

YWCA Toronto

LIFE SKILLS COACH CERTIFICATE PROGRAM

Phase 2- Dynamics of Life Skills Coaching (3 days)

(The pre-requisite for this program is Ph 1 - Foundations of Life Skills Coaching)

In Dynamics of Life Skills you will examine the profile of competencies Life Skills coaches develop to successfully manage their groups. As a result of this course you will learn the importance of effective lesson design, identify appropriate interventions related to group behaviour, assess group coaching skills and set goals for further development.

By the end of this program you will,

- Examine the principles and application of the Life Skills Model
- Analyze the structural components of Lesson Design
- Identify the impact of behaviours in groups
- Explore appropriate interventions for challenging behaviours
- Learn about the roles and responsibilities of Life Skills Coaches
- Create a path for continued professional development

Course Fee: \$ 675 / \$ 475 students

Registration: YWCA TORONTO

Online at: ywcatoronto.org/store/home

Download registration form at: www.ywcatoronto.org/lifeskills

Location: YWCA TORONTO

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Contact Us

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Phase 2

Our clients say...

"Phase 2 allowed me to understand how to deal with healthy or toxic group dynamics."

"I now realize how my leadership style contributes and/or hinders group development."

"Now I feel better prepared to lead my groups through unforgettable learning experiences."



A TURNING POINT
FOR WOMEN



LIFE SKILLS COACH CERTIFICATE® PHASE 2 TRAINING

3 DAYS COURSE OUTLINE

Recommendations

- Phase 2 is intended for experienced Life Skills coaches with 60 or more hours of experience as group leaders and facilitators.
- This program maintains the experiential leaning tradition of Life Skills training but has a higher level of cognitive content requiring *previous reading* of the text book “*The New Dynamics of Life Skills Coaching*” acquired in Phase 1.

Session 1 - Principles of the Life Skills Model

- Understand the origins and ultimate goals of the Life Skills models
- Examine the construction of the lesson model and understand its significance
- Examine their own group coaching experience and current skills levels
- Critique personal coaching skills and identify skills development goals for this program

Session 2 - Lesson Design

- Review your original Life Skills lesson against the requirements of the Life Skills model
- Discuss changes to your lesson plan to determine its structural soundness
- Improve your lesson to reflect the complete learning circle as required by the Life Skills model
- Practice the implementation of a complete Life Skills model

Session 3 - Understanding Group Behaviour

- Observe and name a variety of behaviours in groups
- Identify the impact of various unmet needs on group dynamics
- Analyze and select appropriate intervention strategies
- Examine interactions within the group and reflect on the group responses to own behaviour

Session 4 - Resources Forum

- Students are invited to bring resources to share with colleagues and peers
- Lesson material, such as warm ups, evaluations, group activities
- Content resources, such as books and web sites
- Tips and techniques using media in Life Skills coaching

Session 5 - Life Skills Coach Competencies

- Illustrate and articulate personal perspectives about the roles and responsibilities of Life Skills Coaches
- Self-asses their own Life Skills competencies using GAP analysis
- Create a learning contract for continued professional development in Life Skills Coaching
- Present their own Life Skills Coach profile to group

EARNING THE CERTIFICATE

Participants must complete the following requirements to be awarded a certificate:

- Bring an original NewStart Life Skills lesson plan designed by the participant
- Participate in self-analysis and self-assessment of coaching skills
- Develop and present their unique profile as a Life Skills Coach
- Create a coaching contract for continued professional development
- Full attendance or completion of work assignments for a missed class (missing more than two classes requires participants to retake the program).