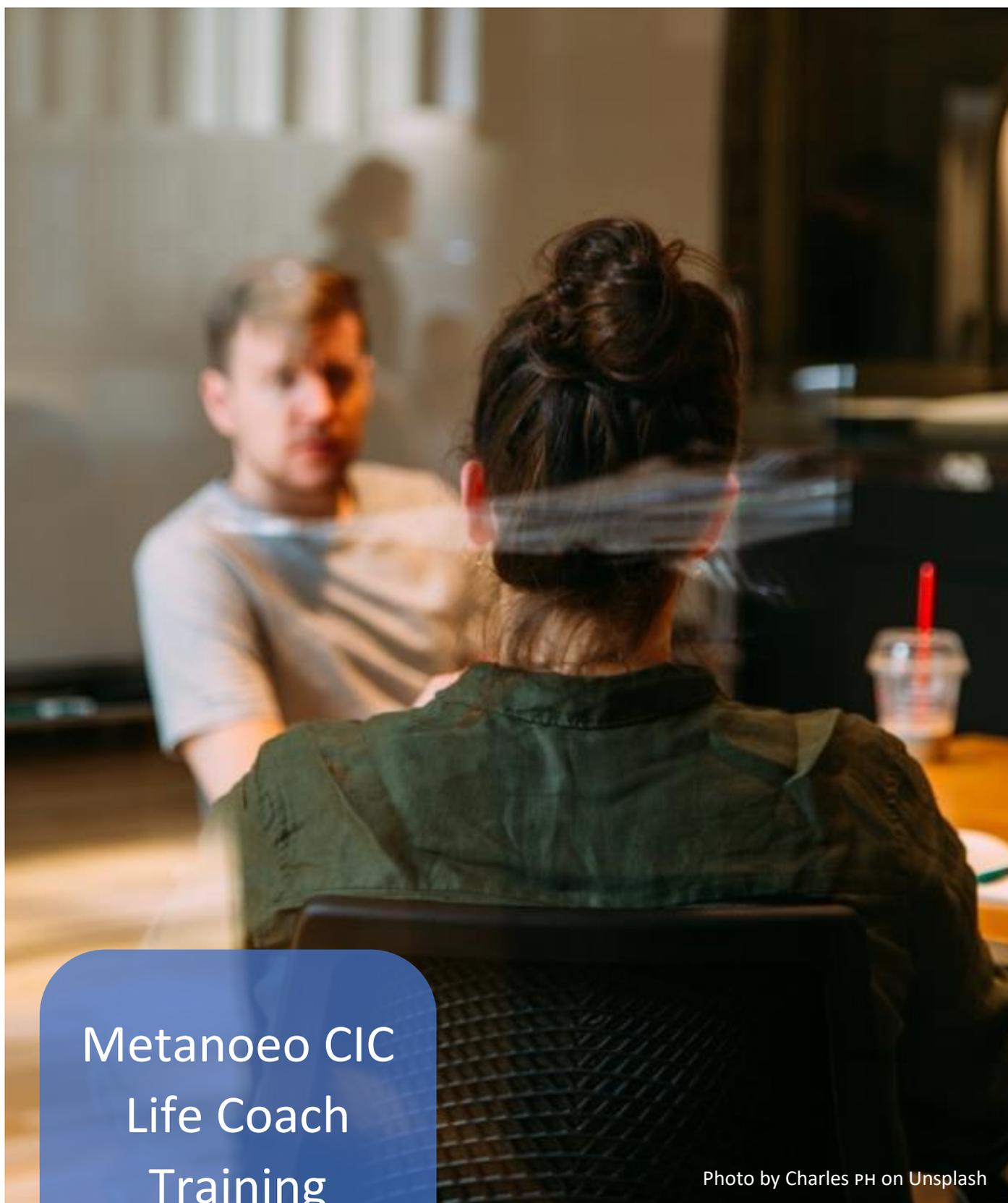


2019-20

Training life coaches to transform our communities



Metanoeo CIC
Life Coach
Training
Prospectus

Photo by Charles PH on Unsplash



“With your mind power,
your determination, your
instinct, and the
experience as well, you
can fly very high.”

Ayrton Senna

WHO ARE WE?

