

Program Outline: Life Coach Certificate

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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Method(s) of Evaluation	<ul style="list-style-type: none">• Written exams• Oral examinations• Papers• In-class presentations• Supervised field work
Completion Requirements	<ul style="list-style-type: none">• 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	135 Hours; 21 weeks
Homework Hours	5 Hours averaged over each week
Delivery Method(s)	<ul style="list-style-type: none">• Online
Required course materials	A variety of readings will be made available to the students.

*Because courses do not have prerequisites, Rhodes Wellness College reserves the right to re-organize the courses in a different structure according to the student and college's needs.