



CERTIFICATE PROGRAM IN PROFESSIONAL COACHING FOR LIFE AND WORK

About the program

The *Professional Coaching for Life and Work Certificate Program* introduces you to the core coaching competencies and provides the practicum to effectively coach others. The professional standardization of coaching professionals has led to certification requirements established by the International Coaching Federation (ICF)—the only globally-recognized credential program for coaches. Gain the knowledge and expertise to apply for certification as an Associate Certified Coach (ACC) by the ICF.

HR Magazine recently acknowledged that business coaching is one of “the most effective means for achieving sustainable growth, change and development in the individual, group and organization.” Professional coaching, though a relatively new profession, has been referred to as one of the top 10 businesses for the 2010s.

Gain practical knowledge that matters

On a professional level, coach training provides the platform for meaningful service in the world. And meaningful service is the basis for personal, professional and financial success. Acquire the abilities to effectively coach others by learning to enter into partnerships with clients and become a catalyst for accomplishing goals and objectives, and aligning values and careers. Learn to help others identify and realize purpose, and improve their processes of performance.

Designed for professionals like you

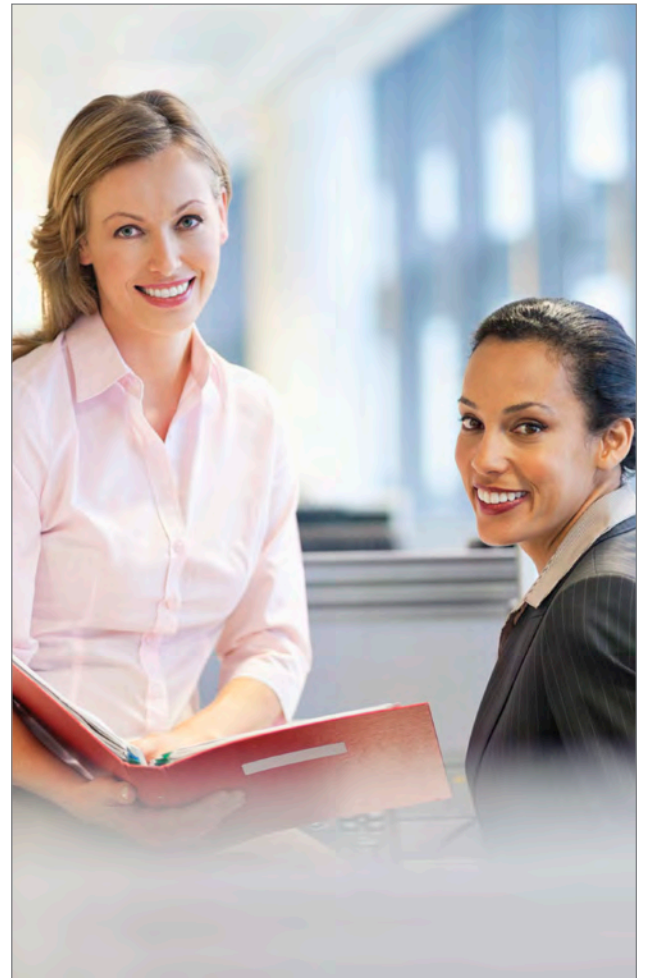
Managers at all levels, Human Resources professionals, those interested in beginning a professional coaching practice or those wishing to expand their leadership roles benefit from coach training.

For more information

For current program schedule, visit extension.ucdavis.edu/certificates

For additional information, please call (530) 757-8895 or email extension@ucdavis.edu

extension.ucdavis.edu/certificates



Program outline
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UCDAVIS
EXTENSION
BUSINESS AND
MANAGEMENT



CONTINUING AND PROFESSIONAL EDUCATION



■ Requirements to enroll in this program are five years of professional work experience (in any field) and an interest in working with people and helping others.

■ Participants are awarded a UC Davis Extension Professional Coaching for Life and Work Certificate upon successful completion of all five courses.

■ Student who complete the program may qualify to apply for certification through the International Coaching Federation, coachfederation.org/about-icf

Apply now!

Program outline

- **Coaching Essentials**
Examine the core competencies identified by the International Coach Federation. Learn to develop coaching relationships that provide continued structure for progress and growth. Gain knowledge of coaching ethics and how to apply them in a variety of situations.
- **Coaching Skills**
Increase your understanding of the common elements of listening effectively to your clients. Learn to identify preferred language, and how the type, timing and impact of a coach's questioning differs from typical conversation. Acquire a better sense of the importance of acknowledgment and messaging. Experiential coaching practice is included.
- **Coaching Conversation**
Learn how to structure a session and keep your clients on message and on track. Acquire the tools to help them develop effective strategies to accomplish their goals. Experiential coaching practice is included.
- **Personal Foundation for Coaching**
Focus on the outer presentation "package" of your clients by learning to identify and eliminate some of their most immediate roadblocks to personal growth. Gain the skill to help clients improve their attitudes and create new and healthy habits, which support better choices more aligned to who they really are. Assessment tools will be reviewed and administered.
- **Establishing Yourself as a Coach**
Step through the essential components of designing successful coaching strategies. Learn about the new client intake process and the hallmarks of achieving on-going coaching success. Review the many ways in which coaching takes shape—as an internal or external coach.

Program advisers

- Carole Bennett, business coach and principal of @Center Consulting
- Karen Slakey Hull, associate vice chancellor, human resources, UC Davis
- Dennis Gorsuch, executive coach and principal of Gorsuch Consulting
- Gregg Servis, M.Div., director, Office of Faculty Development, UC Davis Medical Center
- Dawn M. Karner, CPLP, ACC, CPCC, human resources training manager, Cache Creek Casino Resort
- Michelle Payne, MCC, COO, professional coach, SEE Strategies
- Mary Ellen Kassotakis, Ed.D., CPCC, ACC, director, Oracle Global Organization & Talent Development Group

Admission criteria

Requirements to enroll in this program are five years of professional work experience (in any field) and an interest in working with people and helping others.

Apply now!

Certificate requirements

You are awarded a Professional Coaching for Life and Work Certificate upon successful completion. Please call (530) 757-8895 for more information. Tuition for the entire program is \$5,095—all inclusive (books, course materials, lunches and parking).

Certification

Students who complete this certificate program may be qualified to apply for certification through the International Coaching Federation—a global leader and resource for professional coaching. For more information, visit <http://www.coachfederation.org/about-icf/>

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"I couldn't be more impressed with the level of professionalism of this program. The instructors were all top-notch leaders in the field and offered us a wide breadth of experience and styles. They encouraged us, and I feel well prepared and am excited to begin a successful business as a life and executive coach."

~ Melissa Cirone

"The Professional Coaching for Life and Work program was well planned and orchestrated. The instructors are outstanding; they deliver a very organized curriculum with energy and passion. A high level of support and caring is evident throughout the courses. If a career in coaching is your desire, this is a great way to begin!"

~ Judy Fleenor

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