Metanoeo CIC is a Merseyside-based social enterprise which exists to equip people, and organisations, to improve the wellbeing of our communities.

As an organisational member of the Association for Coaching, we offer specialist life-coach training which matches up with their membership requirements to help you get your life coaching career off to the best possible start.



Dr Dave Wood,
Founder and Director, Metanoeo CIC

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OPTIONS TO SUIT YOUR NEEDS

We have been training life-coaches since 2015 both privately, and for a variety of community-based projects. This has given us experience in developing a range of products to suit your needs.

We have designed our training using a modular approach which allows you to choose the unit's which are best suited to your needs and development.

Both our *Certificate* and *Diploma in Life Coaching* come with one-year membership of the Metaneo Guild included. This gives you free access to:

- A bi-monthly peer supervision group
- Two CPD events per year
- The opportunity to advertise your service on the Metaneo website

It also provides you with a 20% discount on one-to-one supervision sessions and the opportunity to collaborate in developing new projects.

Certificate in Life Coaching



Our entry level life coach training is aimed at those with a general interest in finding out about the fundamentals of what life coaching is and how it's done. It comprises one-unit *PC101: Peer Coaching* and will provide you with the skills you need to undertake short simple coaching interventions with others. Our *Certificate in Life Coaching* is our only life coach training product which **does not** come with Student Membership of the Association for Coaching as we intend this product to primarily be for those with an interest but who do not intend at this stage to pursue life coaching on a more professional level.

Diploma in Life Coaching



Our *Diploma in Life Coaching* will provide you with the perfect start for your professional development as a life-coach. Our units have a particular focus on wellbeing and community but equally prepare you for working in a variety of sectors including executive, educational and more general life-coaching.

The two core units for our diploma are *PC101: Peer Coaching* and *LC201: Life Coaching*. We also have options for you to choose from a further three units:

- *SP301: Getting Started in Practice*
- *DS401: Developing your Practice Skills*
- *WM501: Working on the Margins*

Our *Diploma of Life Coaching* comes with one-year Student Membership of the Association for Coaching included providing you with a solid start to your development as a life-coach.

BLENDED STUDY

We have developed our life coach training to make the best use of on-line and in-person study, individual and group-based learning. All our units are delivered through this combination:

E-learning



You will be given access to all the course materials, exercises, reflections, quizzes, unit handbook and course guides via our online portal. For each unit, either the first or last session will also be conducted via online learning. By complimenting our group sessions with online learning, you have the opportunity to structure your studies to the learning style which suits you best.

Group-sessions



This is one of the aspects of our training which our students enjoy the most. Our group work sessions are structured and informative but also informal and fun. You will get direct tutor input on the topic of the session but will also get the opportunity to share your experiences, ask questions and learn from your peers. Our group-work sessions really bring our learning to life.

One-to-one tutorials



For each unit you will also be given the opportunity to arrange a one-hour one-to-one session with your course tutor at a mutually convenient time. This session will help you work through the materials covered on a more personal level and also allow you to ask any questions you might not want to ask in the group setting. Many students also like to use this appointment to prepare for their assignment.

EXPERT TUTION



Our *Certificate* and *Diploma in Life Coaching* courses are led by Dr Dave Wood.

Dave is a former Senior Probation Officer and is now the founder and director of Metanoeo CIC. In addition to establishing Metanoeo CIC he runs a private life coaching practice, Realign Coaching. Dave is also an experienced lecturer in Psychosocial Analysis Community and Criminal Justice (which he has lectured at both undergraduate and post graduate level) and Community Wellbeing. He holds a BA in Bible and Theology, BA(Hons) in Community Justice, MA in Criminal Justice and PhD in Theology. Dave is a member of the Association for Coaching, a community member of Forum Housing Association and a Fellow of the School for Social Entrepreneurs.

SUPPORTING YOUR DEVELOPMENT AS A PROFESSIONAL LIFE-COACH



Metanoeo CIC is an organisational member of the Association for Coaching, an independent, not-for-profit professional body dedicated to promoting best practice and raising the awareness and standards of coaching, worldwide.

As such, we have designed our training to be in line with the practice and membership requirements of the Association for Coaching. As a student on our *Diploma in Life Coaching* course you will be registered as a Student Member of the Association for Coaching. We include this in our course price as we believe installing a commitment to membership of a professional body is essential for our student's ongoing professionalism as a life coach.

