

ICR ACCREDITED
COACH TRAINING

LIFE COACH CERTIFICATE COURSE CURRICULUM.



94
VIDEO
LECTURES



36+
HOURS



3
MODULES



ABOUT SCHOOL OF LIFE COACH ACADEMY.

WELCOME TO SCHOOL OF LIFE.

School of Life is a leading personal development and coach training academy, dedicated to helping people create lasting transformation in their own lives and in the lives of others. We believe that coaching is one of the most powerful tools for personal growth, stronger relationships, and a more conscious and connected world.

Our internationally accredited programs combine cutting-edge neuroscience, proven coaching methodologies and real-world application. Whether you want to coach professionally, integrate coaching into your career, or simply live a more intentional and purpose-driven life, our training gives you the knowledge, skills and confidence to make a real difference.

With a global community, expert facilitators and a practical, hands-on approach, School of Life empowers you to unlock potential – in yourself and in others – and be part of a movement that is changing lives around the world.



GLOBAL REACH

Join a worldwide community of coaches and change-makers.



PRACTICAL LEARNING

Real-world tools and techniques you can apply.



PERSONAL TRANSFORMATION

Develop yourself while you learn to coach others.



ICR ACCREDITED

Globally recognised certification.



YOUR LEARNING JOURNEY

THREE MODULES. ONE COMPLETE COACHING FOUNDATION.

A structured learning journey that takes you from understanding the mindset and science behind change, to mastering core coaching skills, and finally applying advanced techniques to make a real impact.

01



MODULE 1

THE SCIENCE OF SUCCESS

Understand people, behaviour, communication, NLP and the foundations behind change.

02



MODULE 2

COACHING FUNDAMENTALS

Learn the frameworks, values, sensory awareness, goal-setting and fundamental skills used in coaching.

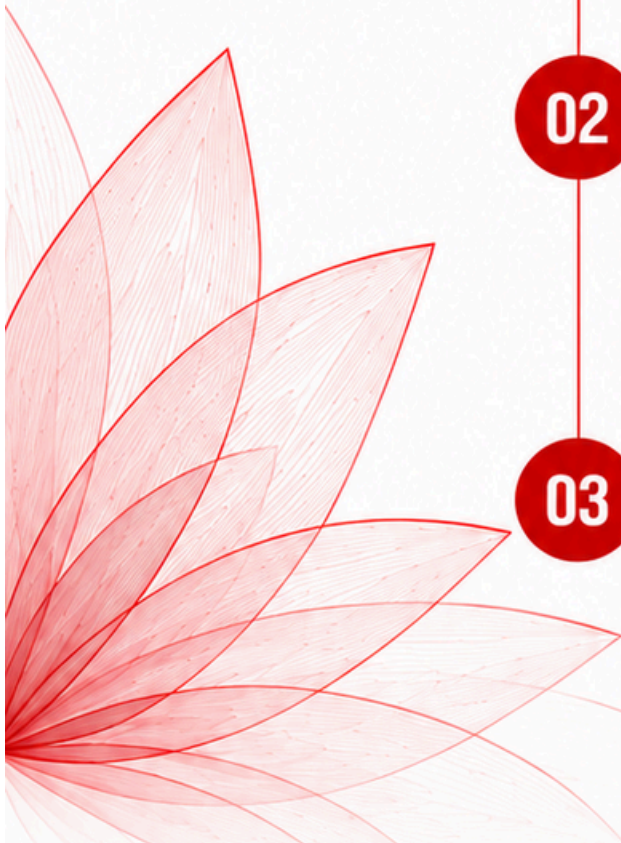
03



MODULE 3

ADVANCED COACHING SKILLS

Develop questioning, rapport, boundaries, behavioural interventions and practical coaching tools.



MODULE 01

THE SCIENCE OF SUCCESS.

UNDERSTAND PEOPLE DIFFERENTLY.

In this module you'll explore how the mind works, the foundations of NLP and life coaching, and the key principles that influence behaviour, communication and change.

**SECTION 1****INTRODUCTION TO LIFE COACHING AND NLP**

- The history of this course
 - What is Life Coaching?
 - What is NLP?
 - Wake Up!
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**SECTION 2****NLP MAPS OF THE WORLD – THE NLP COMMUNICATION MODEL**

- The NLP communication model
 - Filtering processes: Deletion, Distortion, Generalization, Confirmation Bias
 - The Bandwagon effect
 - The Illusion of Control
 - The Halo Effect
 - Filtering process wrap up
 - Reticular Activating System (RAS)
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**SECTION 3****NLP PRESUPPOSITIONS**

- The map is not the territory
 - Life and mind are systemic processes
 - Every behaviour serves a positive intent
 - Every behaviour is useful in some context
 - The meaning of communication is the response you get
 - There is no failure, only feedback
 - Flexibility, rapport and resistance
 - Humanly possible & modelling
 - We create our own experience
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**SECTION 4****THE FIVE PRINCIPLES OF SUCCESS****SECTION 5****FIVE BEHAVIOURAL FRAMES FOR SUCCESS**

MODULE 02

COACHING FUNDAMENTALS.

MASTER THE CORE SKILLS.

Build a strong foundation in professional coaching with practical tools, proven methodologies and the core skills you need to coach with confidence and create lasting change.

