

Rhodes Wellness College

Program Title:	Life Coach Diploma
Program Length	32 weeks
Program Type:	Career Training/Academic
Program Prerequisites:	<i>Must meet Rhodes Wellness College Ltd. admission requirements.</i>

Program Description

The Life Coach Diploma program is a 32 week full time course of study designed to provide comprehensive skills training in the areas of coaching, counselling, human services and life skills program delivery.

Program Objectives

This program provides comprehensive training in basic counselling and coaching. Participants learn to interview and assess a variety of clients and provide several different treatment options.

By the end of the program, students will be able to provide the following services.

- Interview and assess a variety of clients
- Coach clients to set and achieve goals, while overcoming barriers
- Provide counselling, intervention and referrals for clients in the area of substance mis-use, employment, family and youth, sexual abuse and trauma
- Prepare reports as required by an agency
- Provide training in basic communication skills, interpersonal and problem solving skills
- Plan, prepare and present life skills lessons to a variety of clients
- Facilitate life skills groups
- Knowledge of 11 Core Competencies of International Coaching Association (ICF)

Program Format

This course will include a variety of teaching methods that coincide with students' various learning styles and the skills required for employment in the helping professions. The training is conducted in a "circle" to maximize input from students. In addition, class size is small in order to provide students with individual feedback and attention.

Specific instructional methods include the following:

1. Lectures
2. Role plays
3. Instructor demonstrations
4. Writings
5. Readings
6. Group discussions
7. Group on group analysis
8. Consultation sessions with the instructor(s).

Program Readings

A variety of materials including textbooks and packages of readings will be made available to the students. Specific text books are detailed on individual course outlines.

Program Evaluation

This program is evaluated by a variety of means including written and oral examinations, papers, in-class presentations and supervised field work. Participants must receive a minimum of a passing grade on each course in order to receive their Life Coach Diploma. Grading schemes and specific competencies are outlined in individual course outlines. If a participant does not receive a passing grade or a complete in all courses, they may apply to repeat the course in question. Requests to repeat courses will be considered on a case by case basis.

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Program Schedule:

- COAC 100 Life Skills Coaching
- COAC 110 Personal Coaching
- COUN 100 Basic Counselling
- COUN 101 Employment
Counselling
- COUN 102 Family and Couples
Counselling
- COUN 103 Youth Counselling
- COUN 104 Sexual Abuse and
Trauma
- COUN 105 Addictions Counselling
- COUN 109 Clinic Weeks
(Counselling)
- PRAC 100 Supervised Practicum
- PROF 110 Business Management