

# YWCA Toronto

## LIFE SKILLS COACH CERTIFICATE - PHASE 2

### Dynamics of Life Skills Coaching (5 days)

(The pre-requisites for this program is Ph 1 - Foundation of Life Skills Coaching)

In this course Life Skills Coaches examine the core competencies required to manage group dynamics, apply creativity to lesson design and discover their unique coaching presence. Participants learn and practice coaching tools, techniques and strategies to respond to challenging group behaviours.

#### By the end of this program you will,

- Deepen your understanding of the tools learned in Phase 1
- Assess your skills as a Balanced Self-Determined person
- Identify and advance your Life Skills Coaching skills
- Enhance awareness of your unique coaching presence
- Examine process in Life Skills groups
- Practice interventions for challenging group behaviours
- Explore how to facilitate change and transitions

**Course Fee:** \$975\*

#### Registration: YWCA TORONTO

On-line or Download registration form at: [www.ywcalifeskills.org](http://www.ywcalifeskills.org)

#### Location: YWCA TORONTO

3090 Kingston Road, 3rd Floor, Scarborough, ON M1M 1P2

#### Contact Us

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### Our clients say...

*"Now I am not so afraid of disruptive behaviours in my groups."*

*"This program has shifted my perspective about what it takes to earn the right to coach someone else."*

*"Phase 1 enlightened me but Phase 2 transformed me."*

\*Student fee of \$675 available only for Toronto Sessions. Proof of student transcript required.



A TURNING POINT  
FOR WOMEN



# LIFE SKILLS COACH CERTIFICATE® PHASE 2 TRAINING

## 5 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 learning tradition of Life Skills training but has a higher level of cognitive content requiring previous reading of the textbook *The New Dynamics of Life Skills Coaching* acquired in Phase 1.

### Session 1 - Reconnecting: The Model and the Skills

- Identify learning expectations and compare them to the objectives of this program
- Differentiate Life Skills coaching from generic coaching, teaching, counselling and facilitating
- Review and recognize the fundamentals of Life Skills coaching learned in Phase 1
- Identify working agreements on how the group will function together for the week
- Self assess skills as a Balanced Self-Determined (BSD) person

### Session 2 - Your Coaching Presence

- Identify and appreciate your unique coaching presence
- Review competencies and assess your Life Skills Coaching skills
- Identify skills to develop during the week and practice applying self awareness

### Session 3 - Creativity in Lesson Design

- Understand how to enhance their creativity
- Use a creative process to design a Life Skills lesson
- Demonstrate the use of creativity in lesson design
- Have a solid understanding of the Life Skills lesson template

### Session 4 - Group Dynamics in Life Skills

- Explore a variety of harmful and helpful group behaviours
- Identify the impact of unmet needs on group dynamics
- Identify Life Skills coaching skills to respond to challenging group behaviours
- Analyze and select appropriate tools, techniques, and interventions

### Session 5 - Process and the Creative Problem Solving

- Differentiate between content and process in Life Skills groups
- Understand how process and the creative problem solving model work together as a system
- Practice applying the creative problem solving model in group interactions

### Sessions 6-9 - Participant Presentations

- Preparation and presentation of Individual Coaching Profiles

### Session 10

- Appreciate change and endings as a natural phase of individual growth
- Recognize how they can facilitate change and transitions for their clients
- Identify learning in this program and needs for further development

## EARNING THE CERTIFICATE

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

- Participate in self-analysis and self-assessment of coaching skills
- Set and practice developmental goals to enhance coaching skills
- Develop and present their unique profile as a Life Skills Coach
- Attend the full week and complete work assignments (missing more than two classes requires participants to retake the program).