



Life Coaching Course Outline

1. The Definition of Life Coaching
2. Life Coaching Explained
3. Mentoring
4. The Curriculum
5. Obstacles
7. Coaching Versus Counseling and Therapy
8. The Forming of Beliefs
9. Essential Communication Skills
10. How to Build a Coaching Practice
- The Process
 1. First the information packet.
 2. Second the assessment
(Forms in Packet)
 3. Third the plan of action
11. Coaching for Results
12. The History and Development of Neuro-Linguistic Programming
13. Advanced Coaching Skills
14. Pre-frames Frames and Reframes
15. Matters of State
16. Representational Systems
17. Rapport Skills
18. The Milton Model
19. Meta-language Patterns
20. Coaching Meta-programs
21. Metaphors with Meaning
22. The Spiral Coaching Model
23. The Secrets of Coaching Success
24. Specialist Life Coaching
25. Credentialing
27. Assignments for applying The Licensed Curriculum
28. Sessions on Goal Setting