

## Life Coach Practitioners Modules/Contact Hours

Module Title	Contact Hours
Power of Possibility One	20 synchronous
Honor Your Interior Self	16 synchronous
Design a Creative Environment	16 synchronous
Integrate Creative Expression	16 synchronous
Source Gifts and Talents	16 synchronous
Power of Possibility Two	20 synchronous
Learning Lab: Discovery Session	4 synchronous
Learning Lab: Ethics	4 synchronous
Learning Lab: ICF Competencies	4 synchronous
Learning Lab: Coaching Models and Tools	4 synchronous
Mentor Coaching <i>The mentor coaching takes place as a group or individually(in class)</i>	1 synchronous
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One-on-One Coaching One- <i>This session is with Ruthie or Jennie on any topic.</i>	1 synchronous
One-on-One Coaching Two- <i>This session is with Ruthie or Jennie on any topic.</i>	1 synchronous
One-on-One Coaching Three- <i>This session is with Ruthie or Jennie on any topic.</i>	1 synchronous
Mentor Coaching Lab One-Recording review with Jennie or Ruthie.	1 synchronous
Mentor Coaching Lab Two-Recording review with Jennie or Ruthie.	1 synchronous
Mentor Coaching Lab Three-Recording review with Jennie or Ruthie.	1 synchronous
<i>These are to be completed as you coach your practice client outside of class. Remember to record each session and then select 3 to be reviewed. Do not record all sessions and then complete the mentor coaching labs. The point of the labs is to enhance your coaching each time and the best way to do that is coach and record, then go to mentor lab, learn how to enhance and then go back and coach again.</i>	
Sat at the Center/Coaching Circle: Experiential Learning Two	2 synchronous
Sat at the Center/Coaching Circle: Experiential Learning Two	2 synchronous
Sat at the Center/Coaching Circle: Experiential Learning Three	2 synchronous
Find 3 paying clients-it can be fore trade as well. Complete the steps below.	
One-on-one Peer Coaching One-Practice Client Outside of Class-Discovery Session (record)	3 x 1 (3) sync
One-on-one Peer Coaching Two Practice Client Outside of Class-Coaching Session (record)	1 x 1 (1) sync
One-on-one Peer Coaching Three Practice Client Outside of Class-Coaching Session (record)	1 x 1 (1) sync
One-on-one Peer Coaching Four Practice Client Outside of Class-Coaching Session (record)	1 x 1 (1) sync
One-on-one Peer Coaching Five Practice Client Outside of Class-Coaching Session (record)	1 x 1 (1) sync
One-on-one Peer Coaching Six Practice Client Outside of Class-Coaching Session (record)	1 x 1 (1) sync
<i>Note: 3 of the sessions need to be submitted for review with Ruthie or Jennie. Together we will listen and evaluate the session. Student must show progress. To pass the course two of the 3 sessions submitted have to pass at an MCC level. If not, students can continue to submit for review. Each additional review is \$125.</i>	
4 Book reports: <ul style="list-style-type: none"> <li>• 3 written book reports from required reading list</li> <li>• 1 oral from book of choice</li> </ul>	4 asynchronous
Letter to Self	2 asynchronous
Written Test	4 asynchronous
Launching Event	2 asynchronous
4 observations of peers reviewing you-in class	4 asynchronous
4 observations of you reviewing peers-in class	4 asynchronous
<b>Totals:</b>	<b>164 hours</b>