

# life coaching

Study Hours:	100 hours
Assignments :	10
Examinations:	1
Textbooks:	1



This course will enable people in health industry to help others set and achieve life goals. You'll develop an appreciation of how different perceptions of the world can be just as critical as knowledge, skill and opportunity in a person's success or failure.

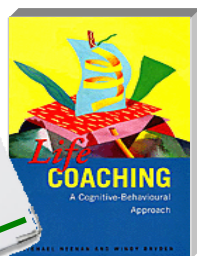
The course also covers such things as coaching processes, coaching skills and goal setting; and is equally relevant to developing both physical and psychological well being in the client.

## COURSE STRUCTURE – self directed learning

- Introduction: Nature & scope of life coaching
- Individual perceptions
- A well-balanced life
- Coaching processes
- Coaching skills
- Coaching & physical well-being
- Coaching & psychological well-being
- Coaching success
- Goal-setting
- Review and adjustment

## LEARNING AIMS FOR THIS COURSE INCLUDE:

- Define life coaching and differentiate it from other professions such as psychotherapist, counsellor, personal trainer and so on.
- Understand that people perceive the world in different ways, and identify ways to help clients change counter-productive perceptions without excessive discomfort.
- Define a well-rounded individual and well-rounded life.
- Define different coaching skills including listening, analysing, planning and focusing.
- Identify ways in which life coaching can contribute to physical well-being.
- Identify ways in which life coaching can contribute to psychological well-being.
- Identify the areas in which successful life coaching can benefit a client.
- Understand the importance enabling clients to develop aims, plans and goals.
- Recognise the importance of reviewing and adjusting the life-coaching processes.



- ▶ This course is delivered by self paced learning with tutor support.
- ▶ You receive a comprehensive set of course notes and assignments.
- ▶ TEXTBOOK provided - *Life Coaching: A Cognitive Behavioural Approach*
- ▶ You have 6 months from date of enrolment to complete the program and assessments.
- ▶ A Certificate is provided on successful completion.

- ✓ Comprehensive training materials
  - ✓ Self development and new skills
  - ✓ Tutor support
- PLUS, CPE Point Approved with ATMS (30 points)**

**Course Fee**  
**ONLY \$595**

**NSW SCHOOL of MASSAGE**

**☎ (02) 9283 2588**

# life coaching ~ Complimentary Study Module

Study Hours:	100 hours
Assignments :	8
Examinations:	1
Textbooks:	1

## Professional Practice For Consultants



This course is a valuable guide to setting up and operating a consulting business in any profession.

**COURSE STRUCTURE** – self directed learning  
There are eight lessons in this module as follows:

- Determine if a Consultancy Practice is for You
- Planning a Consultancy Practice: Part 1
- Planning a Consultancy Practice: Part 2
- Knowing What to Charge
- Setting Up Your Consulting Practice
- Keeping Accounts and Records
- How to Generate Business & Keep It
- Maintaining Your Consultancy Practice

### LEARNING AIMS FOR THIS COURSE INCLUDE :

- Analyse current industry requirements and your individual needs
- Determine the business structure appropriate for your consultancy practice.
- Produce a business plan and implementation schedule
- Determine costs involved in setting up a practice and how to set fees.
- Describe different communication and marketing techniques.
- Describe different admin procedures including invoicing and maintaining records & accounts.
- Determine industry best practice for obtaining and keeping your customers
- Recognise responsibility towards yourself and employees in maintaining and expanding your practice, and to develop strategies to cater for increased demand.



- ▶ This course is delivered by self paced learning with tutor support.
- ▶ You receive a comprehensive set of course notes and assignments.
- ▶ Textbook *Getting Started in Consulting*. Alan Weiss
- ▶ You have 6 months from date of enrolment to complete the program and assessments.
- ▶ A Certificate is provided on successful completion.

- ✓ Comprehensive training materials
- ✓ Self development and new skills
- ✓ Tutor support

Course fee  
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