

academic life coaching training

Academic Life Coaching Training: A Comprehensive Guide

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Introduction:

Navigating the complexities of academic life can be challenging for students at all levels. The pressure to succeed academically, coupled with personal and social pressures, often leads to stress, anxiety, and feelings of overwhelm. This is where academic life coaching training becomes crucial. This comprehensive guide explores the multifaceted nature of academic life coaching training, examining its theoretical underpinnings, practical applications, and the crucial role it plays in fostering student success and well-being. Understanding the nuances of academic life coaching training is essential for individuals seeking to become effective coaches and for institutions aiming to enhance student support services.

H1: Understanding the Foundations of Academic Life Coaching Training

Effective academic life coaching training goes beyond simply providing study skills. It integrates principles from various disciplines, including psychology, education, and coaching methodologies. Programs typically cover:

Cognitive Behavioral Therapy (CBT) Techniques: Academic life coaching training frequently incorporates CBT to help students identify and modify negative thought patterns and behaviors that hinder their academic progress.

Positive Psychology: This approach focuses on building students' strengths and resilience, fostering a growth mindset, and promoting well-being. A strong foundation in positive psychology is a key component of quality academic life coaching training.

Motivational Interviewing: This client-centered approach empowers students to take ownership of their academic journey and facilitates self-directed change. Many academic life coaching training programs emphasize this crucial skill.

Goal Setting and Action Planning: Effective coaching involves assisting students in setting realistic and achievable goals, developing effective action plans, and tracking progress. This is a core component of most academic life coaching training curricula.

Communication and Active Listening: Building rapport and establishing trust are essential.

Academic life coaching training equips coaches with the communication skills to create a safe and supportive environment for open dialogue.

H2: The Curriculum of Academic Life Coaching Training Programs

The content of academic life coaching training programs varies, but several common themes emerge:

Ethical Considerations: Coaches must adhere to strict ethical guidelines, ensuring confidentiality, informed consent, and appropriate boundaries. This ethical framework is a fundamental element of robust academic life coaching training.

Assessment and Evaluation: Understanding student needs requires effective assessment strategies. Academic life coaching training programs train coaches to identify learning styles, strengths, and areas for improvement.

Individualized Coaching Plans: A “one-size-fits-all” approach is ineffective. Academic life coaching training stresses the importance of developing customized plans tailored to each student's unique circumstances and goals.

Time Management and Organization: Many students struggle with these skills. Academic life coaching training equips coaches to teach effective strategies for managing time and organizing academic tasks.

Stress Management and Self-Care: Addressing the emotional and mental health needs of students is crucial. Academic life coaching training often incorporates techniques for stress reduction and self-care.

H3: Career Paths and Opportunities After Academic Life Coaching Training

Graduates of academic life coaching training programs find diverse opportunities:

Higher Education Institutions: Colleges and universities increasingly recognize the value of academic coaching and employ coaches to support students directly.

Private Practice: Many coaches establish their own private practices, working with students individually or in groups.

Corporate Settings: Some organizations employ academic life coaches to support employees pursuing further education or professional development.

K-12 Schools: Academic coaching is also finding its way into K-12 settings, supporting students throughout their academic journey.

H4: Choosing the Right Academic Life Coaching Training Program

Selecting the right program is critical. Consider the following:

Accreditation and Certification: Look for programs accredited by reputable organizations to ensure quality and recognition within the field.

Curriculum and Faculty: Review the curriculum carefully, paying attention to the depth and breadth

of the training provided.

Practical Experience: Opportunities for supervised practical experience are invaluable. Choose programs that offer such opportunities.

Cost and Time Commitment: Consider the financial investment and time commitment required.

Conclusion:

Academic life coaching training is a rapidly evolving field with a growing need for skilled and compassionate professionals. By understanding the theoretical foundations, practical applications, and ethical considerations involved, individuals can effectively support students in achieving their academic and personal goals. The impact of quality academic life coaching training extends beyond improved academic performance; it cultivates resilience, well-being, and empowers students to thrive in all aspects of their lives.

