Professional Life Coaching Certificate

Life coaching addresses the whole person: mind, emotions, body, and spirit

September 2017 through May 2018
The UW-Madison Professional Life Coaching Program is the Midwest’s only university-based Accredited Coach Training Program (ACTP) available through the International Coach Federation. As a graduate of this all-inclusive training program, you may apply for credentials such as the Associate Certified Coach and the Professional Certified Coach.

During this nine-month series of face-to-face and online classes, you become adept at helping others see new perspectives, get unstuck, and find the courage to take bold actions—all while working toward your professional life coach credentials.

Professional life coaching is an art and a science. This rich training program combines many disciplines: emotional intelligence, positive psychology, ontological coaching, use of self, evidence-based coaching, neuroscience of coaching, systems theory, relationship intelligence, organization development, and appreciative inquiry. You train with professional coaches and work with your own clients as you learn.

We encourage applications from people who are ready for a rigorous, challenging, and incredibly rewarding experience.

As a student in the Professional Life Coaching Certificate program, you:
• Obtain training and instruction from a Master Certified Coach (MCC)
• Receive regular supervision from coaches who are accredited by the International Coach Federation (ICF)
• Work with your own clients for at least six months under the supervision of ICF-accredited coaches
• Receive 10 hours of mentoring with an ICF-certified coach
• Learn through a variety of modalities, including learning labs, skill drills, online discussion forums, journaling, reflection, and videos
• Personally experience the powerful impact of coaching by hiring and working with your own ICF-certified life coach
• Build relationships and work with peers in a learning community cohort model

Curriculum/Modules:
Learn in a blended learning format through face-to-face classes on the UW-Madison campus and via teleconferences available from any location. You begin and complete the program with the same cohort of learners, and master all of the core competencies outlined by the International Coach Federation.

The program is taught in a blended learning format that covers nine months (Sept-May). It includes:
• Five face-to-face classes, held Wednesdays and Thursdays from 9am-5pm and Fridays from 9am-4pm;
• Six teleconferences, held Tuesdays from 11:30am-1pm (can be done from any location);
• Six 1.5 hour one-on-one supervisions (based on your schedule);
• Approximately 10 hours per week outside of class on readings, coaching with clients, and other assignments;
• A written exam, a coaching performance exam, a comprehensive paper, and a presentation.

“I have never been in a course that has done such a great job of teaching, nurturing, and empowering participants to grow above and beyond what they believe is even possible. We are not just learning to be coaches, we ARE coaches!”
—M.A. Marx

For more information, please contact Kristi Obmascher, program director, at kristi.obmascher@wisc.edu or 608-262-8971.

For information and to apply: uwlifecoach.com
MODULE 1: Coaching Fundamentals: Setting the Foundation
Face-to-Face
W-F, Sept 7-9, 2017; 9am-5pm on WT and 9am-4pm on F
Overview: We touch on every aspect of the coaching process and lay the foundation to deepen your development as a professional life coach. You acquire the fundamentals to begin your coaching career.

MODULE 2: Supervision and Mentoring: Increasing Your Impact through Experience
Virtual Teleconferences
T, Sept 26, 2017; 11:30am-1pm and Oct 2016 through May 2017
Individual Supervision: Six 1.5-hour individual supervisions based on your schedule
Overview: This virtual module, which runs throughout the program, is where your coaching truly flourishes. We begin with a teleconference to review the process and goals of supervision. Then you have six individual sessions in which an ICF-certified coach observes your coaching and provides written and verbal feedback based on the ICF core competencies.

MODULE 3: Coaching Ethics: Understanding ICF Ethical Guidelines
Virtual (October 2017 through May 2018)
Overview: Series of online self-paced videos, articles, case studies, discussion board posts, and quizzes in Learn@UW. Discussion, learning, case studies and FAQ’s in person as well during modules 6 and 7.

MODULE 4: Coaching Presence: Developing an Inside Out Perspective
Face-to-face
W-F, Nov 15-17, 2017; 9am-5pm on W-Th and 9am-4pm on F
Overview: Here we focus on your development as a coach. Discover core values, beliefs, and perspectives that shape your frame of reference and then learn how to self-manage in order to heighten your coaching presence. Know yourself better so you can be a more effective and powerful agent of change.

