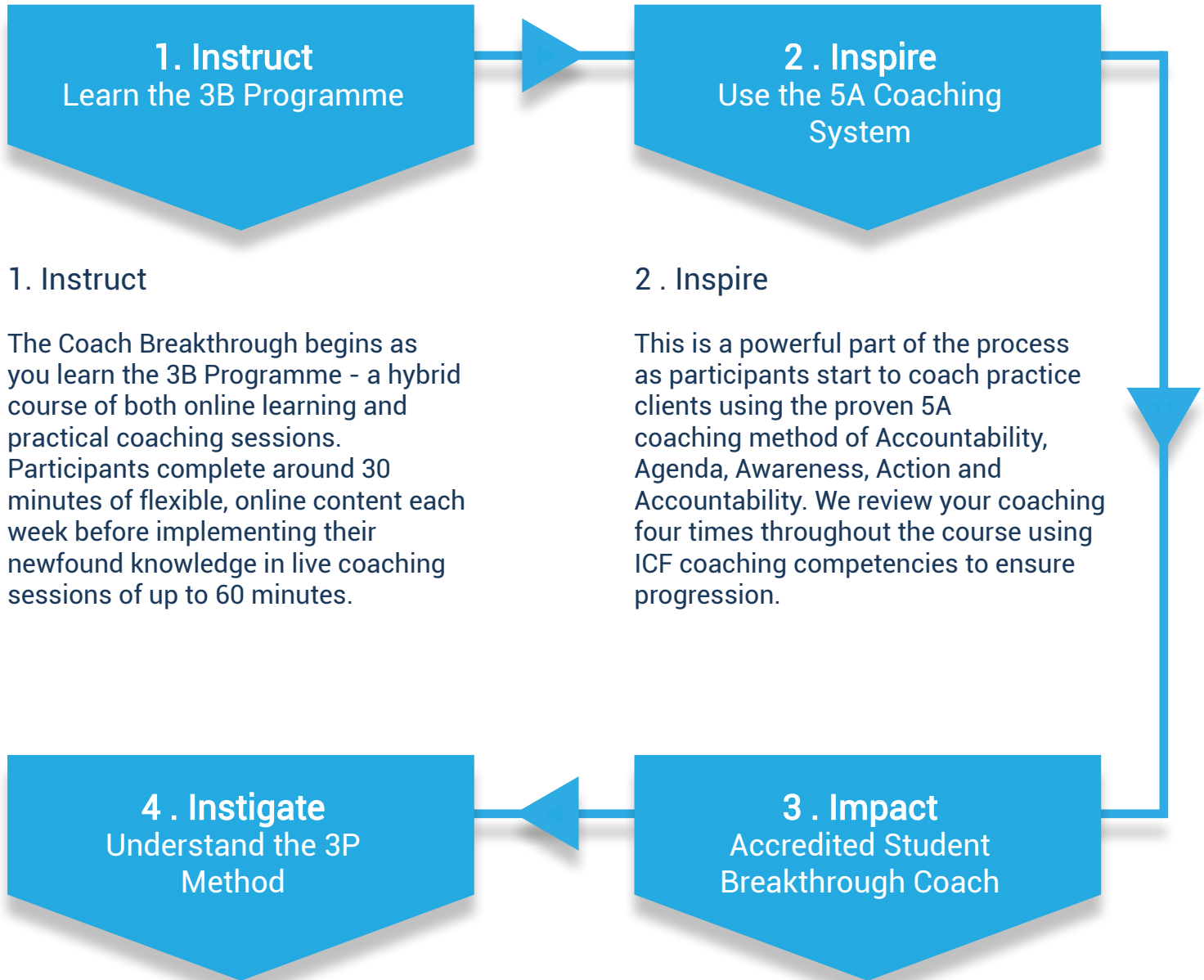
**100%**  
of Coach Breakthrough  
graduates would  
recommend the  
training

**91%** of  
graduates make  
coach related  
income

**90%** of  
young people rated their  
mental health as good or  
very good after completing  
the 3B programme

# THE 4I SYSTEM

The Coach Breakthrough uses a revolutionary and entirely unique approach called the 4I System which is proven to get amazing results for you personally and your new clients.



## 1. Instruct

The Coach Breakthrough begins as you learn the 3B Programme - a hybrid course of both online learning and practical coaching sessions. Participants complete around 30 minutes of flexible, online content each week before implementing their newfound knowledge in live coaching sessions of up to 60 minutes.

## 2. Inspire

This is a powerful part of the process as participants start to coach practice clients using the proven 5A coaching method of Accountability, Agenda, Awareness, Action and Accountability. We review your coaching four times throughout the course using ICF coaching competencies to ensure progression.

## 4. Instigate

Following on from your coach training, you have the option to learn vital business skills on the 3P Modules of Pitch, Promote and Personal. The 3P's equip you with knowledge in sales and marketing to start making new income from your coaching practice.

## 3. Impact

After completing the initial part of the course, you are now an accredited Student Breakthrough Coach and can use your skills to start making a difference to the lives of young people. You still have access to our private Facebook group if you need support throughout your coaching journey.

# THE COACH BREAKTHROUGH OFFER

There are two unique programmes depending on your own individual needs - CB Excellence and CB Elite. Each programme is ICF accredited coach training and you become an accredited Student Breakthrough coach on completion of each course.

CB Excellence is the perfect option where you just want to learn how to coach young people, join our community and start making a difference. It provides a solid grounding of how to coach students and how to use key coaching exercises.

CB Elite is suitable for people who want to learn how to coach young people and grow a coaching business. On this programme you complete more in-depth and extensive training on key business skills such as sales, marketing and lead generation.

|   | CB Excellence                    | CB Elite                         |
|---|----------------------------------|----------------------------------|
| Length of training                                    | 20 modules<br>(approx. 4 months) | 30 modules<br>(approx. 6 months) |
| Access to online learning resources                   | ✓                                | ✓                                |
| Weekly coaching sessions and live Q&A                 | ✓                                | ✓                                |
| Access to private WhatsApp and Facebook Group         | ✓                                | ✓                                |
| Monthly 1:1 Overviews                                 | ✓                                | ✓                                |
| International Coaching Federation Accredited Training | ✓                                | ✓                                |
| Accredited Student Breakthrough Coach                 | ✓                                | ✓                                |
| 3P Business Modules                                   |                                  | ✓                                |
| Annual Support for first year                         |                                  | ✓                                |



# REMEMBER...

Everyone wants to live a happy, fulfilled life. The Coach Breakthrough will support, empower and inspire you to become a confident student coach – resulting in positive changes for yourself, your clients and your friends and family.

Many of our graduates from our courses have set up their own coaching business, have new jobs working in education and are generating new income on the side of their current career. Ultimately, they are making a difference to the lives of others and growing on many levels.

# HOW TO BOOK...

To find out more about the Coach Breakthrough, register your interest and book a call with Sam and our friendly team...

[sam@studentbreakthrough.com](mailto:sam@studentbreakthrough.com)

Spaces on our programmes are limited so make sure to speak to our Sam or the team right away to find out how we can best support you.

Many thanks,

**Sam Moinet.**

**Director, Student Breakthrough and Coach Breakthrough**



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