FAQs:

1. What is the difference between academic coaching and tutoring? Academic coaching focuses on developing the student's overall learning strategies and mindset, while tutoring focuses on subject-specific instruction.
1. Is academic life coaching only for struggling students? No, academic life coaching can benefit students of all academic levels, helping them reach their full potential.
1. How long does academic life coaching training typically take? The duration varies, but many programs range from several months to a year or more.
1. What kind of certification is available after completing training? Certifications vary depending on the program, but some are nationally or internationally recognized.
1. What are the typical costs associated with academic life coaching training? Costs vary depending on the program's length, intensity, and reputation.
1. Are there online academic life coaching training programs? Yes, many reputable programs offer online or blended learning options.

1. What are the job prospects after completing academic life coaching training? Job prospects are growing, with opportunities in higher education, private practice, and corporate settings.
1. Do I need a specific educational background to enroll in academic life coaching training? While not always required, a background in education, psychology, or a related field is often beneficial.
1. How can I find a reputable academic life coaching training program? Research accreditation, read reviews, and contact current or former students to get firsthand insights.

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academic life coaching training: Academic Life Coaching Student Workbook John Williams, 2016-01-11 Academic Life Coaching changed the way we approach students. The difference has been phenomenal.-Melissa Szobota, Columbia University Life coaching for kids is not just about streamlining study habits or staying organized. It's about young people taking control.-Associated Press Thank you!!! My son has never been happier, and I know it is because of your program.- Amanda Paulson, Parent of an Academic Life Coach Client I know this program helped me get into MIT, but beyond that, I'm heading off to college with a better sense of who I am and what I'm about.- J.S. Academic Life Coaching Client The Academic Life Coaching Program is a ten session program developed specifically for students in middle, high school, and college. Designed by former Latin teacher John Andrew Williams, it has been used in dozens of colleges and high schools including Columbia, Northeastern, University of Georgia, and Clemson University. The program is meant to be used in conjunction with the Academic Life Coaching training and the Super Training Guide: 1.0 Academic Life Coach Training Program also available on Amazon. For more information on the course or book you can visit www.academiclifecoaching.com.

academic life coaching training: Super Training Guide 1.0 John Williams, 2015-05-01 Since January 2009, Academic Life Coaching has been teaching people how to have a tremendous positive impact in the lives of teenagers. If you are looking to make a greater positive impact in the lives of students, you got the right book. We are on a mission to redesign education, one student, one coach, and one school at a time. We are not talking about just getting better grades. We are passionate about helping students understand motivation styles, explore talents, and increase emotional intelligence. This book will guide you through the foundation of an ICF approved life coaching program as well as the specific skills and concepts that work well with youth, teenagers in high school and college. What started as one teacher experimenting with life coaching concepts has since grown to a worldwide organization with over 250 trained coaches in over twenty countries. In the Academic Life Coach Training 1.0 you get access to all this material, experience, and knowledge to help you change the lives of young people.

academic life coaching training: *An Introduction to Existential Coaching* Yannick Jacob, 2019-03-13 In *An Introduction to Existential Coaching* Yannick Jacob provides an accessible and practical overview of existential thought and its value for coaches and clients. Jacob begins with an introduction to coaching as a powerful tool for change, growth, understanding and transformation before exploring existential philosophy and how it may be integrated into coaching practice. The book goes on to examine key themes in existentialism and how they show up in the coaching space, including practical models as well as their application to organisations and leadership. Jacob concludes by evaluating ethical dimensions of working existentially and offers guidance on how to establish an existential coaching practice, including how to gain clients and build relationships with strategic partners. With reflective questions, exercises, interventions and activities throughout, *An Introduction to Existential Coaching* will be invaluable for anyone wanting to live and work at greater depth or to succeed as an existential coach. Accessibly written and with a wide selection of references and resources, *An Introduction to Existential Coaching* is a vital guide for coaches in training as well as an inspiring addition to the repertoire of experienced practitioners. It serves academics and students to understand existential philosophy and allows professionals with coaching responsibilities to access more meaningful conversations.

