



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 graduate or equivalent or mature student status 19 years or older with an established work history or relevant experience.
- International study permit if applicable.
- In addition to the program admissions requirements, applicants must also meet the Rhodes Wellness College's General Admissions Policy requirements detailed [here](#).

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)



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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"> • Students must meet Rhodes Wellness College's attendance policy as detailed here • 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)	<ul style="list-style-type: none"> • 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.

Title of Course	# of Hours
COAC 100 Life Skills Coaching	270
COUN 100 Basic Counselling	45
COUN 101 Employment Counselling	22.5
COUN 102 Youth & Family Counselling	45
COUN 104 Trauma Counselling	45
COUN 105 Addictions Counselling	45
COUN 109 Clinic Weeks (Counselling)	67.5
PRAC 100 Supervised Practicum	40
PROF 242 Personal & Professional Development	45
PRAC 110 Career Planning I	22.5



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*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.