

## LIFE COACH CERTIFICATION

# Curriculum

### INTRODUCTION

- What is Life Coaching?
- What does it mean to be an excellent Coach?
- What are your ethical responsibilities as a Coach?
- What brought you here? Why do you feel called to be a Coach?

### COACHING – FUNDAMENTALS

- The art of creating a safe space, accessing client issues and using coaching techniques to facilitate client truth.
- The three core questions: What do I want? What's getting in the way? How could I clear those obstacles out of my way?
- The University's inclusive assessment method.
- Tools to facilitate our coaching transformation process.
- The differences between Consulting, Teaching, and Coaching.
- Active listening and reflecting back.
- Anatomy of a successful coaching session.
- From start to finish: The client intake process, coaching process, and follow-up process.



## COACHING - DIVERSITY, EQUITY, INCLUSION, & ETHICS

- Working with clients who experience racism.
- Working with neurodivergent and/or neuroadaptive folks.
- Working with clients who are LGBTQIA+.
- How to ethically support individuals who have experienced trauma.
- Supporting clients who have experienced sizeism, fat-phobia, eating disorders, or body image issues.
- Getting comfortable with being uncomfortable: strategies for handling hot-button topics and tricky conversations.
- Knowing your limits: When to refer clients to a physician, psychologist, or another specialist for treatment.

## COACHING - EXCELLENCE

- Bringing your creativity and unique background into the coaching process.
- Developing your signature coaching style and signature coaching programs.
- Metrics of success: How to determine if your clients are progressing and succeeding, or not.
- Gaps and biases: How to keep working on your weak areas as a coach and improve with every session.
- Leading by example: Walking your talk and being a role model for your clients, aligned in what you say and do.
- Beyond 1-on-1 coaching: how to bring your coaching skills to teams and groups (including online groups) not just individual clients.
- Your coaching reputation and legacy: What do you want to be known for?

### **COACHING – REAL-WORLD PRACTICE**

- Sample client profiles and written assignments: Developing a Coaching plan.
- Practice Coaching sessions.
- Coaching session recording and review.

### **COACHING – CAREER PATHWAYS**

- Now what? Career planning. Ten ways you can use your coaching credential to change lives and earn a great living.
- Your dream Coaching Practice: Mapping out what you'd like to do over the next 1-3 years, including the types of individuals or communities you'd love to serve.
- Action plan: Outlining the next ten steps you need to take to get your coaching practice off the ground.

*If your heart is telling you this is  
your path, trust it. Your future  
clients are already waiting.*

[Apply now!](#)

