

Introduction to ChatGPT for Coaches

For access to the course -

AI Coaching Accelerator

Go to the last 3 pages to find all the details.

Overview:

- Owned by OpenAI
- ChatGPT launched on 30th November 2022
- One of the fastest-growing user bases of all time
- GPT stands for Generative Pre-Trained Transformer
- By the end of 2023, OpenAI expects revenue of \$200 million, and by the end of 2024 projected to be \$1 billion.
- Microsoft is a huge investor in OpenAI, rumoured to have pumped in over \$13 billion so far...
- OpenAI is committed to keeping a free version
- Their PLUS version is \$20 a month (£16.50)
- Access to ChatGPT, even during peak times
- Quick response time
- Priority access to new features (GPT 4)

Companies Using ChatGPT:

- Microsoft (incorporated into new chat in Bing search engine)
- Duolingo the language app (tailor-making the experience for each user)
- Slack (incorporating its assistant called Einstein helping users draft replies, summarise threads and do research, all without leaving Slack).
- Coca-Cola (all very hush-hush about what they're using it for)
- Shopify (helps shoppers identify products they want).

Other Use Cases:

- Customer service enquiries
- Content generation for social media, blogs, website copy etc
- Email, text, and letter creation
- Generating CVs and cover letters
- Marketing
- SEO
- But we're going to be focussing on how it can specifically help your Coaching Practice.

What ChatGPT Isn't:

- It's not a Search Engine
- It's not merely regurgitating information, it's creating information from what it knows on the hoof.
- It's not sentient, although it can be convincing.

What Is ChatGPT?:

- It's a language model, designed to generate natural language responses to prompts.
- By using a massive database of language patterns and associations it predicts what the most likely response would be to a given prompt.
- It takes your prompt as a starting point, analyses the keywords and context, and uses that to predict the most likely response.
- ChatGPT can be prompted and respond in many different languages natively.
- ChatGPT has guard rails built-in.

ChatGPT Basics:

- How to find it: <https://chat.openai.com/> (if you don't have an account then you'll have to sign up).
- Works in your web browser.
- To use it on your phone, you can either download the app from your phones app store or use your phone browser and go to the URL above. You don't need to download a 'paid for' app to use it.
- When you sign in your defaulted to a new chat.
- At the top you get to select the version of ChatGPT you want to use.
- Bottom left menu:
 - My Plan: (allows you to add PLUS subscription)
 - Settings: allow you to switch to a dark or light background & ability to export chats and delete your account.
 - Get Help: general help as well as help around billing and accounts
 - Log Out
 - Previous chats are visible in the top left menu bar.

PROMPTS:

Prompts are what we use to give instructions to ChatGPT

- They can be very simple to very complex. So much so, that there is a new job called Prompt Engineer.
- With prompts it's important to be prescriptive - so tell, don't ask. This will ensure the best experience and quality of responses.
- If ChatGPT isn't generating the response you were hoping for, then click the 'Stop Generating' button.
- Instead of starting a new prompt and trying to word it differently, edit the existing prompt, so you're training ChatGPT to give you better responses.
- ChatGPT isn't fact-checked. It doesn't want to disappoint so be careful you check its answers carefully. So never blindly trust answers, check via other sources.
- If you're going to move on to a new subject then start a totally new chat rather than continuing with the current one. It helps avoid confusion and allows ChatGPT to maintain context.
- Sometimes ChatGPT will get confused and may go around in circles, if it does this, then don't waste your time trying to refine your prompts or arguing with it, simply start a new chat.

Important To Note:

- If you want to have guaranteed access to your previous chats then back them up periodically or export them.
- Don't ever share any sensitive information in your prompts (this is an OpenAI recommendation). This includes both personal and sensitive commercial information.
- Your conversations may be reviewed by OpenAI's trainers to improve their systems and ensure the model's answers comply with their policies and safety requirements.
- You are assigned the rights to use anything that ChatGPT produces based on your prompts for commercial use and most other uses as long as they are within Open AI's terms and conditions and in accordance with the law.
- It generally isn't aware of information beyond September 2021 as that was the dataset it was trained on.
- Free version can process a limited number of requests per hour.



Example Prompts used in Presentation:

Prompt 1: (New Chat <1/1>)

Provide me with a list of the 10 best coaching books and a summary of each

Prompt 2: (New Chat <1/4>)

List the main coaching models and frameworks available, with a summary for each as well as the benefits

Prompt 3: (<2/4>)

Using the GROW model what are some effective exercises I can do with my client to help them get clear on their goal?

Prompt 4: (<3/4>)

When using the GROW model in coaching my client, I notice there is a lack of will (W) and my client often comes back to the sessions having not followed through on what they have committed to in the session. Provide me with some effective exercises I can do with my client to help them follow through on their commitments?

Prompt 5: (<4/4>)

Using the [Action Planning] technique, provide me with a very specific and powerful example exercise I can take my client through



Prompt 6: (New Chat <1/1>)

You are Steven Bartlett the entrepreneur, with all your experience ready to share. Do not break character, when responding to me. I am a career coach who helps talented people in full time careers to transition to be their own boss. Right now I'm trying to attract more clients into my business. What would you suggest would be a good plan of action Steven and please ask me for any other supplementary information you may need.

