



## Life Coaching Essentials

SEHG-PD-2229 · Business · approx. 10 min seat time · English · 100% online, self-paced

Accreditation & industry alignments: none verified on record — institutional accreditor mapping pending

### COURSE DESCRIPTION

Life coaching is a growing industry that transcends typical counseling, therapy, and even mentoring. The goal of life coaching is to address personal goals, aspirations and relationships. The key is to discover which obstacles the client can overcome and which paths will lead them to their own success.

Personal Development course: Life Coaching Essentials.

### WHO THIS COURSE IS FOR

Working professionals, team leads, and career-changers who want practical, job-ready Business skills — no prior coursework required. Teams and organizations can enroll groups for consistent, measurable upskilling.

### SKILLS & LEARNING OUTCOMES

**Upon completion, the student will be able to:**

- Determine the purpose of life coaching
- Define benefits of life coaching
- Know the tools and techniques for life coaching
- Outline a life coaching session
- Know the different areas of life coaching

### WHAT'S INCLUDED

- 1 clock hour(s) of self-paced online learning
- 13 course modules
- 10 instructional videos — 10 minutes of total video runtime
- This syllabus (PDF), downloadable for reference
- Official SEHG Certificate of Completion upon finishing the course
- Language editions: English

Delivered 100% online and self-paced in the SEHG learning platform. This section lists the materials currently delivered for this course.

### MODULE MAP

- **Module 1 — Introduction**
  - Course Objectives
- **Module 2 — Why You Need a Life Coach**
  - Difficulty Making Life Decisions
  - Prioritizing Projects and Timelines
  - Urgent Situations
  - Lack of Balance
- **Module 3 — The Benefits of Life Coaching**
  - Set Performance Targets

- Cope With Pressure and Stress
- Develop and Maintain Vision
- Maintain Motivation
- **Module 4 — Life Coaching Challenges**
  - Lack of Commitment
  - Procrastination
  - Poor Communication Skills
  - Lack of Direction
- **Module 5 — Basic Structure of a Coaching Session**
  - Develop an Action Plan
  - Ask Questions
  - Overcome
  - Set a Timeline
- **Module 6 — Essential Skills for Successful Coaching**
  - Listen With Curiosity
  - Take in What You Hear
  - Reflect with Accuracy
  - Questioning for Exploration
- **Module 7 — Life Coaching Tools and Techniques**
  - Goal Tracking
  - Journaling
  - Life Coaching Assessments and Forms
  - Homework Assignments and Action Items
- **Module 8 — Life Coaching Specialized Areas (I)**
  - Relationship and Dating Coaching
  - Health and Fitness Coaching
  - Family and Parenting Coaching
  - Spiritual Coaching
- **Module 9 — Life Coaching Specialized Areas (II)**
  - General Life Coaching
  - Image Coaching
  - Communication and Creativity Coaching
  - Career Coaching
- **Module 10 — Life Coaching Specialized Areas (III)**
  - Retirement Coaching
  - Leadership and Performance Coaching
  - Business Coaching
  - Executive Coaching
- **Module 11 — Apply What You Learned to the Workplace**
  - Have a Game Plan
  - Link Game Plan and Goals
  - Do Drills
  - Assess Progress
- **Module 12 — Assessment**
- **Module 13 — Wrapping Up**
  - Course Summary

## COMPLETION & CERTIFICATION

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Completion-based: a certificate of completion is issued after all course videos have been viewed.  
 The certificate of completion is non-credit. This course does not currently carry academic credit or CEUs.

## OFFICIAL SEHG CERTIFICATE

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Graduates receive the official Synergy University Education Certificate of Completion — issued by the Office of the Registrar with a unique credential ID, shareable to LinkedIn and verifiable online.

**Every certificate carries a unique credential ID — verify at:**

[SynergyEducation.AI/verify](https://SynergyEducation.AI/verify)

## SUPPORT, ACCESS & POLICIES

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- Support: [CEO@SynergyEducation.AI](mailto:CEO@SynergyEducation.AI)
- Accessibility: ADA/WCAG 2.1 AA-first delivery; accommodations available on request.
- Academic integrity and refund policies: per SEHG student handbook.

### Enroll Today

Tuition per learner (Essentials tier) — enroll online with the course code below.

**\$49 · SEHG-PD-2229 · [SynergyEducation.AI](https://SynergyEducation.AI)**

Also available: instructor-led workshop kits for teams — in-person training agendas, playbooks, and facilitator materials built on this course. Contact [CEO@SynergyEducation.AI](mailto:CEO@SynergyEducation.AI).