

The Ultimate Life Coaching
Practitioner Course OCN Level 3 with 21 Learning Credits



Life Coaching Course

This course will teach you how to encourage and support the client to work through challenging issues towards self-empowerment, self-confidence and a happier, more productive and successful life.

The course covers the history, techniques and applications that go to make up the Life Coaching process, plus a guide to setting up a Professional Life Coaching Practice.

It also looks in some depth at specialist niche coaching including relationship, prosperity, career, spirituality, self-esteem and well-being formats and includes success tips from a successful Life Coach.

As a Professional Life Coach you will create powerful working relationships between yourself and your clients. Your goal will be to produce positive results in their personal and professional lives, by supporting them to overcome any obstacles and setbacks which have in the past prevented them from reaching their full potential and achieving the goals which they have been aiming for.

Coaching is the interaction between a coach and a client - which may be undertaken via face to face meetings or by telephone sessions and relies on the understanding that the client always knows, deep down, how to make changes in their life to attain their goals.

When an individual's belief system or values become too restrictive, they may not be able to reach their goals and become frustrated with their lack of personal and career achievements.

Life Coaches work to unlock and release the potential within their clients, to bring about major positive improvements and changes in their lives.

Life Coaching is a powerful and practical tool for personal exploration and development.

This is an excellent course which can also be used as a 'stand alone course' for those wishing to specialise and work as a Life Coach.

It is also a very highly recommended tool for all Holistic Therapists to broaden their skills and knowledge.

This course will equip you with the tools to be able to help your clients move from a negative situation into a fulfilling and positive frame of mind and once this happens; happiness, success and achievement will always follow.

The course is broken into 4 separate modules:

Life Coaching The Basics (3 credits)

Life Coaching Specialist Areas (6 credits)

Life Coaching The Theory (9 credits)

Life Coaching The Working Environment (3 credits)

Subjects included in the Course:

Lesson 1:

- What is life coaching?
- How does it work?
- What does a life coach do?
- History of Life Coaching.
- Contra-indications to Life Coaching.

Lesson 2:

- Skills, entry and training to coaching.
- What Can Life Coaching Do For the Client?
- What makes an effective coach?
- Introduction to key theories.
- Introduction to key counselling techniques used in coaching.
- Identifying your personal traits and strengths as a practitioner.
- The role of the Life Coach.

Lesson 3:

- Identifying client needs and wants by visualisation.
- Fear.
- Beliefs.

- Self-Limiting Beliefs.
- The benefits of coaching for clients
- The importance of core values and changes within an individual.
- Defining and reviewing relationships, Energy, Health, Financial, Emotional Well-being using I-CAN-DO Model.
- Defining and recognising the client's goals, aims and values using I-CAN-DO.
- The client's Mission Statement.
- SWOT Analysis.
- Life Coaching Chart Template.

Lesson 4:

- Coaching Applications.
- Examining the past holistically.
- The role of the past with regard to the client's current life blockages.
- The conception of changing reactions and responses.
- Coaching Styles.
- Attitudes and understanding of therapy, counselling and coaching.
- Review of counselling/ therapy and coaching skills.
- Their defined roles within life coaching.

Lesson 5

- The here and now reflective contemplation.
- Ways of avoiding and relating.
- Relationships as systems.
- Motivating clients and self.
- Identifying individual motivating factors re: obstacles.
- Anchoring
- Representational Systems.
- How to build a good rapport with clients

Lesson 7

- Stress Coaching
- Stress Management
- Dealing with the Worried Well
- Specialist Life Coaching.
- The GROW model
- The Coaching Attitude.
- The Coaching Wheel.

Lesson 8.

- Relationship Coaching
- Case Study

- Spiritual Coaching
- Self Esteem/ Confidence Coaching.
- BDD

Lesson 9.

- Health and Well-Being Coaching
- Case Study.

Lesson 10.

- Career Coaching
- Coaching for a new career
- Coaching within the Workplace
- Case Study
- Financial Coaching
- Prosperity Attainment.
- Case Study.

Lesson 11.

- 10 Ultimate Coaching Questions
- Goal Setting/ Mapping
- Life Coaching Ethics and Confidentiality.
- Coaching Contract and Agreements

Lesson 12.

- Ethics.
- Professionalism.
- Client Confidentiality.
- Maintaining Records.
- Data Protection and disclosure.
- The Consultation process.

Lesson 13.

- Finding premises versus working from home.
- Accounting.
- The Law and you.
- Working with clients.
- Communication.
- The first meeting.
- Creating the right professional conditions and workspace.
- Establishing the working relationship.
- Defining boundaries.

