

Program Outline: Life Coach Diploma

Brief Program Description

The Life Coach Diploma program is a 31-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.

Career Occupation

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 ability to:

- 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 misuse, 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
- Be aware of the 11 Core Competencies of International Coaching Association (ICF)

Method(s) of Evaluation

- Written exams
- Oral examinations
- Papers

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- In-class presentations
- Supervised field work

Completion Requirements

- Attendance of no less than 80% of all classes
- Attendance of no less than 80% of any one course within the program
- Passing grade of 50% in all courses

Program Duration

647.50 Hours; 31 weeks

Homework Hours

5 Hours averaged over each week

Delivery Method(s)

- In-person
- Online
- Blended Delivery: In-person and synchronous online class

Required course materials

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

Program Organization

Title of Course	# of Hours
COAC 100 Life Skills Coaching	270
COUN 100 Basic Counselling	45
COUN 101 Employment Counselling	22.5
COUN 102 Family & Couples Counselling	22.5
COUN 103 Youth Counselling	22.5
COUN 104 Sexual Abuse & Trauma	45
COUN 105 Addictions Counselling	45
COUN 109 Clinic Weeks (Counselling)	67.5
PRAC 100 Supervised Practicum	40
COAC 110 Personal Coaching	22.5
PROF 110 Business Management	22.5
PRAC 110 Career Planning I	22.5