**SECTION 1****THE FRAMEWORK OF COACHING**

- The Coaching Model and Coaching Process
- The GROW Model
- The Coaching Agreement
- Boundaries
- Ethics
- Confidentiality
- Professionalism as a Coach
- The Role of the Coach
- Coaching vs Therapy

**SECTION 2****THE FUNDAMENTALS OF EFFECTIVE COACHING**

- Active Listening
- Powerful Questioning
- Reflection
- Summarising and Paraphrasing
- Empathy
- Building Rapport
- Presence
- Intuition
- Holding Space

**SECTION 3****WORKING AT A DEEPER LEVEL****SECTION 4****THE COACHING CLIENT****SECTION 5****SETTING A DIRECTION**

- Vision and Values
- Goal Setting and Outcomes

**SECTION 6****COACHING IN PRACTICE**

- Coaching Session Structure
- Using Coaching Tools and Techniques
- Working with Real-Life Scenarios
- Feedback and Self-Reflection
- Integrating Your Skills



MODULE 03

ADVANCED COACHING SKILLS.

APPLY HIGH-LEVEL SKILLS AND CREATE REAL IMPACT.

Take your coaching skills to the next level with advanced techniques, real-world application and the confidence to work with complex challenges and create lasting transformation.



SECTION 1 **BUILDING A HIGH-LEVEL COACHING PROGRAM**

- What is a Coaching Program?
- The 6 Key Elements
- How to Create Your Own Program
- Goal Setting within a Program
- Structuring Your Session Journey
- Tools, Exercises and Interventions
- Measuring Progress and Outcomes
- Case Studies and Examples
- Final Program Development



SECTION 2 **ADVANCED QUESTIONING SKILLS**



SECTION 3 **MENTORING**



SECTION 4 **ADVANCED NLP**



SECTION 5 **THE META MODEL**



SECTION 6 **THE MILTON MODEL**



SECTION 7 **NLP LANGUAGE PATTERNS**



SECTION 8 **COACHING TOOLS & MODELS**



SECTION 9 **INTEGRATING ALL SKILLS AND CREATING IMPACT**



WHAT YOU GET.



94 VIDEO LECTURES

Comprehensive, easy-to-follow training covering everything.



36+ HOURS OF CONTENT

In-depth knowledge, tools and real-world application.



3 MODULES

A structured learning journey from foundations to advanced skills.



LIFETIME ACCESS

Learn at your own pace, anytime, anywhere.



COACHING COMMUNITY

Connect with like-minded coaches around the world.



MONTHLY LIVE WORKSHOPS

Learn from expert coaches and get your questions answered.



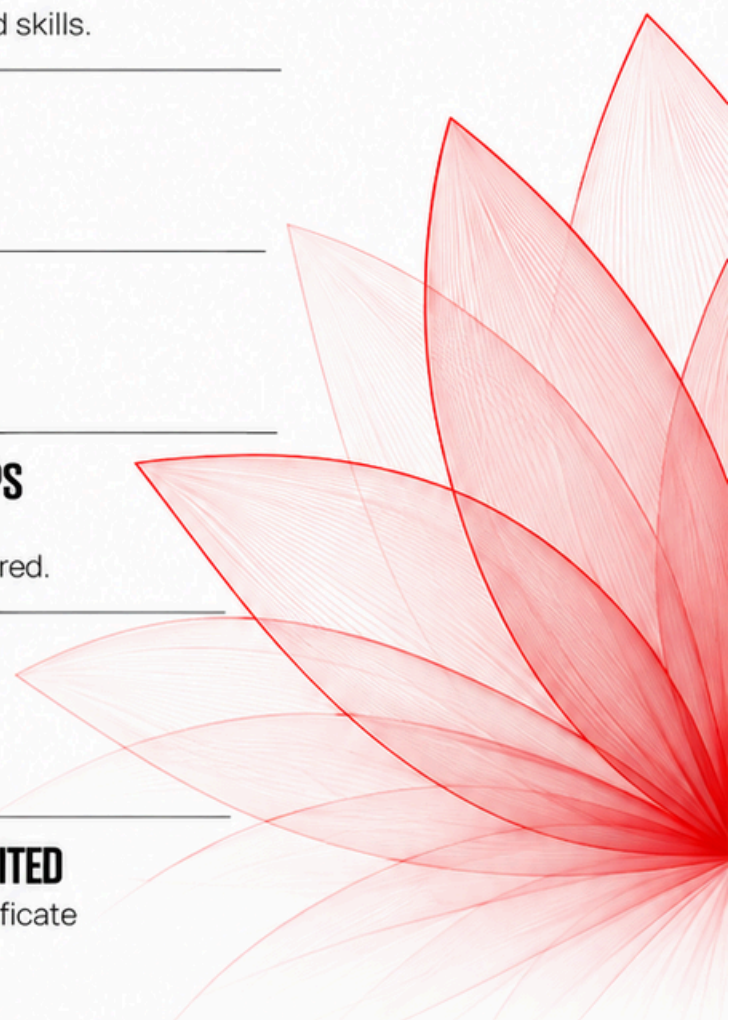
COACHES TOOLBOX

Contracts, client resources, 20+ tools and a ready-to-use coaching program.



INTERNATIONALLY ACCREDITED

Receive an official digital certificate recognised across the globe.



YOUR NEXT CHAPTER STARTS **HERE.**

Gain the skills, confidence and internationally recognised certification to help people create meaningful change – while building a life and career you love.



GET CERTIFIED

Learn from proven NLP and coaching methodologies.



MAKE A DIFFERENCE

Help people create real and lasting change.



BUILD A MEANINGFUL CAREER

Turn your passion into a profession.

