

Rhodes Wellness College

Program Title:	Life Coach Certificate Program
Program Hours:	127 hours
Program Type:	Career Training
Career Occupation	Life Coach
Program Prerequisites:	<i>Must meet Rhodes Wellness College Ltd. admission requirements.</i>

Course Description

This Program is designed to train and certify qualified individuals as Professional Life Coaches. A life coach is an individual trained and certified to provide personal coaching to a variety of clients.

Students will practice their skills in all of the 11 Core Competencies as defined by the International Coaching Federation (ICF). Students will understand professional ethics, establishing agreements (contracts, guidelines, etc.), creating trust and mutual respect, and how to open and close a coach/client relationship.

Program Learning Objectives

The principle objective of the Life coach Certificate Program is to train and certify individuals to provide Life Coaching to clients and groups.

By the end of the program, students will be able to demonstrate the following knowledge and skills:

- Coaching Foundation skills: Listening, questioning, checking for understanding, feelings and empathy, feedback, ethics and standards of conduct, maintaining records
- Coaching Essentials: Coaching conversations, goal setting and action planning, problem solving and organizing, implementing change, history and evolution of coaching
- Coaching Relationship: Trust, direct communication use of language including metaphor and analogy, intuition, use of humour
- Coaching in Practice: Life design, expanding thinking and possibility, values, models of motivation and change, resistance and self sabotage, and practice of coaching sessions.

Program Format

The primary method of teaching in the life coach program is experiential. This technique involves 'learning by doing'. Participants are exposed to lesson content and process and given an opportunity to practice skills until they reach competency.

Specific instructional methods include the following:

- Experiential exercises
- Videos
- Small and large group activities
- Instructor demonstrations
- Role plays
- Group discussions
- Student demonstrations
- Group on group feedback

Program Readings

The various course topics will correspond to assigned readings in the required texts. Other readings will be distributed as required.

Program Evaluation

The program evaluation methods meet the program objectives and are designed to coincide with the various learning styles of the students. Students will be required to complete a number of assignments which will determine course grade, as well as to complete a mandatory checklist in order to

Rhodes Wellness College

be deemed complete in the program. All assignments must be completed in order to receive credit for the program. A student's final grade will be based on the following assignments:

Assignments:

Attendance & Participation	25%
Coaching Core Competencies & Live Coaching Demonstrations	35%
Practicum Completion	15%
Final Exam	25%

Grading system:

Students must complete all course requirements in order to receive credit for the course. The student's final grade will be based on the following grading distribution*.

A+	95% or more	C+	65 - 69
A	90 - 94	C	60 - 64
A-	85 - 89	C-	55 - 59
B+	80 - 84	P	50 - 54
B	75 - 79	NC	0 - 49
B-	70 - 74		

*This scale corresponds to the current grading formula for University and Colleges in British Columbia.

Program Schedule (127 hours)

Module One: Coaching Foundations

- Listening and attending
- Effective questioning techniques
- Structure of a coaching session
- Feelings and empathy
- Giving and receiving feedback
- Ethics and standards of conduct
- Practice coaching sessions

Module Two: Coaching Essentials

- Setting goals
- Creating action plans
- Problem solving and strategizing
- Integrity and accountability
- Implementing personal change
- History and evolution of coaching

- Practice coaching sessions

Module Three: Coaching Relationship

- Trust, risk, and intimacy
- Direct communication
- Effective use of language
- Using metaphor and analogy
- Accessing intuition
- Appropriate use of humour
- Practice coaching sessions

Module Four: Coaching in Practice

- Life design and creating balance
- Expanding thinking with imagination and possibility
- Understanding and exploring values
- Managing progress and accountability
- Models of motivation and change
- Resistance and self-sabotage
- Celebrating progress
- Handling prospective clients
- Creating a welcome package and performing an initial session
- Practice coaching sessions

Module Five: Completion

- Understanding the ICF credentialing process
- Establishing yourself as a coach
- Final exam