MODULE 5: Skill Development: Mentoring and the ICF Core Competencies
Virtual Teleconferences
T, 11:30am-1pm
Dec 12, 2017 and Feb 6, 20, Apr 3, 17, 2018
Overview: Increase your knowledge of coaching skills and core competencies, practice communication skills that guide your clients to a higher level of awareness, and develop abilities that increase your confidence and help your clients achieve their vision.

MODULE 6: Co-Creating a Coaching Relationship: Learning Best Practices
Face-to-Face
W-F, Jan 17-19, 2018; 9am-5 pm on W-Th and 9am-4pm on F
Overview: Learn how to create a safe and supportive environment based on mutual respect and trust, which in turn helps your clients be bold and courageous in achieving their goals. Understanding the coaching process and the importance of coaching logistics helps you co-create a strong coaching relationship.

MODULE 7: Forwarding the Action: Facilitating Learning and Results
Face-to-Face
W-F, Mar 14-16, 2018; 9am-5 pm on W-Th and 9am-4pm on F
Overview: Learn how to guide your clients from awareness to creating what they want for themselves. Understand how to establish, develop, design, and plan with your clients to facilitate progress, deepen learning, and help them move forward.

MODULE 8: Integration: Bringing it All Together
Face-to-Face
W-F, May 16-18, 2018; 9am-5 pm on W-Th and 9am-4pm on F
Overview: Understand how all the pieces fit together to create a powerful coaching relationship that includes action and accountability. You build a higher level of self-awareness, an understanding and basic practice of coaching skills, and the ability to co-create dynamic coaching relationships.

INSTRUCTORS
Darcy Luoma (MS, CPCC, ORSCC, MCC,) is an organization development specialist and leadership coach, and the owner of Darcy Luoma Coaching & Consulting, LLC. A dynamic facilitator and engaging professional speaker, she was voted Madison, Wisconsin’s favorite life coach by readers of the Isthmus newspaper.

Shawn Preuss (BS, PCC) is a leadership and team development coach and the owner of Transitions Coaching & Consulting. With her depth of experiential learning, she guides others in drawing rich learning from everyday life and business.

For information and to apply: uwlifecoach.com
Applying to the Professional Life Coaching Certificate Program

Prerequisites
Applicants must have the following prerequisites to ensure the appropriate knowledge, experience, and mindset to succeed in the program:

• A bachelor’s degree from an accredited college or university. No specific undergraduate major is required.
• Willingness to engage in reflection and self-examination and be open to feedback.

Steps to Apply:
Visit uwlifecoach.com for information and links to apply.
1. Submit $35 nonrefundable application fee.
2. Complete and submit the application form.
3. Submit resume.
4. Have two letters of recommendation submitted on your behalf; one letter from a person familiar with the applicant’s work experience and interests, the other from a person familiar with the applicant personally. Letters of recommendation should be emailed from the author of the letter.
5. Once all materials have been received, you will be contacted for a 15-minute phone interview with the program director.

All application materials are to be submitted in full by midnight on May 1, 2017 to: uwlifecoach@dcs.wisc.edu

What PLCC students say about the program:

“My expectations were exceeded! I found the blend of learning, coaching, and experience to be vast, rich, and empowering. I am a stronger coach as a result of the Professional Life Coaching Certificate program.”

“I couldn’t begin to imagine the excellence this program offered despite its great reputation. There were components of greatness that weren’t known to me prior to participating— for example, the priceless learning that came from close evaluation by supervisor coaches. The entire program was finely structured with pedagogical genius— every style of learning was given attention so that we could master the components and skills throughout our instructional time.”

“I have been applying the skills I learned in PLCC to my every day professional and personal life since the first module. I listen differently, I self manage more effectively and I see many more perspectives to challenges.”
“The instruction was fabulous, the overall structure is effective. I learned what I wanted to plus some, and I met some great people who will continue to be connections.”