

## 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

### **Method(s) of Evaluation**

- Written exams
- Oral examinations
- Papers
- In-class presentations
- Supervised field work

### **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.

### **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

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<b>Program Duration</b>	135 Hours; 22.5 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.

### ADMISSIONS & LANGUAGE REQUIREMENTS:

<b>Admission Requirements</b>	<ul style="list-style-type: none"> <li>• Successful completion of admissions assessment process.</li> <li>• Written personal statement.</li> <li>• Personal and/or professional reference.</li> <li>• Grade 12 or equivalent or mature student status - 19 years or older with an established work history or relevant experience.</li> <li>• International study permit if applicable.</li> <li>• In addition to the program admissions requirements, applicants must also meet the Rhodes Wellness College's General Admissions Policy requirements detailed here.</li> </ul>
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### Language Requirements

Before enrollment, each applicant will need to show proficiency in English as evidenced by a written personal statement and the Admissions interview. If English is not one of the applicant's native languages, the applicant will also be asked to provide one of the following supporting documentation:

- Test of English as a Foreign Language (TOEFL): minimum score 78 (internet-based).
- Canadian Academic English Language Assessment Test (CAEL): minimum score 70.
- International English Language Testing IELTS (academic version): minimum score 6.5 overall, and no one score less than 5.5.
- Alternative exams to the above may be accepted as Proof of English providing the exam is internationally recognized and has published official equivalencies to one of the above exams (TOEFL, CAEL, IELTS) and the student has achieved the equivalent scores consistent with what is required in the tests listed herein.
- Two years of high school where the language of instruction is English.
- Two completed full-time semesters at a post-secondary English-speaking institution.

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### Exemptions:

Students from the following countries are exempt from the English language proficiency requirements:

- Australia
- American Samoa
- Anguilla
- Antigua and Barbuda
- Bahamas
- Barbados
- Belize
- Bermuda
- Botswana
- British Virgin Islands
- Brunei
- Canada
- Cayman Islands
- Cook Island
- Dominica
- Falkland Islands
- Fiji
- Gambia
- Ghana
- Gibraltar
- Grenada
- Guam
- Guyana
- Hong Kong
- Ireland
- Isle of Man
- Jamaica
- Jersey
- Kenya
- Liberia
- Mauritius
- Micronesia
- New Zealand
- Nigeria
- Norfolk Island
- Pitcairn Islands
- Philippines
- Saint Kitts and Nevis
- Saint Lucia
- Saint Vincent and the Grenadines
- Sierra Leone
- Singapore
- Sint Maarten
- Solomon Islands
- South Africa
- South Sudan
- Trinidad and Tobago
- Turks and Caicos Islands
- U.S. Virgin Islands
- Uganda
- United Kingdom
- United Arab Emirates
- United States
- Zambia