

Life Coaching Essentials

Many people often mistake a life coach for a mental health professional, such as a psychiatrist or a therapist. This misconception often leads people to believe they do not need a life coach since they feel as though nothing is wrong with their mental health. However, a life coach is designed to help improve a person's professional and personal life by working with them to achieve their goals.



With our Life Coaching Essentials workshop, your participants will discover the meaning of life coaching and how life coaching services can be utilized to achieve their goals.

Course Outline:

Module One: Getting Started

- Icebreaker
- Housekeeping Items
- The Parking Lot
- Workshop Objectives

Module Two: Why You Need A Life Coach?

- Difficulty Making Life Decisions
- Prioritizing Projects and Timelines
- Urgent Situations
- Lack of Balance
- Case Study
- Module Two: Review Questions

Module Three: The Benefits of Life Coaching

- Set Performance Targets
- Cope with Pressure and Stress
- Develop and Maintain Vision
- Maintain Motivation
- Case Study
- Module Three: Review Questions

Module Four: Life Coaching Challenges

- Lack of Commitment
- Procrastination
- Poor Communication Skills
- Lack of Direction
- Case Study
- Module Four: Review Questions

Module Five: Basic Structure of a Coaching Session

- Develop an Action Plan
- Ask Questions
- Overcome
- Set timeline
- Case Study
- Module Five: Review Questions

Module Six: Essential Skills for Successful Coaching

- Listen with Curiosity
- Take in what you hear
- Reflect with Accuracy
- Questioning for Exploration
- Case Study
- Module Six: Review Questions

Module Seven: Life Coaching Tools and Techniques

- Goal Tracking
- Journaling
- Life Coaching Assessments and Forms
- Homework Assignments and Action Items
- Case Study
- Module Seven: Review Questions

Module Eight: Life Coaching Specialized Areas (I)

- Relationship Coaching, Dating Coaching
- Health Coaching, Fitness Coaching
- Family Coaching, Parenting Coaching
- Spiritual Coaching
- Case Study
- Module Eight: Review Questions

Module Nine: Life Coaching Specialized Areas (II)

- General Life Coaching
- Image Coaching
- Communication Coaching, Creativity Coaching
- Career Coaching
- Case Study
- Module Nine: Review Questions

Module Ten: Life Coaching Specialized Areas (III)

- Retirement Coaching
- Leadership Coaching, Performance coaching
- Business Coaching
- Executive Coaching
- Case Study
- Module Ten: Review Questions

Module Eleven: Apply What You Learned to the Workplace

- Have a Game Plan
- Link Game Plan and Goals
- Do Drills
- Assess Progress
- Case Study
- Module Eleven: Review Questions

Module Twelve: Wrapping Up

- Words from the Wise
- Review of Parking Lot
- Lessons Learned
- Completion of Action Plans and Evaluations
- Recommended Reading