academic life coaching training: *Life Coaching Skills* Richard Nelson-Jones, 2006-11-15 'Life Coaching Skills by Dr Richard Nelson-Jones is an excellent introduction to this rapidly expanding field of work. I can thoroughly recommend this book for both experienced and neophyte coaches. Practitioners from other professions and the layperson may also find the skills useful' - Professor Stephen Palmer, Coaching Psychology Unit, City University 'This book provides a wealth of information and expertise founded on tried and tested interventions and cannot fail to improve the skill level of existing coaches as well as those entering the Life Coaching arena' - Gladeana McMahon, Head of Coaching Fairplace plc, Co-Director, Centre for Coaching Life coaching is a rapidly growing area with more and more people seeking help to lead satisfying and successful lives. *Life Coaching Skills* provides a practical introduction to the skills needed to be an effective life coach and incorporates a wide range of practical activities for coaches to use to help their clients develop self-coaching skills. Written by leading skills expert, Richard Nelson-Jones, the book presents a four stage life coaching model based around the core concepts of relating, understanding, changing and client self-coaching. It explores the central skills of coaching used within the model including: establishing the coaching relationship; assessment and goal setting; presentation; demonstration, and consolidation. The main focus of the book is on one-to-one life coaching particularly concerning relationship, work, and health issues. The specific skills needed for working with groups are also discussed and ethical issues and dilemmas related to coaching are explored. *Life Coaching Skills* is ideal for anyone interested in becoming a life coach and for use in training.

academic life coaching training: *Becoming a Professional Life Coach: Lessons from the Institute of Life Coach Training* Diane S. Menendez, Patrick Williams, 2015-03-23 An updated version of the best-selling therapist-to-coach transition text. With his bestselling *Therapist As Life Coach*, Pat Williams introduced the therapeutic community to the career of life coach, and in *Becoming a Professional Life Coach* he and Diane Menendez covered all the basic principles and strategies for effective coaching. Now Williams, founder of the Institute for Life Coach Training (ILCT), and Menendez, former faculty at ILCT—both master certified coaches—bring back the book that has taught thousands of coaches over the past eight years with all-new information on coaching competencies, ethics, somatic coaching, wellness coaching, and how positive psychology and neuroscience are informing the profession today. Moving seamlessly from coaching fundamentals—listening skills, effective language, session preparation—to more advanced ideas such as helping clients to identify life purpose, recognize and combat obstacles, align values and actions, maintain a positive mind-set, and live with integrity, this new edition is one-stop-shopping for beginner and advanced coaches alike. Beginning with a brief history of the foundations of coaching and its future trajectory, *Becoming a Professional Life Coach* takes readers step-by-step through the coaching process, covering all the crucial ideas and techniques for being a successful

life coach, including: • Listening to, versus listening for, versus listening with • Establishing a client's focus • Giving honest feedback and observation • Formulating first coaching conversations • Asking powerful, eliciting questions • Understanding human developmental issues • Reframing a client's perspective • Enacting change with clients • Helping clients to identify and fulfill core values, and much, much more. All the major skillsets for empowering and "stretching" clients are covered. By filling the pages with client exercises, worksheets, sample dialogues, and self-assessments, Williams and Menendez give readers a hands-on coaching manual to expertly guide their clients to purposeful, transformative lives. Today, with more and more therapists incorporating coaching into their practices, and the number of master certified coaches, many with niche expertise, growing every year, *Becoming a Professional Life Coach* fills a greater need than ever. By tackling the nuts and bolts of coaching, Williams and Menendez equip readers with the tools and techniques they need to make a difference in their clients' lives.