During your course you will be guided through the Association for Coaching's Coaching Competency Framework ensuring you are trained to meet the rigorous ethics and practice standards required for full membership of the Association for Coaching. You will also be supported to complete the required portfolio to apply¹ to become a full member of the Association for Coaching upon successful completion of your course and twenty-five practice hours.

Full membership of the Association for Coaching entitles you to use the letters MAC (Member of the Association for Coaching) after your name to demonstrate the professionalism with which you intend to coach others. It also enables you to advertise your services on their website and access their wide range of members benefits.

Both our *Certificate* and *Diploma in Life Coaching* come with one-year's membership of the Metanoeo Guild included². This provides you with ready-made access to the supervision and continued professional development opportunities (CPD) required to practice in accordance with Association for Coaching standards.

Metanoeo CIC is a registered training provider, listed on the UK Register of Learning Providers (registration number 10052875).

¹ Please note that application for full membership of the Association for Coaching comes at an additional cost to the individual making the application and is not included in your course training fees. At the time of writing this cost's £140 per annum.

² Annual renewal cost is £35 at the time of writing.



Photo by Jamie Street on Unsplash

PC101: PEER COACHING

This unit will provide you with the opportunity to develop an introductory understanding of the principles and practices of life coaching.

This unit comprises:

- Course introduction
- Verbal communication
- Non-verbal communication
- Using powerful questions
- Session structures
- Understanding coaching
- Foundations for coaching
- Exploring the GROW model
- Practice and Ethics
- Summarising peer coaching, opportunities for practice and development



There is also a one-to-one tutorial. Assessment is through a 1,000-word assignment.



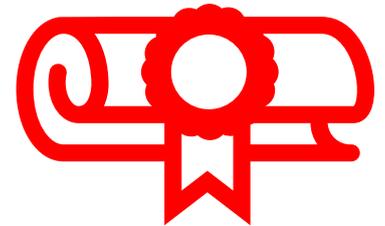
Photo by Christin Hume on Unsplash

LC201: LIFE COACHING

This unit builds on the fundamental principles and practices of life coaching explored in *PC101: Peer Coaching* to provide you with an opportunity to develop your skills and practice as a life coach.

This unit comprises:

- An introduction to life coaching beyond peer coaching
- Identity
- Reconciliation
- Creativity
- Resilience
- Coaching models 1
- Engaging your own journey
- Coaching models 2
- Creating a personal synthesis
- Preparing for assessment, portfolio and ongoing development



There is also a one-to-one tutorial. Assessment is through a 1,000-word assignment.



Photo by Adeolu Eletu on Unsplash

SP301: GETTING STARTED IN PRACTICE

This unit will provide you with the opportunity to explore some of the resources and options which are available to you in setting up your own life coaching practice.

This unit comprises:

- An introduction to the unit and business canvas model
- An introduction to freelancing and the legal basics
- Aims, objectives and mission
- Knowing your product
- Knowing your market
- Creating a marketing strategy
- The role of social media
- Building an online presence
- Email and appointment systems
- Building a business canvas – putting it all together



There is also a one-to-one tutorial. This unit has no formal assessment.

