



Room to Grow, Room to Create, Room to Come Alive!

Life Skills Coach Certification Training Level One

LIFE SKILLS Coach Training is an *educational* and *experiential* course, focusing on Life Skills as a model of adult education. LIFE SKILLS learning provides life management and problem solving techniques through the process of group dynamics and skill building for change enhancement in five areas' of one's life: *Self, Family, Community, Job, and Leisure*.

LEVEL ONE Coach Training will enable the participant to become familiar with Life Skills theory, content, and methodology in order to provide personal and professional development to one-self and encouragement and training to others.

This course is a must for anyone working in the “helping” field, particularly for those supporting one-to-one clients, facilitating groups, career/employment development and in the social services sector.

The overall goal of Level One Life Skills Coach Certificate Training is to provide the opportunity to practice, develop, understand, and evaluate coach training. More generally the course includes skills such as recognizing problem situations, identifying assumptions, formulating alternative solutions to problems, and choosing among alternatives.

Training Dates:

Fri. Sat. Sun. April 9, 10, 11 & 16, 17, 18th, 2010

or

Fri. Sat. Sun. September 24, 25, 26 & Oct. 1, 2, 3rd, 2010

Cost:

\$795.00 plus manual

{The New Dynamics of Life Skills Coaching-\$60.00} purchased
through The Coaching Room

Location & Registration:

YMCA Centre Branch, 382 Waterloo St., London, Ont.

www.ymcawo.ca



Room to Grow, Room to Create, Room to Come Alive!

Life Skills Coach Certification Training Level One

The following lessons will be covered in the 48 hour training

1. Building a Learning Community
2. Effective Communication
3. Understanding Personal Learning and Training Styles
4. Effective Problem Solving - “the key to Life Skills”
5. Group Dynamics/Group Behaviours
6. Designing a Life Skills Lesson
7. Saying Good-Bye: Successful Closure
8. Evaluation in Life Skills

Participants will get to:

- Identify group guidelines through interactions with group discussions
- Learn new skills for communicating and relationship building
- Understand different approaches to learning and teaching
- Practice solving problems
- Explore and understand group dynamics using Tuckman’s theory
- Collaborate and co-create all steps in designing a lesson plan using the Life Skills/Newstart model
- Demonstrate competence as a facilitator and coach in presenting a workshop to the group
- Appreciate the importance of Life Skills theory, methodology of adult education and experiential learning cycle

For more information please contact susan@thecoachingroom.com



Room to Grow, Room to Create, Room to Come Alive!

Life Skills Coach Certification Training Level One

Who we are:

The Coaching Room is an established business, operating and delivering Life Skills Coach Training since 1996. *The Coaching Room* is a leadership development, coaching and training company committed to bringing about meaningful change through sustainable action.

<http://www.thecoachingroom.com/thecoachingroom.html>

Susan Morel, CPCC, 'soul' proprietor of The Coaching Room, has been a Life Skills Coach since 1989, becoming an Accredited Coach through ALSCO in 1994. Susan served on the executive of ALSCO for many years, 2 of those years as President. Susan Morel is also a *Certified Professional Co-active Coach* through The Coaches Training Institute. Susan has an extensive background in counseling, teaching and training, and more recently as an Executive Director for an organization that provides therapeutic riding for children and adults with disabilities.

Susan has trained over 300 Life Skills Coaches from the professions of career counseling, teaching and social service agencies. Susan has worked as a service provider in the field and she understands the impact of the life skills approach to behavioral change and problem solving.

"Susan, I just wanted to thank you again for showing such professionalism and integrity during our Life Skills course. You truly are an authentic person who practices what you preach. You are in stark contrast to much of what I face on a daily basis. Thank you for your genuineness and for reminding me not to compromise my values." Julie, Employment Counselor

For more information please contact susan@thecoachingroom.com
519-433-0703