

## Program Outline: Life Coach Certificate

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### **Brief Program 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 and develop skills in all the 8 Core Competencies as defined by the International Coach Federation (ICF). Students will understand ethical guidelines, professional standards, creating trust and mutual respect, and how to open and close a coach/client relationship.

### **Career Occupation**

Professional Life coach

### **Admission Requirements**

- Successful completion of admissions assessment process.
- Written personal statement.
- Personal and/or professional reference.
- Grade 12 or equivalent or mature student status - 19 years or older with an established work history or relevant experience.
- International study permit if applicable.

### **Learning Objectives**

**Upon completion of this program the successful student will have reliably demonstrated the following knowledge and skills:**

- **Foundational Skills:** Presence, active listening, emotional intelligence, empathy, creating trust, powerful questions clear communication, session structure, giving and receiving feedback, ethics, and professional standards.
- **Coaching Essentials Tools:** Goal setting and action planning, problem solving and organizing, communication styles, change processes, understanding values and beliefs, effective use of metaphor, analogy, intuition, and humour.
- **Coach Development:** Self responsible language, personal development practices, coach self-care, and practice coaching sessions.

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<b>Method(s) of Evaluation</b>	<ul style="list-style-type: none"><li>• Written exams</li><li>• Oral examinations</li><li>• Papers</li><li>• In-class presentations</li><li>• Supervised field work</li></ul>
<b>Completion Requirements</b>	<ul style="list-style-type: none"><li>• Attendance of no less than 80% of all classes</li><li>• Attendance of no less than 80% of any one course within the program</li><li>• Passing grade of 50% in all courses</li></ul>
<b>Program Duration</b>	135 Hours; 21 weeks
<b>Homework Hours</b>	5 Hours averaged over each week
<b>Delivery Method(s)</b>	<ul style="list-style-type: none"><li>• Online</li></ul>
<b>Required course materials</b>	A variety of readings will be made available to the students.