

# Graduate Certificate - Life Coaching

The Life Coaching Certificate is aligned to coaching competencies identified by the Board Certified Coach (BCC) and International Coach Federation (ICF). Knowledge gained in this program is beneficial for individuals with a degree in psychology, counseling, social work, or other professions who want to transition into a life coaching role. The curriculum focuses on developing effective coach/client relationships, using coaching models and strategies appropriate for individual clients and groups, developing cultural awareness, and exploring emotional intelligence. Coursework also includes a solution focused approach, ethical considerations, using and interpreting assessments, and partnering with clients to achieve their personal and professional potential.

This program has specific admission requirements.

## Certificate Objectives:

Upon successful completion of this certificate, the student will be able to:

- Distinguish between coaching, counseling, mentoring, and supervising.
- Explain the characteristics that encourage an effective coaching experience.
- Demonstrate fundamental active listening and coaching skills.
- Evaluate various models to determine most appropriate for specific coaching situations.
- Evaluate assessments to determine applicability and effectiveness in various coaching situations.
- Use assessments to promote an effective coaching experience.
- Compare strategies and techniques associated with coaching individuals versus coaching in teams and groups.
- Generate strategies for coaching teams and groups within an organizational structure.
- Apply ethical guidelines and professional standards associated with individual, team, and group coaching.

## Programmatic Admission Requirements

This program requires applicants satisfy one of the following:

- Hold a master's or doctoral degree in counseling or hold any of the following credentials: NCC, LPC, LMHC, LPCC
- Hold a master's degree or higher in social or behavior sciences. Automatically accepted fields include business, management, social work, marriage and family therapy, psychology, medicine, health and wellness, education, and law.
- Be currently enrolled in a master's degree in any of the fields listed above.

Please visit our AMU (<https://www.amu.apus.edu/admissions/graduate-requirements.html>) or APU (<https://www.apu.apus.edu/admissions/graduate-requirements.html>) graduate admission page for more information on institutional admission requirements.

## Need help?

If you have questions regarding a program's admission requirements, please contact an admissions representative at 877-755-2787 or [info@apus.edu](mailto:info@apus.edu).

## Certificate Requirements (15 semester hours)

Code	Title	Semester Hours
EDUC536	Foundations of Coaching <sup>1</sup>	3
EDUC633	Emotional Intelligence and Coaching Assessments	3
EDUC635	Coaching Groups and Teams	3
EDUC628	Social and Cultural Diversity Counseling	3
Select 1 course from the following:		3
EDUC501	Human Growth and Development	
EDUC645	Career Counseling and Development	
ENTR630	Entrepreneurial Marketing <sup>2</sup>	
Total Semester Hours		15

<sup>1</sup> Required as the first course in this program.

<sup>2</sup> Students with a Master's degree in Counseling; Doctoral degree in social and behavioral sciences; or individuals with NCC, LPC, LMHC, or LPCC credentials must take this course.