

Program Outline: Life Coach Certificate

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| Diploma Program Length: | 22.5 weeks (135 hours) |
| Program Type: | Career Training |
| Occupation: | Professional Life Coach |
| Delivery Method(s): | Online |
| Homework Hours: | 5 hours averaged over each week |
| Program Prerequisites: | <i>Must meet Rhodes Wellness College admission requirements.</i> |

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, and professional standards, creating trust and mutual respect, and how to open and close a coach/client relationship.

Program Learning Objectives

Upon completion of this program, the successful student will have reliably demonstrated the ability to:

- **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.

Program Readings

A variety of materials including textbooks and reading packages will be made available to students. Specific textbooks are detailed on individual course outlines and listed on the program page on the College's website.

Completion Requirements

Students must meet [Rhodes Wellness College's Attendance Policy](#).

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Program Evaluation

The course evaluation methods meet the course objectives and are designed to coincide with the various learning styles of the students. The methods of evaluation to assess student performance include but are not limited to:

- Written Exams
- Oral Examinations
- Papers
- In-class Presentations
- Supervised Field Work

Based on the above evaluations, students will receive a grade according to the following scale:

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|----|-------------|----|--------|
| A+ | 95% or more | C+ | 65-69 |
| A | 90-94 | C | 60-64 |
| A- | 85-89 | C- | 55-59 |
| B+ | 80-84 | P | 50-54* |
| B | 75-79 | NC | 0-49** |
| B- | 70-74 | | |

*P = Pass

**NC = Not Complete (course completion credit will not be granted)

Admissions Requirements

- Grade 12 graduate or equivalent or mature student status – 19 years or older with an established work history or relevant experience.
- Submit a Personal Statement on why you would like to pursue an education with Rhodes Wellness College and what you hope you to achieve upon graduation.
- Submit two references.
- Successfully complete an Admissions Interview.
- Demonstrate spoken and written proficiency in the English language consistent with the proficiency of a high school graduate, as evidenced by a written personal statement and a one-on-one screening interview (see also the Language Proficiency Assessment Policy listed below).
- Provide an International study permit/student visa, if applicable
- A minimum of 12 months prior sobriety** is required to be verified during the interview. The College's representative may require the applicant to provide a letter to the College confirming the applicant's sobriety from a counselor.

**[Please see our Sobriety Policy for more details.](#)

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Rhodes Wellness College reserves the right to deny any candidate admission into this program if Admissions does not believe the applicant will be a potential fit or adequately benefit from taking the program.

Language Requirements

All students, whether they be Canadian or International students, must prove sufficient English proficiency through one of the following methods:

1. Grade 12 completion in an English-based school system (or the equivalent of Grade 12 education in an English-based school system that does not call high school completion “Grade 12”, e.g., O-Level or A-Level certification in the UK or other Commonwealth school system).
2. GED (General Education Development) completion in an English-speaking country*.
3. Two completed full-time semesters at a post-secondary where the program of study is taught in English.
4. Successful completion of one of the following English proficiency exams, achieving the minimum required score indicated below:
 - a. International English Language Testing IELTS (academic or general version): minimum score of 6.0 overall, and no individual category score less than 5.5.
 - b. Test of English as a Foreign Language (TOEFL): minimum score 78 (internet based).
Canadian Academic English Language Assessment Test (CAEL): minimum score of 50 in each category.
 - c. Canadian English Language Proficiency Index Program (CELPIP): minimum score of 7 in each category.
 - d. Cambridge English Scale: minimum score of 169.
 - e. Duolingo: minimum score of 105.
 - f. Pearson Test of English: minimum score of 46

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English-speaking countries include the following:

- 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 States