

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 gain additional skills often required in 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.

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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.

Certificate Requirements (15 semester hours)

Code	Title	Semester Hours
EDUC536	Foundations of Coaching ¹	3
EDUC633	Emotional Intelligence and Coaching Assessments	3
EDUC635	Coaching Groups and Teams	3
EDUC638	Social & Cultural Diversity in Higher Education	3
Select 1 course from the following:		3
EDUC501	Human Growth and Development	
EDUC645	Career Counseling and Development	
ENTR630	Entrepreneurial Marketing ²	
Total Semester Hours		15

¹ Required as the first course in this program.

² 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.