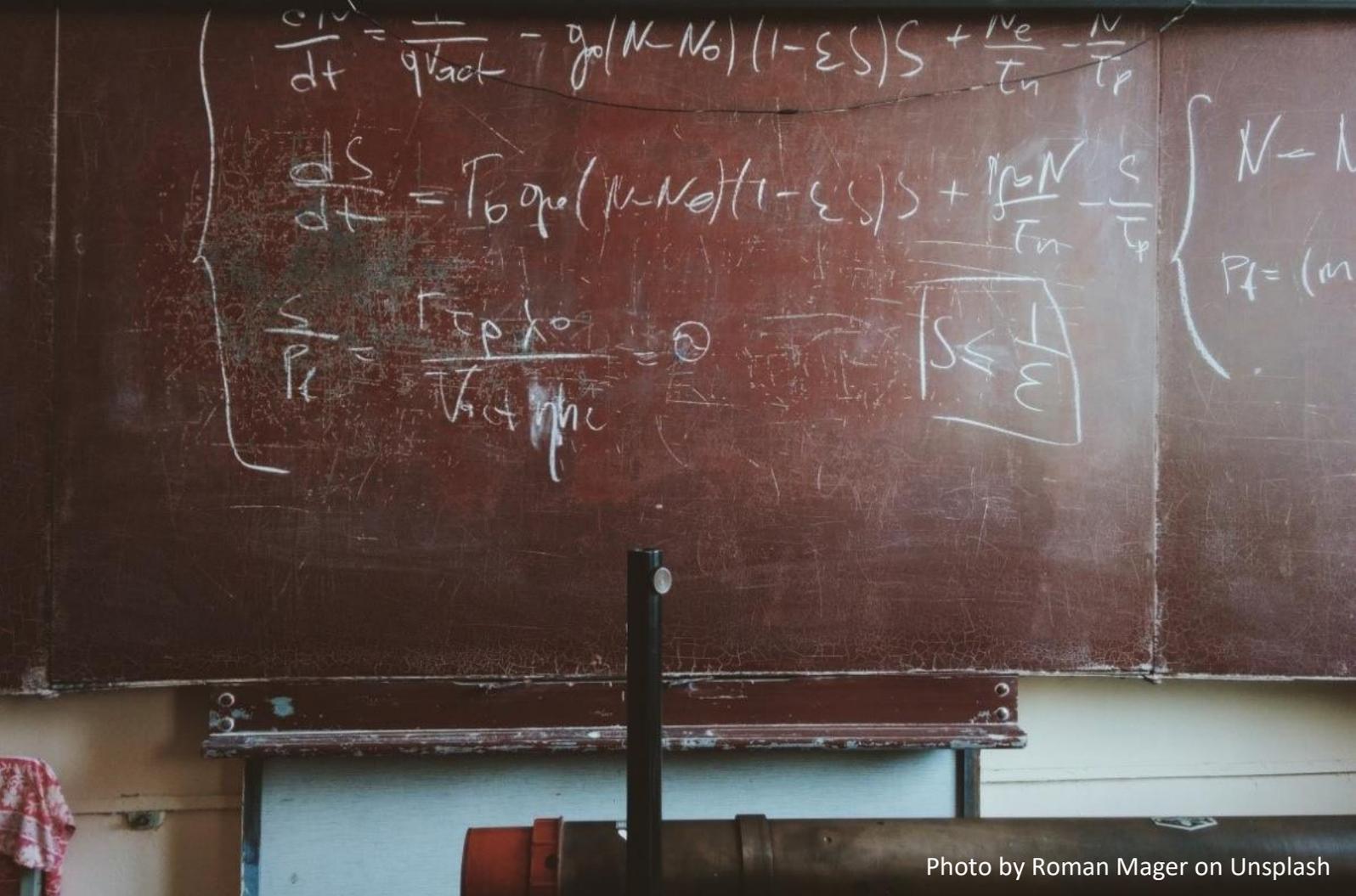


Photo by Roman Mager on Unsplash

DS401: DEVELOPING YOUR PRACTICE SKILLS

This unit will provide you with the opportunity to build your knowledge and skills as a life coach.

This unit comprises:

- Adopting a psycho-social approach to practice
- Science of persuasion
- Cycle of change
- Motivational interviewing
- Working with conflict
- Post-modern coaching
- Developmental coaching
- Integrated coaching
- Reflecting on your model
- Planning ongoing learning as part of your development



There is also a one-to-one tutorial. Assessment is through a 1,000-word assignment.



Photo by Jamie Street on Unsplash

WM501: WORKING ON THE MARGINS

This unit will provide you with the opportunity to develop an introductory understanding of working with the people who may be on the fringes of our society or feel a sense of exclusion from our communities.

This unit comprises:

- Where are the margins of our society?
- Introduction to wellbeing and mental health
- Working in the community
- Understanding diversity and difference
- Working with faith as human and social capital
- Understanding offending
- Working with addiction
- Working with domestic abuse
- Working with sexual offending
- Knowing your boundaries



There is also a one-to-one tutorial. Assessment is through a 1,000-word assignment.

