

Life Coaching Certification consists of 3 courses: 1. Ten Pillars of Life Catalyst Certification Course on 5 videos (sessions) with a 100 multiple choice open book exam. The Ten Pillars of Life Catalyst are:

1. The Difference between Life Coaching/Mentoring & Counseling
2. The Concept of Mentoring
3. How to Evaluate
4. Concept of the Life Map
5. The Forming of Beliefs and Conclusions
6. The Grasp of VAK
7. The Concept of Obstacles
8. The Process of Building Rapport
9. The Importance of Trust
10. Where Life Catalyst Curriculum Fits In

Email the exam to lifecatalystinstitute@gmail.com and we will grade it and return to you.

2. Workshop on 3 videos (sessions.) The Workshop is very important. In the Workshop a course from Life Catalyst Curriculum is used in a simulation of a life coaching session. The course on Grief is included to use. Go to YouTube to Life Catalyst Institute/Life Coaching/Mentoring/Grief Workshop to observe the course being taught by Dr. Wyser. There is much give and take of conversation among the class/clients. This demonstrates the use of the curriculum for life coaching through the application of that course. You gain understanding and experience in this workshop. As stated, the course on Grief is included. There is no exam but there is a form that must be filled out and returned for credit.

Life Coaching Workshop Using Module Three of Life Catalyst Curriculum

1. First, you need to familiarize yourself with the Life Mapping section of the credentialing or core course. This is also the material you use to evaluate your client. The Life Map indicates the current position of the client and the goal the client wants to achieve and reveals the obstacles standing in the way. The Life Map is an important tool in discovering the true obstacles your client faces.

2. Next, look at the Personal Life Mapping section that is in the certification course and fill it in for yourself. My filled in Life Map is there as a reference. This will tell you so much about yourself. Imagine that you are helping someone else to fill in

their Life Map. If it is possible try to get a group of people or at least one person to allow you to work with them and allow you to help them fill in their Life Map. This exercise is very helpful.

3. Now you are ready for the actual workshop. The Life Catalyst Model of Life Coaching is designed to combine orthodox Life Coaching methods with teaching. It is designed to be used with Life Catalyst Curriculum. The Curriculum allows the coach/consultant to have the information needed to attack the obstacles that need to be dealt with so the client may reach the goal they desire. You will have learned about obstacles and goals, and there is more in the coming courses (should you choose to go to the next level). For this workshop we will only deal with Grief. The course on Grief is included.

4. Let's look at the method to proceed. It would be good if you can be a part of a group and go through this course together—practicing on each other. If not maybe you can find one person that you meet with regularly and go through the material with them. You could also set up a meeting via Zoom. The material is designed to keep you focused and to easily frame each session but you must be flexible. Often what is being taught strikes a chord with the client and you need to stop and talk about it. It is not important that you teach each person all the material in detail. The important thing is that you help the person at the point of need, and give them a life map to achieve their goal.

3. Goal Setting on 3 videos (sections)

Section I: Setting Personal Goals

Section II: Effective Goal Setting and People Skills

Section III: Effective Goal Setting and Management Skills

There is no exam but the manuscript is actually a workbook with some exercises that must be completed concerning your own goals. That constitutes the exam. You can email a copy of the completed exercises to lifecatalystinstitute@gmail.com. Upon completion, your life coaching certificate will be shipped to you.