academic life coaching training: *Jump...And Your Life Will Appear* Nancy Levin, 2014-04-15 Are you ready to make changes in your life—but feel something is holding you back? Is your soul asking you to take a leap—but you're too afraid to take it? Are you ready for something new—but aren't sure where to start? If this sounds like you, the book you hold in your hands will give you the courage and faith you need to jump across the threshold from where you are—to where you want to be. *Jump . . . And Your Life Will Appear* is a step-by-step guide to clearing the path ahead so you can let go and make the change you need the most. With a series of effective exercises, coach and author Nancy Levin will walk you through your fear, usher you up to the moment of jumping, and help you navigate what awaits on the other side. Whether you want to switch careers, move to a different part of the world, set boundaries with someone in your life, or increase your capacity for self-love, *Jump . . . And Your Life Will Appear* will support you on a practical path from start to finish.

academic life coaching training: *How To Do You* Jacqueline Hurst, 2021-07-03 This is not just 'another life coaching book'. No, really, bear with me. This is very, very different. What makes this book essential reading - and different to other self-help manuals - is that it distils my own crazy life experiences alongside the coaching tools and techniques I have honed from working with thousands of clients over more than 15 years and delivering genuinely life-changing results. This book presents my personal story and my own unique way of working in a friendly, approachable, 'you-can-do-it' way. Because you can. It is a practical guide that will help people to understand and address the specifics of their own thinking, which is the real key to realising how problems in life can become emotional blockages, and how to make the fundamental changes that will provide solid foundations for the future. I focus on helping people to overcome the deep-seated limiting beliefs that hold them back from being the person they want to be; I help them to step out of emotional childhood and bring them into emotional adulthood, living the life they truly desire and deserve. I teach people how to stop blaming anyone else for how they feel and instead how to step into a strong, powerful, unshakeable mindset.

academic life coaching training: *Energy Leadership* Bruce D Schneider, 2010-12-16 In *Energy Leadership*, renowned coach Bruce D. Schneider teaches how to understand the most important personal resource of all -- energy, and shows how to harness it to achieve success in the workplace, the home, and in the world at large. This engaging and fast-paced story clearly explains how managers and leaders from all walks of life can use the principles of *Energy Leadership* to inspire themselves and others to achieve extraordinary results in whatever they do. The author provides insight into a cutting edge coaching process he has developed, which has positively impacted the lives of tens of thousands of people in both the corporate and private sectors. You will learn how to: Recognize the seven distinct levels that are the key to understanding why everyone thinks and acts the way they do, in life and specifically within the workplace. Distinguish truly effective leaders from those who deplete the energy of the people around them, and specific techniques to shift energy levels to inspire peak performance. Become powerful leaders who motivate themselves and others to reach their true potential. Identify the Big Four Energy Blocks and discover proven techniques and strategies for overcoming these and other obstacles to success.

Develop the ability to shift internal energy to meet any leadership challenge, and use this newfound power to inspire respect, confidence, and loyalty in others. If you always try to inspire others but sometimes feel like something's missing, something is. Energy Leadership puts you in touch with the missing link between your ambitions and your ability to achieve them.

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Kay Guccione, Steve Hutchinson, 2021-03-30 Learning through dialogue brings a powerful opportunity to navigate professional demands and meet the challenges of a turbulent world. Written for all who mentor or coach in universities, this book addresses a critical question: how can mentoring and coaching be an effective and accessible way to support researcher and academic development?

academic life coaching training: The Academic Life Coaching Student Workbook

John Williams, 2015-05-01 The Academic Life Coaching Program is designed to help students thrive and develop positive life skills. Designed to be delivered by a certified Academic Life Coach, the program focuses on helping students understand how best to learn in school, be proactive, and exercise personal leadership. Learning these skills helps students avoid common pitfalls and can drastically influence the upward trajectory of personal fulfillment and success. Part 1: Learning and Motivation Styles Students address learning and motivation styles to build a foundation for academic success and manage stress. Part 2: Core Life Coaching Skills Students experience essential life coaching concepts. Part 3: Personal Communication and Leadership Skills Students stretch in personal leadership and powerful communication to enact positive change in their own peer groups, families, and communities.

