

COURSE OUTLINE
BMGT-234
Principles and Practices of Life Coaching
3 Semester Hours

HOWARD COMMUNITY COLLEGE

Description

In this course the student will be introduced to the history and evolution of life coaching. The student will analyze the similarities and differences between the life coaching and the business coaching models. The basic life-coaching model will be discussed and skills and strategies that are a part of the model will be presented and practiced. (3 hours weekly)

Overall Course Objectives

Following completion of this course, the student will be able to:

1. Track the history and evolution of life coaching.
2. Distinguish between coaching and therapy.
3. Distinguish between life or personal coaching and business coaching.
4. Apply the life coaching relationship.
5. Apply the skills of advanced coaching.
6. Analyze the specifics of marketing a life coaching practice.
7. Describe the principles of self-care for a life coach and how to integrate them into one's life.
8. Analyze and discuss the future of life coaching.

Major Topics

- I. The difference between therapy and coaching
- II. The history and evolution of life coaching
- III. The life coaching relationship
- IV. The basic life-coaching model
- V. Advanced life-coaching skills
- VI. Marketing a life coaching practice
- VII. Self-care for life coaches
- VIII. The future of life coaching

Course Requirements

Grading/exams: The grading guidelines will be distributed at the first class session. At least three exams and a pertinent project will be incorporated into the course grade. Use of a journal will be a strongly recommended course component.

Other Course Information

Faculty and coach led presentations and discussions will be among the formats for the course. A substantial part of the application activities will involve discussion among the students and problem solving. Every effort will be made to make discussion and theory applicable to the students' personal development and professional lives.

This course serves as a business elective.