

NEW AWAKENING AND LIFE-CHANGING RESULTS

LIFE COACH TRAINING AND SKILLS-BUILDING

- ◆ Become a professional life coach
- ◆ Earn credit toward ICF Credentialing
- ◆ Continue to strengthen your skills



Discover your passion ... discover yourself!

Self-esteem, decision-making, the ability to move forward. As a life coach, you'll help others as you help yourself continue to grow in wisdom, empathy and the power to make a difference in your world. Classes from Work Life Destinations Life Coaching Training Academy are your pathway.

INVEST IN YOUR FUTURE

3-day training with
ICF Certified Mentor Coach

SUZANNE ROSETTI



Work Life Destinations' training classes (see back) meet ICF standards for Approved Coach-Specific Training Hours toward earning your ICF credentialing.



Work  **Life**
DESTINATIONS
www.WorkLifeDestinations.com

800-491-0695



FAST-TRACK CLASSES
3-days each (Fri, Sat, Sun)
9 AM to 5 PM

EXPERT INSTRUCTION
Taught by an ICF Mentor
Coach with years of
real-world coaching
experience

INTERACTIVE FORMAT
Small classes and
peer interaction plus
live coaching practice
sessions

**CONSTRUCTIVE
FEEDBACK**
from peers plus written
feedback from your
instructor

PROVEN CURRICULUM
Built on ICF-recognized
Core Competencies and
the Code of Ethics

ONGOING SUPPORT
Instructor maintains
contact as you continue
your coaching journey

NEXT STEPS
You receive transcripts
documenting the training
hours that can be used
toward ICF credentialing

**RESERVE
YOUR SEAT:
JUST \$495**

Choose the Training Class that Fits Your Goal

LEVEL 1: Become a Professional Life Coach in just 3 days **Professional Life Coach Training Certification**

30 Hours ICF-Approved Coaching-Specific Training Hours \$1,195

Included – Approximately 10 hours of pre-work, 90 minutes of homework per day and 21 hours of hands-on instruction including 5 coaching practice sessions. At the end of the course you will take your exam, receive your diploma, and be ready to begin coaching with what you've learned, including:

- Professional distinctions between coaching and therapy
- Key elements of the coaching process
- How to create a safe, open and creative environment
- Dos and Don'ts for engaging with your client during the coaching session
- Techniques for helping clients deal with boundaries and "blocks"
- Tips for building your coaching practice
- Guiding principles of life coaching, including the Guiding Principles of Coaching & Core Competencies, Code of Ethics, and the role of the International Coach Federation

Upon completion, you will be a Certified Professional Life Coach, ready to start your coaching practice.

LEVEL 2: Become an even better life coach **Advancing Your Coaching Skills: A Pathway to ICF Credentials**

30 Hours Continuing Education



\$1,195

Included – Approximately 6-10 hours of pre-work plus homework each day and 21 hours of hands-on instruction including live coaching practice sessions. In this class you'll build on your existing coaching experience to take your skills and your coaching practice to an all-new level. This 30 hours of class can be used toward meeting the requirements for ICF professional credentialing. In addition, you'll find immediate benefits in learning advanced coaching skills, including how to:

- Combine active listening with NLP tools
- Ask powerful questions – what they are and how to use them
- Communicate most effectively with clients
- Create awareness, design actions, plan and set goals
- Manage progress and accountability

Together, these classes provide 60 hours of ACSTH-approved training. Engaging in 10 hours of mentor coaching is the last step in qualifying for ICF credentialing. Work Life Destinations can help you meet this requirement, too. Call us for more information.

**Call 800-491-0695
(or 301-974-5098)**

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