academic life coaching training: Playing Big

Tara Mohr, 2014-10-16 At last. At last this very important book has been written... It will empower legions of women to step into their greatness.' ELIZABETH GILBERT, author of EAT, PRAY, LOVE 'One of the most important books in my life. If you want to achieve anything, or simply be less stressed, this book will help you do it. In it you will find your voice, your ability, your self-confidence and perhaps even your mission in life. Buy it. Pass it on.' SHIRLEY CONRAN The groundbreaking book that gives every woman the practical skills they need to begin PLAYING BIG. Five years ago, Tara Mohr began to see a pattern in her work as an expert in leadership: women with tremendous talent, ideas and aspiration were not recognising their own brilliance. They felt that they were playing small' in their lives and careers and wanted to play bigger', but didn't know how. And so Tara devised a step-by-step programme for playing big from the inside out: this book is the result. Many women are aware of the changes they need to make to be more successful, but they don't know how to become that more confident woman they'd like to be. Playing Big provides real, practical to

academic life coaching training: Self Coaching 101

Brooke Castillo, 2008-11 Self coaching is about feeling better. It really is that simple. Everything we do in our lives is because we want to feel better. When we give-it feels good. When we help others-it feels good. When we accomplish something-it feels good. Whenever we feel bad-we are usually seeking a way to feel good. The reason we want to feel good, is because it is our true nature. Alignment with our spirit-our true essence-the God within us feels good. It feels peaceful, joyous, honest, abundant and free. Through coaching ourselves we can feel good much more of the time. By coaching ourselves we find what is not working in our lives. We find that trying to change the external circumstances to change how we feel is impossible. We learn that fighting our emotions or trying to deny them only makes them bigger. We find that our thinking is the most important thing we can pay attention to in order to feel better now. By taking a peek into our own minds we can find the cause of all our suffering. We can see how we block our joy with outdated and untruthful thoughts and beliefs. By just being in this place of awareness we have aligned with our true nature and can observe the patterns of our lives. Hiring a coach can be an amazing experience. Having someone who is already outside of your mind give you a different perspective to consider is often the first step in change. But ultimately, it is the process of shifting your own perception with your own awareness that will create non-dependent freedom. This is why I feel so strongly about learning how to apply these simple self coaching tools in your own life

and on your own mind. If you are willing to do the work now-it becomes a way of being. You will step into a life that is lived with awareness and consciousness because each time you feel any negative emotion you see it as a signal to coach yourself and realign with the true essence of you. Self coaching 101 teaches you the basics of how to do this. And the basics are enough.

academic life coaching training: *Awaken the Giant Within* Anthony Robbins, 2013 Shows readers how to clarify their personal values, resolve internal conflicts, master emotions, and overcome debilitating habits.

academic life coaching training: *ADHD Coaching* Frances F. Prevatt, Abigail Levrini, 2015 People with ADHD often struggle with time management, staying organized, maintaining relationships, and other life skills. Professional coaching can help them overcome these obstacles and regain confidence in their own problem-solving abilities. This book is an A-Z guide for mental health professionals who want to develop or expand their ADHD Coaching skills. Drawing on over a decade of research and clinical work with ADHD clients, Frances Prevatt and Abigail Levrini have established an empirically-based model for ADHD Coaching. Their approach uses elements of cognitive behavioral theory and psycho-education to target executive functioning deficits, and focuses on clients' key impairments. This book describes the underlying principles as well as the nuts and bolts of ADHD Coaching. Step-by-step details for gathering information, conducting the intake, establishing goals and objectives, and working through all stages of coaching are included, along with helpful forms and a detailed list of additional resources. The practicalities of setting up a practice, as well as professional issues are covered, and five richly detailed case studies illustrate how to help adults, college students, and adolescents who present with a variety of ADHD symptoms.

