



LIFE COACHING COURSE – LEVEL 3 AWARD



The **Life Coaching NCFE - 3 Course** is designed for people who wish to gain an understanding of the principles and practice of Life Coaching and establish a business providing Life Coaching.

Life coaching is a practice with the aim of helping clients determine and achieve personal goals. Life coaches use multiple methods that will help clients with the process of setting and reaching goals.

Life Coaching is not targeted at psychological illness and coaches are neither therapists nor consultants.

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.

The course leads to a Recognised Level 3 Award (Comparable to working at A Level or NVQ Level 3).

The course is split into the following 7 Units:

➤ **Unit One – Introduction**

The following topics are covered: 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 Two – What Makes an Effective Coach**

The following topics are covered: Could you be a coach? and Competencies of coaching.

➤ **Unit Three – In What Areas can Coaching be Applied**

The following topics are covered: Work, Home, Finances, Social life, Love, Dreams, Spiritual and Health.

➤ **Unit Four – Skills of the Coach**

The following topics are covered: Listening, Questioning, Silence, Values and beliefs, Rapport, Building self esteem, Not making suggestions and Encouraging responsibility.

Price:
£250.00

Instalment Options:
You can spread the payments for this course over 4 monthly payments. 1 initial payment of £100.00, followed by 3 monthly payments of £50.00.

Course Format:
Paper Based Course Materials

Assessment:
Coursework

Approximate Study Time:
80 Hours of Self Study

➤ **Unit Five – The Life Coaching Process**

The following topics are covered: Discovery, Life's purpose and TGROW model.

➤ **Unit Six – Practical Coaching**

The following topics are covered: Coaching Style (Push or Pull) and The benefits of coaching for clients (How can the client get the most from coaching? When is coaching most effective?).

➤ **Unit Seven – Making a Living From Coaching**

The following topics are covered: Setting up your 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 and Conclusion.

Pre-Requirements:

There are no particular entry requirements.

Course Duration & Support:

Students may register at any time and have a full year to complete their studies. You also have access to a personal tutor by mail or email for a 12 month period. As the course is self study you can complete in as little or as long a time as you prefer.

Assessment:

You will be assessed on coursework which is detailed in the course materials. Most coursework consists of short paragraph answers to set questions. Your work can be sent back to your course tutor by email or by post.

Qualification:

The award is gained from successfully completed coursework so there is no exam to complete.

On successful completion of this course, students will receive a **Level 3 Life Coaching Award**.

This award has been independently accredited at a level of learning equivalent to level 3 on the National Qualifications Framework (NQF) and is comparable to working at A Level or NVQ Level 3.

The award is issued through NCFE. NCFE is recognised as an awarding body by the qualification regulators ('regulators') for England, Wales and Northern Ireland. The regulators are the Office of the Qualifications and Examinations Regulator (Ofqual) in England, the Department for Children, Education, Lifelong Learning and Skills (DCELLS) in Wales and the Council for Curriculum, Examinations and Assessment (CCEA) in Northern Ireland.