Prompt 7: (New Chat <1/1>)

You are Anthony Robbins the life and business coach with all your experience ready to share. Do not break character, when responding to me. I am a mindset coach who helps others with their limiting beliefs. Right now I have so many things to do that would move my business forward but I end up procrastinating instead and hardly achieving anything at all. Can you help me get my passion back Tony, and please ask me for any other supplementary information you may need.

Prompt 8: (New Chat <1/1>)

Create a social media content calendar for a [career] coaching practice. I want the calendar for every day in [November] [2023] in a tabular format, including the date, post idea, and caption. I want the post ideas to be based on [transitioning from being employed to work for yourself].

In the prompt above replace the values in brackets with your own values unique to your coaching practice.

If you post on a specific type of social media, then I would replace the words social media with Facebook / LinkedIn / Twitter etc to get a more targeted response.



AI Coaching Accelerator:

ChatGPT for Your Success

Selfpaced learning followed by a 2 hour ‘Live’ Session

Join me as we explore how ChatGPT and AI can genuinely enhance your coaching practice. No grandiose promises or revolutions – just real, practical tools and insights that I've found incredibly beneficial, and I believe you will too.

What You'll Discover in this Accelerator:

Unlock the Power of AI for Coaches

- Clear guidance on crafting prompts with ChatGPT.
- Techniques for using complex prompts to build more engaging content.
- Insights into other AI tools like Bard & Bing.
- Explore how AI can become an invaluable asset in your coaching programs and marketing strategies.

Have an Expert by Your Side

- Proven templates that have saved me time and can work for you.
- Techniques to leverage ChatGPT as an additional support mechanism.
- An introduction to A.I. Image Generation, an exciting new avenue.
- Learn how to rewrite your entire LinkedIn profile in seconds using ChatGPT, making it even more unique.

Craft Your Coaching Programs using ChatGPT

- Step-by-step guidance to create your unique coaching programs, from content to marketing.
- Incorporate AI into your coaching philosophy and approach, enhancing your offerings.

Exclusive Bonuses

- A downloadable PDF of my go-to prompts and AI resources.
- 50% off my AI Academy for life.

Why This Matters for You as a Coach

We've all seen tools come and go. However, I've found AI, particularly ChatGPT, to be a significant addition to my toolbox. It's about enhancing, not replacing, our unique coaching touch.

The Real Benefits of AI Coaching Mastery

1. **More time for clients:** Utilise ChatGPT to streamline tasks and free yourself to focus on what you love.
2. **Tailored coaching programs:** Easily create something unique and resonant.
3. **Stay current:** Keep abreast with a tool that's increasingly vital in our field.
4. **Enhance your creativity:** Allow AI to foster creativity and strengthen your online voice.
5. **Support from a fellow coach:** I'm here with you, every step of the way.

Investment in Your Future

Course Price: £129 – Self-paced learning followed by a focused 2-hour session brimming with genuine insights.

- Engaging live session, with recording for future reference.
- Interactive Q&A to ensure clarity.
- A resource-packed PDF.
- AI Academy explainer videos loaded into your exclusive learning portal.

If you take action now, take advantage of 25% off the course until Monday 11th September, using code: **accelerate25**

Register now at

https://mgperformancecoaching.thinkific.com/enroll/2607218?price_id=3419574

Words from Fellow Coaches:

1. Focused on Value

- "100% of the students who took my survey said they thought it was great value for money."
- "This course was worth it at twice the price."
- "Those same students said they'd highly recommend the course to other coaches."
- "Sooo much content! Fab on value. I've watched Module One 3 times!"

2. From Scepticism to Advocacy

"I used to be quite cynical about using ChatGPT, thinking it was a bit like cheating! But Mike has opened my eyes to how it can create more efficiency in my business. I'll certainly be using it from now on as a very useful business tool. Thanks Mike!"

Rachael

3. Addressing Specific Needs

"I spent an hour yesterday and followed the instructions, and I have a whole coaching course for women with ADHD! As a dyslexic individual, writing has always been hard for me. This course has reduced my blockers and increased my confidence in launching my program."

Candy

4. An In-Depth Experience

"Having just finished the online workshops, I can honestly say that Mike Garde's course on ChatGPT for coaches is a game-changer. It's insightful, tailored to our profession, and offers practical tools that have enabled me to create engaging content. A highly educational and fun experience, I can't recommend this course enough!"

Andrea

5. A Comprehensive Workshop

"I recently attended Mike's ChatGPT Workshop, a three-session course spread over three weeks. The structure and pacing were excellent. I gained a deeper understanding of ChatGPT's capabilities and acquired practical tools and strategies for my business. Mike's workshop was a great experience, and I highly recommend it."

Joe



Join Me, Let's Explore Together

I know where you're coming from, as I've been there too. I've tailored this experience just for you. Register now at

https://mgperformancecoaching.thinkific.com/enroll/2607218?price_id=3419574, and let's discover what ChatGPT can do for your practice. Together, we'll unlock new possibilities.

Looking forward to learning and growing with you