academic life coaching training: *Authentic Personal Brand Coaching* Hubert K. Rampersad, 2015-06-01 This book offers an advanced breakthrough formula to build, implement, and cultivate an authentic, distinctive, and memorable personal brand, which forms the key to enduring personal success. This new personal branding blueprint entails a systematic and integrated journey towards self-awareness, happiness, and enduring marketing success. If you are branded in this holistic way you will automatically attract success and the people and opportunities that are a perfect fit for you. Dr. Hubert Rampersad has introduced an advanced authentic personal branding model and practical related tools, that provide an excellent framework and roadmap for building a strong authentic personal brand, which is in harmony with your dreams, life purpose, values, genius, passion, and with things what you love doing. This unique authentic personal branding system will help you to unlock your potential and build a trusted image of yourself that you want to project in everything you do. It also opens your view to new ideas, possibilities and opportunities. It is combined with powerful tools to deliver peak performance and to create a stable basis for trustworthiness, credibility, and personal charisma. This innovative methodology is spiritual, measurable, holistic, organic, authentic and sustainable. It taps deeply into self-awareness and helps others to develop innovative ways of doing business with social media and to position themselves strongly in this individual age. It has been proven in practice to produce sustainable results, not only for individuals but also for organizations. It's neither cosmetic nor cloudy, and therefore clients are experiencing concrete and sustainable results within 2 months.

academic life coaching training: *Theory, Research, and Practical Guidelines for Family Life Coaching* Kimberly Allen, 2016-05-24 This volume focuses on breaking ground with family coaching, presenting theory, research and practical guidelines for researchers, educators and practitioners. Readers will discover a theoretical overview of coaching psychology and family science, accessibly presented research and models of family coaching and family life education. The insight this book provides into family systems and practical information on coaching families will be valuable to youth coaches, parent coaches, life coaches and counsellors, amongst others. Beginning with a brief introduction on the necessity of this volume and further research on family coaching in general, the author takes readers progressively through the family coaching process. The book explores specific strategies for coaching parents, couples, and families on relationships, parenting special needs, and

much more. Each chapter offers a theoretical base as well as applied guidance including case studies, powerful questions, and tips from experienced family coaches. Whether you are a family therapist, a coaching psychologist, or a family life professional that serves children and families, this book is ideal for gaining a better understanding of how to coach families toward positive family functioning. Dr. Kim Allen delivers an engaging and reflective book offering a comprehensive guide for those interested in becoming a family coach.

academic life coaching training: Life Coaching Michael Neenan, Windy Dryden, 2013-06-26 The way we think profoundly influences the way we feel, so learning to think differently can enable us to feel and act differently. The first edition of Life Coaching successfully showed how to tackle self-defeating thinking and replace it with a problem-solving outlook, providing clear and helpful advice on: Dealing with troublesome emotions Overcoming procrastination Becoming assertive Tackling poor time management Persisting at problem solving Handling criticism constructively Taking risks and making better decisions. The new edition retains the key features, while offering a brand new chapter on the emerging topic of resilience as well updates throughout. It will continue to be invaluable to all those who are interested in becoming more personally effective in their everyday lives, and also to counsellors in practice and training.

academic life coaching training: Coaching Skills Training Course Kathryn Critchley, 2009 An easy to follow 5 step model to guide you through the coaching process. Exercises will help you enhance your skills. Learn to both self-coach and coach others. Over 25 ready to use ideas. How to use NLP in your coaching. Goal setting tools to help people achieve their ambitions. A toolbox of ideas to help you become a great coach.

academic life coaching training: The Power of Life Coaching, Abridged Edition Holley Swanson Clough, 2021-01-21 University adult programs are recruiting and retaining the fastest growing student segment in higher education. Yet, two of the biggest challenges faced by organizations today are declining enrollment and decreasing retention rates. In this time of globalization, artificial intelligence, and shifting consumer preferences, it is not business or education as usual. The leading challenges faced by business and education sectors both are a declining workforce and enrollment retention rates. Organizations, comprised of adult learners, need to adapt to accommodate this complex population. The updated Power of Life Coaching offers a how-to guide for business owners, organizational leaders, human resource development personnel, as well as enrollment personnel, seeking to address these challenges while transforming the lives of those they lead and serve along the way. Comparative research contrasting key missional alignment indicators determined that life coaching has the most significant transformational impact on adult learners' lives. In response, this ethical coaching model was developed based on adult experiential learning and values-based institutional assessment, all in alignment with the International Coach Federation's ethically founded competencies. This text is theoretically based, delivering a coaching technique for adult learner satisfaction, leading to increased retention rates. The Power of Life Coaching is a manual for assisting personnel and teams to fully embrace and live out their mission and values.

