Life Skills coach training is for group leaders who work in social services, career counselling, education, mental health, human resources, rehabilitation, or as consultants and trainers.

A Life Skills coach facilitates learning and behaviour change by practicing problem solving behaviours in a group environment through the use of experiential tools and techniques.

**By the end of this program you will,**
- Discover your learning style
- Practice and receive feedback on your presentation skills
- Learn the 6-step problem-solving strategy
- Understand the stages of group development
- Discuss adaptations to different client-group needs
- Increase your confidence as a leader

**Course Fee:** $975*

**Registration:** YWCA TORONTO
On-line or Download registration form at: www.ywcalifeskills.org

**Location:** YWCA TORONTO
3090 Kingston Road, 3rd Floor, Scarborough, ON M1M 1P2

**Contact Us**
YWCA Toronto
T 416.269.0091 x270  E lifeskills@ywctoronto.org  W ywctoronto.org

*Student fee of $675 available only for Toronto Sessions. Proof of student transcript required.
Session 1 - Getting Started: Bringing People Together
- Recognize and identify learning expectations and compare them to objectives of this program
- Contribute to the development of group guidelines and team planning
- Interact with group members to contribute to the formation of a Life Skills group

Session 2 - Learning Styles and Lesson Design
- Describe their preferred learning style and appreciate the needs of other learning styles
- Discuss the impact of their learning style on their coaching style
- Recognize the connection between the Life Skills lesson model and learning styles
- Describe the experiential learning cycle and connect it to the Life Skills lesson plan
- Describe the Life Skills lesson model in simple terms

Session 3 - Feedback and Self-Disclosure
- Appreciate the importance of feedback and self-disclosure in Life Skills coaching
- Recommend guidelines for self-disclosure and feedback in this group
- Practice giving and receiving positive and constructive feedback
- Assess personal feedback skills and identify areas for growth

Session 4 - Stages of Group Development
- Assess the 5 stages of group development
- Identify the related behaviours and needs of the 5 stages
- Respond to the developmental stages of the group by implementing appropriate techniques
- Select activities, behaviours and techniques that support the development of a Life Skills group

Sessions 5 – 9 - Student Lesson / Delivery
- Recognize the value of each Life Skills lesson and use them in combination
- Collaborate with colleagues to develop and write a Life Skills lesson
- Demonstrate their coaching and facilitation skills
- Evaluate their own coaching and facilitation skills by naming their strengths and development areas
- Practice self-disclosure while providing colleagues with feedback in a variety of areas
- Suggest ways to revise or adapt lesson material based on the learning needs of specific client groups

Session 10 - Closure
- Compare their ‘goodbye style’ and its impact on groups
- Review and evaluate the program
- Identify what they have learned and what needs further development
- Determine further learning and coaching goals to enhance professional development as Life Skills coaches

EARNING THE CERTIFICATE
Participants must complete the following requirements to be awarded a certificate:
- Design of an original lesson plan using the NewStart lesson plan template
- Delivery of an original lesson plan to the group
- Give and receive feedback on participants’ lessons
- Full attendance or completion of work assignments for a missed class (missing more than two classes requires participants to retake the program).