

Coach specific training hours: 12

### Who this program is for:

This program is for any coach who would like to strengthen their ability to coach others in personal goal areas.

### About this program:

Life Skills focuses on building coaching strength in personal, health, relationship and community goals areas.

A highly experiential program, also known as a 'Coaching Lab', participants will be working with real coachee scenarios in class.

The participants will need to have their coachee materials available during each session so that they can access 'live' strategies, actions and case studies. This makes the training tangible, and increases the chances of the coach putting into practice what they are learning.

### Objectives:

1. Participants have an understanding of personal goals and have strengthened their ability to coach in this area
2. Participants have an understanding of health goals and have strengthened their ability to coach in this area
3. Participants have an understanding of relationship goals and have strengthened their ability to coach in this area
4. Participants have an understanding of community goals and have strengthened their ability to coach in this area

### Format:

8 x 90 minute teleconference classes

Sessions may include theory, discussion, tools, role-plays, group work, case studies and readings.

### What you get:

- Greater coaching experience and expertise in related goal areas
- Additional tools and resources for coaching in related goal areas
- Network of other like-minded people
- 12 hours of coach specific training

### Participant feedback:

*"I now have a wealth of resources and practical tools to help me feel more confident with my clients"*

*"Great to get distinctions and revisit some coaching tools"*

*"The tools and resources were fantastic, everyone's input on tools to use, as well as the chance to work with powerful coaches and further develop powerful questioning techniques"*

*"Excellent resources, role plays (using actual client situations)"*

### Topics include:

- Working with personal goals
- Tools and resources for personal goals
- Working with health goals
- Tools and resources for health goals
- Working with relationship goals
- Tools and resources for relationship goals
- Working with community goals
- Tools and resources for community goals