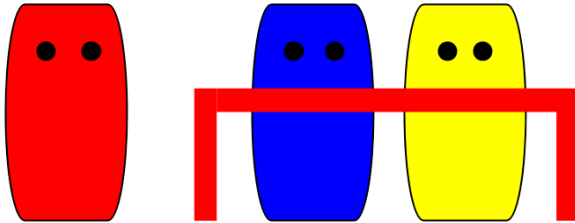


# Want to change your life and your community?



## *Metanoéo Academy Accredited Award in Community Life Coaching*

If you want to develop your skills to help other people move forward in life, this is the course for you. This course will enable you to discover and practice some of the key theories and skills of life coaching. Our unique programme has been designed to take an approach often reserved for executives, and re-focus its use for people who are marginalised, disadvantaged, troubled and troublesome.



Our training is fully accredited by the Association for Coaching and includes

student membership of the association. Upon qualifying, you will be eligible to apply for full membership of the Association as a professional life coach.

### Cost

We want our training to be accessible for all so have three pricing options:

#### Economy Package: £195

- Core training package
- Guild membership
- Student membership of Association of Coaching

#### Standard Package: £295

Economy package plus two one-to-one sessions to help establish your coaching practice.

#### Comprehensive Package: £495

Standard package plus six personal one-to-one life coaching sessions

## **Core training package course content:**

**Module 1 - Communication Fundamentals:** *Session 1 - Verbal communication; Session 2 - Non-verbal communication; Session 3 - Listening and giving feedback; Session 4 – Developing assertiveness*

**Module 2 - Coaching Fundamentals:** *Session 1 - Understanding coaching; Session 2 - Exploring the GROW model; Session 3 - Using powerful questions; Session 4 - Practical ethics*

**Module 3 – Engaging Values, Beliefs and Spirituality:** *Session 1 – Identity; Session 2 – Reconciliation; Session 3 – Creativity; Session 4 – Resilience*

**Module 4 – Developing a Personal Coaching Style:** *Session 1 – Coaching models 1; Session 2 – Coaching models 2; Session 3 – Engaging your own journey; Session 4 – Creating a personal synthesis*

## **How will I study and how will I be assessed?**

You will attend for 8 evening or 4 day sessions. Sessions are interactive with space for reflection and practice. You will be encouraged to link the session content with your experience and read suggested texts outside of the course. Formative assessment and feedback takes place during the sessions in an informal manner and through the learners own reflective log. Summative feedback is given through peer observation and two reflective essays.

## **Metanoeo Guild membership**

As part of your training package you will receive a one year membership of the Metanoeo Guild giving you free access to two continued professional development events, two copies of the Metanoeo learning journal *Discover* and bi-monthly group-supervision events. Guild membership also provides a support network of like-minded people for co-working opportunities.