PRICE AND OPTIONS MENU

Book your place today via <http://metanoeo.org.uk/metanoeoacademy/>

Package	Units	One-to-one's	Learning Hours			Metanoeo Guild	Student Membership Association for Coaching	Price
			Taught	Self-guided	Total			
Certificate in Life Coaching								
Introductory Package	1	1	10	15	25	Yes	No	£189
Aimed at those with a general interest in finding out about the fundamentals of what life coaching is and how it's done. This includes the unit <i>PC101: Peer Coaching</i> .								
Diploma in Life Coaching								
Standard Package	2	2	20	30	50	Yes	Yes	£359
Perfect for those who want to build their skills to a level where they can start life coaching others. This includes the units <i>PC101: Peer Coaching</i> and <i>LC201: Life Coaching</i> .								
Premium Package	3	3	30	45	75	Yes	Yes	£509
Get off to a great start by combining our standard package with an extra unit to increase your knowledge of life coaching skills and techniques. This includes the units <i>PC101: Peer Coaching</i> , <i>LC201: Life Coaching</i> and <i>DS401: Developing your Practice Skills</i> .								
Standard Start-up Package	3	3	30	45	75	Yes	Yes	£509
For those who want to start their own freelance life coaching practice. This includes the units <i>PC101: Peer Coaching</i> , <i>LC201: Life Coaching</i> and <i>SP301: Getting Started in Practice</i> .								
Premium Start-up Package	4	4	40	60	100	Yes	Yes	£659
Perfect for those who want to start their life coaching practice with a greater level of tools for working with clients. This includes the units <i>PC101: Peer Coaching</i> , <i>LC201: Life Coaching</i> , <i>SP301: Getting Started in Practice</i> and <i>DS401: Developing your Practice Skills</i> .								
Comprehensive Package	5	5	50	75	125	Yes	Yes	£809
Aimed at those who would like to start a community focused life coaching project working with people on the margins of society. This includes the units <i>PC101: Peer Coaching</i> , <i>LC201: Life Coaching</i> , <i>SP301: Getting Started in Practice</i> , <i>DS401: Developing your Practice Skills</i> and <i>WM501: Working on the Margins</i> .								

If you have already completed the *Certificate in Life Coaching*, you can upgrade to the *Diploma in Life Coaching – Standard Package* for £190.

To complete any of units *SP301: Getting Started in Practice*, *DS401: Developing your Practice Skills* or *WM501: Working on the Margins* on their own costs £165 per unit.

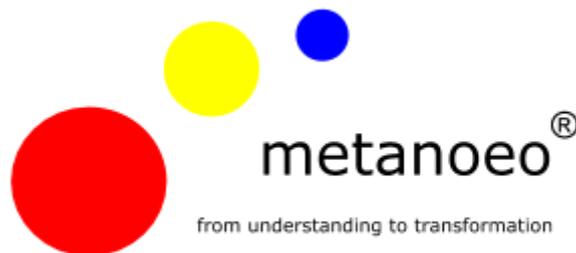
WHY TRAIN WITH US

1. As a social enterprise all the profits we make are reinvested into the work we do bringing wellbeing to our communities.
2. We pride ourselves on not undertaking our work simply as a money making venture, but as part of our social mission to develop #wellbeing4all. This is reflected in the value for money offered through our courses.
3. The reviews given by our graduates:

An outstanding great value for money course

I undertake a lot of courses and can honestly say this particular course is tremendous value for money. The contents was interesting and informative. Dave is a highly qualified experienced professional, however, he has a way of really connecting with people on their level, so although his academic standing is high there does not feel like a big difference given he is so down to earth. So, if you are thinking of a change of career, a return to work after a gap or something to get you thinking this really is the course for you. The support during and after the course really is exceptional. The other people you will meet on the course are like minded individuals and it's great networking opportunity and a chance for ongoing peer support. Dave is a very experienced teacher with a strong sense of social justice and none judgemental attitude so wherever you are in your life right now this course will of tremendous benefit to you.

See more reviews on Trustpilot via <https://www.trustpilot.com/review/metanoeo.org.uk>



Metanoeo CIC is a community interest company limited by guarantee registered in England and Wales company no 9589741. Registered office: 72-74 Market Street, Birkenhead, Wirral, CH41 5BT

Metanoeo Academy is registered with the UK Register of Learning Providers registration number 10052875.

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