

The Obvious Business & Life Coaching

by Jaynie Bierman

18-Hour Life Coach Certification Course

Course Overview

This 18-hour Life Coach Certification Course is designed to equip aspiring coaches with the foundational skills, ethics, tools, and frameworks necessary to confidently coach clients through personal and professional development. Graduates will be fully prepared to begin a career in life coaching.

Module 1: Foundations of Life Coaching

- Definition and purpose of life coaching
- Differences between coaching, mentoring, therapy, and consulting
- Core competencies and characteristics of successful life coaches

Module 2: Ethics and Professionalism

- Coaching ethics and confidentiality
- Boundaries and scope of practice
- Code of ethics overview

Module 3: Communication Skills

- Active listening techniques
- Powerful questioning methods
- Building rapport and trust with clients

Module 4: Goal Setting and Accountability

- SMART goal framework
- Motivation and accountability tracking
- Tools to help clients commit to actions

Module 5: Coaching Methodologies and Frameworks

- GROW model of coaching
- Wheel of Life assessment
- Other popular coaching tools and techniques

Module 6: Practice and Feedback

- Peer coaching sessions
- Giving and receiving constructive feedback
- Case study reviews

Module 7: Business of Life Coaching

- • Setting up a coaching business
- • Marketing, branding, and finding clients
- • Legal considerations and business ethics

Module 8: Final Evaluation and Certification

- • Final coaching session review
- • Written and practical exams
- • Issuance of certificate upon successful completion

Certification Criteria

To receive certification, students must complete all modules, actively participate in practice sessions, and pass both the written and practical assessments with a minimum score of 80%.