

# Life Coach

## LEARNING OBJECTIVES



There's a lot of upside to working as a life coach. Great pay, flexible hours, fulfilling work, etc. But if you want to get in this line of work, you need to know a few things. Like how to empower clients by asking probing questions. Or how to create momentum with your clients through the use of specific strategies and common practices. With our training, you'll learn how to help others unlock their full potential and see themselves in a whole new light.

### **The Basic Foundation of Life Skills Coaching**

- Discuss the role life coaches play in helping others find motivation.
- Define standard strategies and explore core competencies required.
- Learn basic terminology and jargon.

### **The Coaching Process**

- Learn how to take clients from point A to point B.
- Outline the basic approaches to coaching.

### **Beyond Coaching Basics**

- Build on the foundation you've already built in your training.
- Explore more complex strategies and life coaching methods.
- Develop your own personal coaching style.

### **Life Coaching and Destiny Discovery**

- Learn strategies that help your clients determine their life purpose and identify what they find fulfilling.
- Find out how to steer clients in the right direction as they explore their potential.

### **Helping Clients Identify Challenges**

- Learn to ask probing questions.
- Brush up on listening skills and empathy.
- Discuss problem-solving methods.

### **Advanced Life Coaching Skills**

- Dig deep and assess your own skills and abilities.
- Learn more advanced strategies for helping others overcome personal and professional obstacles.

### **Coaching Niches**

- Discover your area of expertise: career support, health and wellness, organization, etc.