

Life Coaching and Counselling Diploma Curriculum

(List of Chapters & Lessons)

1. Introduction to Life Coaching and Counselling

- Mindset of a Life Coach
- How to Shift your Identity as a Coach
- What is Life Coaching?
- What is Counselling?
- Differences Between Life Coaching and Counselling
- Three approaches to Counselling
- When you Coach and when you Counsel
- The Roles of Life Coaches and Counsellors
- Core Skills and Mindset of a Successful Life Coach
- Ethics and Boundaries in Coaching and Counselling

2. Essential Coaching Skills

- How a Life Coach Works
- Core Techniques Used in Life Coaching
- Active Listening Skills for a Life Coach
- Effective Questioning Skills
- Building Rapport and Trust
- Empathy and Non-Judgment
- Using Powerful Language in Coaching
- Accountability

3. Effective Coaching Frameworks and Models

- The GROW Model
- SMART Goals
- The Wheel of Life
- The CLEAR Model
- Coaching Session Structure

4. Identifying Client Needs and Creating Action Plans

- Understanding Client Needs
- Creating Personalised Action Plans
- Using Visualisation to Inspire Change
- Addressing Limiting Beliefs
- Tracking Progress and Adjusting Plans

5. Core Concepts and Frameworks for Coaches

- The Coaching Compass
- Understanding Fears and Limiting Beliefs
- Fixing a Client's Environment
- Fixing Clients' Habits
- Understanding and Fixing Core Values
- Fixing Misunderstanding from Past events
- Working on Limiting Stories and Beliefs
- The Use of Affirmations in Coaching
- Breathwork for Stress and Anxiety Relief
- 4-Step Process to Help Clients Move On from a Setback
- How to Start the Process of Forgiveness
- Facing Fears: Meditation on Mortality
- The Power of Memory and Visualisation

6. Core Techniques and Tools for Coaches

- Brainstorming
- NLP
- Mindfulness and Meditation
- Journaling and Reflection
- Role-Playing
- SWOT Analysis
- Accountability Contracts
- Mind Mapping

7. Counselling Techniques for Life Coaches

- Counselling Compass
- Empathy and Validation
- Reflective Listening
- Normalisation

- Reframing
- Exploring Emotional Blocks
- Boundaries and Referrals

8. Coaching Specialisations

- Career Coaching
- Health and Wellness Coaching
- Relationship and Family Coaching
- Business and Executive Coaching
- Spiritual and Mindset Coaching
- Life Transition Coaching
- Mental Health Coaching
- ADHD Coaching
- Addiction Recovery Coaching
- Trauma Recovery Coaching

9. Working With Client Challenges

- Depression
- Anxiety
- Marital Issues
- Parenting Issues
- Low Confidence
- Social Anxiety
- Addiction
- Truma
- ADHD
- Weight Loss & Healthy Living
- Financial Health
- Limiting Beliefs
- Fear of Failure
- Procrastination
- Overcoming Self-Sabotage
- Emotional Barriers

10. Ethics and Legal Considerations

- Client Confidentiality and Legal Agreements
- Boundaries in Coaching
- Informed Consent
- Ethical Responsibilities
- Legal Considerations for Life Coaches

11. Setting Up Your Coaching Practice

- Defining Your Niche and Target Audience
- Defining Your Services
- Building Your Brand
- Setting Up Operations
- Marketing and Attracting Clients
- Financial Planning