Lesson 14.

- How to Build a Life Coaching Practise.
- Finding clients.
- Advertising.
- Expanding your business.
- Positive Endings.
- Continuing Professional Development.

Lesson 15.

- Overcoming Obstacles
- Support Networks
- Referring On to a Health/ Mental Health Professional.
- Closure for the Client and for the Coach
- Expanding your Business.
- The Bigger Picture.

The Course comes complete with lesson tests, exam paper, case studies from a real life Coach, reading list, and supplements including all documentation required for a successful coaching practice.

Qualification:

OCN Level 3 in Life Coaching with 21 learning credits plus a UK Open Learning Completion Diploma if required.

Qualification Terms Explained

Recent development in England have meant that the terms Diploma, Certificate and Award now have specific meanings and can only relate to qualifications approved by Ofqual, the government regulatory authority. Consequently, our Open College Network courses will henceforth have the description `...a course validated by...'. This in no way diminishes the value or importance of the course but rather avoids the vagueness associated with the above terms. Should you need further information concerning this, please do not hesitate to contact us.



What is OCN?

OCN's work with the organisation providing your learning to ensure that the content of your course, and the way it is assessed, is of the highest quality and is suitable for the people who wish to take it.

As a learner on an OCN approved course you are entitled to earn credits for the work that you do. For each successful course you complete, you will be awarded a certificate details the number of credits you have achieved.

You can then use your credits to move to a higher level of learning, or to prove to an employer, or anyone else, that you have obtained new skills and knowledge. OCN credits are generally accepted as a means of entry to further study by Further and Higher Education providers, and by a large number of employers and trainers.

You can use your credits to demonstrate your achievements and prove that you have the knowledge and skills in a wide range of subjects. Depending on which level of course you take, you can use the credits to progress onto other courses.

Contact your local colleges and other providers to find out more about what opportunities are open to you.

Who can take the course in Life Coaching?

The course in Life Coaching is from UK Open Learning, one of the UK's leading distance learning providers. It is designed for people who wish to gain an understanding of the principles and practice of Life Coaching. It is hoped that the course will leave you energised and brimming with confidence. We also show you how to set up in business as a Life Coach. No prior knowledge is required: the course is open to anyone. But you need to be educated to GCSE Grade C or above.

How does the Life Coaching course work?

The great thing about distance learning is that you can study from home or work, at your own pace and in your own time. Students receive a course manual as well as a study guide and written assignments. You will also have your very own professional personal tutor offering unlimited support via email and post. He or she will be happy to answer any questions you may have and give you advice as to how to complete the course successfully this will last for one year from the day you receive the course.

Can I join any organisations once I enrol on the course?

Yes, we recommend you join the Association for Coaching and we will enclose an application pack in with your course.

"The AC is one of the leading independent and non-profit making professional bodies aimed at promoting best practice and raising the awareness and standards of coaching, while providing support for its members. Since its inception, the Association for Coaching has experienced rapid growth, has become known for its leadership within the market and responsiveness to both market and members' needs. Becoming a member gives the opportunity to be

involved in an established, yet dynamic, membership organisation dedicated to excellence and coaching best practice”.

It is a membership organisation for Professional Coaches, Training/Service providers and Organisations involved in Coaching; the areas covered include *Executive, Business, Personal, Speciality and Team Coaching*.

How do I gain practical experience?

Once you have completed the course we recommend you join the forum on the AC web site and try and find a full time coach to shadow in your area.

Are there any recognised qualifications for Life Coaches?

No, There are currently no compulsory qualifications required to become a Life Coach but hopefully this will change in the next few years. If you join the AC then you should adhere to their codes of practice.

How long do I have to complete the course?

12 months. If we update the course, the information will either be posted on our supporting website or sent to you free of charge. To complete this course it will take in the region of 100 study hours which can be spread over a 12 month period.

Is there an exam at the end of the course?

No, the course is completed by a series of tutor marked assignments which you send to your tutor by e-mail or post for marking. There is no word count for these assignments however you do have to prove to the tutor that you have fully understood the question asked. One sentence answers will be rejected and you will be asked to re-submit it again for marking.

In our opinion this is one of the best Distance Learning Life Coaching courses
in the UK.

CODE	FORMAT	FULL PRICE	DISCOUNTED PAY IN FULL PRICE	INSTALMENTS
A48	Paper	£350.00	£315.00	6 months @ £58.33