academic life coaching training: Developmental Coaching Stephen Palmer, Sheila Panchal, 2012-07-26 Developmental Coaching explores many of the common transition points we experience throughout life, including teenage transitions, becoming a parent, mid-life and retirement. The book sets these transitions in their social context and reviews them in the light of generational factors. The book is introduced with key psychological concepts from areas such as lifespan development and positive psychology, in addition to insights from other disciplines, including management theory and sociology. The main topics of discussion are: coaching tools and techniques broader societal and generational trends how coaching can help individuals to realise positive growth. With case studies throughout, Developmental Coaching offers an essential resource for practising coaches, coaching psychologists, counsellors and other professionals who wish to further their knowledge of the developmental aspects of coaching and dealing with life transitions.

academic life coaching training: Life Skills and Career Coaching for Teens Nikki Watson,

2019-05-21 Setting out a year-long curriculum based programme for education and youth professionals, this book provides a challenging and engaging workshop-based approach to developing school engagement and ambitions in young people aged 11-18. The programme, which is informed by CBT, helps professionals to understand barriers to young people's school engagement and learning. It outlines a case for a practical, well-rounded curriculum that readies students for life post-education through eight core themes, including 'believing in me', 'money matters' and 'business basics'. The second part of the book is a photocopiable manual for use in classroom settings, making this an essential, hands-on manual for nurturing young people's life skills.

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academic life coaching training: Fearless Living Rhonda Britten, 2011-05-26 So many of us are held back by fear - in every aspect of our lives. Hugely inspirational writer and speaker Rhonda Britten goes beyond Susan Jeffers' classic *Feel The Fear And Do It Anyway* to show us how to banish fear entirely. Describing how she herself overcame the personal tragedy of her father's murder of her mother, she explains the 3 key steps involved in reversing fortunes and making a success of our lives. First unblock potential, then dismantle self-defeating habits, and finally re-channel negative self-talk to turn your losses into wins and problems into possibilities. Both motivating and practical, Rhonda Britten includes case histories and exercises to help us identify, transform and move beyond our fears to a new life of physical, spiritual and emotional freedom.

academic life coaching training: The Future of Coaching Hetty Einzig, 2017-05-18 We live in a world that is volatile, uncertain, complex and ambiguous, in which our work and lives are constantly disrupted and changing. But coaches and leaders are still trained to operate within stable models with a uni-focus on performance. Coaches are starting to question the remit of 'raising performance' within existing systems, many of which are outdated, dysfunctional and even toxic. The role of the coach today must evolve to become fit for purpose in challenging times and coaching must re-articulate its values, as the essential compass for navigating turbulent waters. In *The Future of Coaching*, Hetty Einzig examines the role of coaching and leadership in the twenty-first century, and sets out a compelling vision for its future. Drawing on experience gained over twenty-five years of coaching leaders in the corporate and public sectors, in the UK and globally, she challenges the tenet of coaching neutrality. Rather than simply following the client agenda, she encourages coaches to see themselves as partners in courageous leadership and to work towards building an ethical, holistic and networked coaching approach to help create businesses that serve society and our globalised world. The book asks essential questions of coaches working today: how can leaders and coaches become 'positive deviants' and transform the rules of the game within cultures where denial and group-think are rife? How can coaches work with the anxious and depressed, embracing the

dark as well as the light? Are coaches prepared for the rise of Millennials, women leaders and those over sixty (the Third Actors)? Einzig challenges the model of the Strong Leader in favour of Responsible leadership based on authentic strength, distributed power and responsive thinking. And she shows how this vision of a transformed workplace is essential for the transformations society must undertake to reclaim a positive future. This thought provoking collection of essays, designed to be read in any order, is enlightening and inspiring reading for coaches in practice and in training, HR and L&D professionals and for leaders everywhere.

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