

Student Profile

This programme is designed for people who wish to gain an understanding of principles and practice of Life Coaching and establish a business providing Life Coaching. No prior knowledge is required.

Objectives

The objectives of the course are to:

- describe what the life coach process involves, and would it does
- understand what makes an effective life coach
- describe the range of activities to which life coaching can be applied
- practice the skills of life coaching and evaluate the outcomes
- investigate the principles of establishing a life coaching business

Accreditation

The course leads to the award of the Diploma in Life Coaching from ASET [Level 3], a leading UK awarding body recognised by the Qualifications and Curriculum Authority.

Study Method

The course is designed for study by distance learning at work or at home. Students receive course manual, assignments and studyguide plus tutor support by mail and email. You can start at any time and plan your studies over a period of up to one year from the time of registration.

Assessment

Each element is followed by a written assignment, which is submitted and marked by your tutor. There is no external examination required.

Course Duration

Students may register at any time and have a full year to complete their studies. The course will take around 120 hours of study to complete.

Pack/Course Contents

- Studyguide
- Comprehensive study notes for each element of the course
- Self-assessment activities
- Assignments
- Tutor support
- Assignment marking & feedback
- Accreditation

Price

The cost of the course is listed on www.traininglink-education.com and inclusive of learning materials, tutor support, assignment marking, ASET registration and accreditation.

Payment

Payment may be made by credit/debit card or Bank Telegraphic Transfer.

Registration

To register, please contact Training Link Education South East Asia by telephone, mail or email. Or register online at: www.traininglink-education.com

COURSE CONTENT

The course is divided up into seven units, as follows:

Unit 1: Introduction

What is life coaching?

- Coaching requirements
- The aim of coaching
- The coaching sessions

What life coaching is not

- Therapy
- Counselling
- Teaching or training
- Consultancy
- Mentoring

Unit 2: What makes an effective coach?

- Could you be a coach?
- Competencies of coaching

Unit 3: In what areas can coaching be applied?

- Work
- Home
- Finances
- Social life
- Love
- Dreams
- Spiritual
- Health

Unit 4: Skills of the coach

- Listening
- Questioning
- Silence
- Values and beliefs
- Rapport
- Building self esteem
- Not making suggestions
- Encouraging responsibility

Unit 5: The life coaching process

- Discovery
- Life's purpose
- TGROW model

Unit 6: Practical Coaching

Coaching styles

- Push or pull

The benefits of coaching for clients

- How can the client get the most from coaching?
- When is coaching most effective?

Unit 7: Making a living from coaching

Setting up your own business

- Your business plan
- Tax and the small business
- VAT and the self employed
- National Insurance
- Insurance for the small company
- Health and safety requirements

Conclusion

Appendices