



NEW this year!

Professional Life Coaching Certificate

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

September 2015 through May 2016



Continuing Studies

UNIVERSITY OF WISCONSIN-MADISON

uwlifecoach.com

Professional Life Coaching Certificate Program (PLCC)

NEW THIS YEAR: We are an Accredited Coach Training Program through the International Coach Federation.



*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 Associated Certified Coach and the Professional Certified Coach.*

Through a 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 enhancing your own self-awareness and working toward professional life coach credentialing.

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.

As a student in the Professional Life Coaching Certificate program, you:

- Receive regular supervision from coaches certified by the International Coach Federation (ICF)
- Work with your own clients under the supervision of ICF-certified coaches
- Learn through a variety of modalities, including learning labs, skill drills, online discussion forums, journaling, and reflection
- Build relationships and work with peers in a learning community cohort model

Life coaching addresses the whole person: mind, emotions, body, and spirit. With this in mind, to succeed in the Professional Life Coaching Certificate program you must be willing to engage in reflection and self-examination, and be open to feedback.



2014 Professional Life Coaching Certificate graduate:

"I appreciate having two coaches present in the class. It really helps to model different styles and perspectives on the activities, skills, and materials. We have the added bonus of getting both of their expertise and sharing of real-life examples."

— Lori Starks, San Francisco, CA

Is the UW-Madison Professional Life Coaching Certificate program for you?

Yes! If you are:

- Seeking to become a professional life coach
- At any point in your career and want to guide, inspire, and empower others to reach their potential and achieve their goals
- A practicing life coach who wants to increase your skills and certification
- An accomplished professional preparing for a second career
- A manager, internal trainer, or organizational development professional seeking to enhance your inherent coaching skills
- A human resources and performance management professional who wants to grow your portfolio of skills

Lead Instructor



Darcy Luoma (MS, CPCC, ORSCC, MCC, BCC) is an organization development specialist and leadership coach, and the owner of Darcy Luoma Coaching & Consulting, LLC. A dynamic facilitator and engaging public speaker, she was voted Madison, Wisconsin's Favorite Life Coach by readers of the *Isthmus* newspaper.

Assistant Instructor



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.

What PLCC students say about the program:

"This course has extended far beyond my expectations! The content is expansive and the learning rich through different learning models (experiential, lecture, group and individual). Darcy brings a wealth of experience as a coach and communicates her knowledge in creative and clear ways. Her enthusiasm is contagious! Darcy has a sincere desire to help others become the best coaches they can be." —Lin Grace Rohr, Cape Cod, MA

"Shawn's added perspective, stories, and thoughts provide just as much, if not more sometimes, learning as other parts of the class." —Nancy Sowa, Durham, NC

For information and to register: uwlifecoach.com

Curriculum/Modules

Covering nine months (Sept-May), the program includes:

- Five face-to-face modules held Wednesdays and Thursdays from 9am-5pm and on Fridays from 9am-4pm
- Eleven teleconferences held Tuesdays from 11:30am-1:30pm; three group supervisions, done by teleconference and held Tuesdays from 11:30am-1:30pm
- Six individual supervisions; arranged based on your schedule
- Approximately 10 hours per week working on readings and other assignments

You learn in a blended learning format through face-to face classes on the UW-Madison campus and via teleconference available from any location. You begin and complete the program with the same group of learners. The program concludes with a written exam, a coaching performance exam, a comprehensive paper, and a presentation. All instructors and supervisors are International Coach Federation-certified coaches.

MODULE 1:

Coaching Fundamentals: Setting the Foundation

Face-to-Face

Wed-Fri, Sept 9-11, 2015; 9am-5pm on Wed-Thu and 9am-4pm on Fri

Overview: We touch on every aspect of the coaching process and lay the foundation for deepening 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

Tue, Sept 22, 2015; 11:30am-1:30pm

Oct 2015 through May 2016:

Group Supervision: three 2-hour group supervisions with an ICF-certified coach

Individual Supervision: six 1.5-hour individual supervisions and 10 hours of mentoring with an ICF-certified coach

Overview: This virtual module, which runs throughout the program, is where your coaching will truly flourish. We begin with a two-hour 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. You also have an additional six hours of group supervision, where you are mentored on your coaching skills.

For information and to register: uwlifecoach.com

MODULE 3:

Coaching Presence: An Inside Out Perspective

Face-to-Face

Wed-Fri, Oct 28-30, 2015; 9am-5pm on Wed-Thu and 9am-4pm on Fri

Overview: Here we focus on your development as a person and 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 4:

The KSAs (Knowledge, Skills, and Abilities) of Empowered Coaching

Virtual Teleconferences

Tue, 11:30am-1:30pm

Nov 17, Dec 1, Dec 15, 2015 and Jan 5, 12, 2016

Overview: Increase your knowledge of coaching practices and principles, practice communication skills that guide your clients to a higher level of awareness, and develop abilities that will increase your confidence and help your clients deepen their learning and achieve their vision.

MODULE 5:

Co-Creating a Coaching Relationship

Face-to-Face

Wed-Fri, Jan 27-29, 2016; 9am-5pm on Wed-Thu and 9am-4pm on Fri

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 6:

Coaching Ethics: Understanding ICF Ethical Guidelines

Virtual Teleconferences

Tue, 11:30am-1:30pm

Feb 2, 16 and Mar 1, 15, 22, 2016

Overview: Examine the ethical guidelines and professional standards created by the ICF. Understanding the ethics and standards of coaching is a major part of the credentialing process.

For more information, please contact **Aphra Mednick**,
Professional Life Coaching Certificate program director,
at amednick@dcs.wisc.edu or 608-265-8041.

MODULE 7:

Forwarding the Action: Facilitating Learning and Results

Wed–Fri, Apr 6-8, 2016, (9am to 5pm on Wed–Thu; 9am–4pm on Fri)

Overview: Learn how to guide clients from awareness to creating what they want for themselves. Understand how to establish, create, design, and plan with the client to facilitate progress, deepen learning, and forward the action.

MODULE 8:

Integration: Bringing it All Together

Wed–Fri, May 18-20, 2016, (9am to 5pm on Wed–Thu; 9am–4pm on Fri)

Overview: Understand how all the pieces fit together to create a powerful coaching relationship that includes action and accountability. You will have a higher level of self-awareness, an understanding and basic practice of coaching skills, and the ability to co-create dynamic coaching relationships.



For information and to register: uwlifecoach.com

General Information

Registration: Register at uwlifecoach.com or call 800-725-9692.

Fee: \$8,900 *before* July 10, 2015; \$9,400 *on or after* July 10, 2015. Cost includes instruction, supervision by International Coach Federation-certified coaches, course materials, and textbook. Lunch is included for some face-to-face instruction days. Participants are responsible for the costs associated with some meals, lodging, transportation, and hiring their own life coach. We provide over 150 hours of instruction time, as set by the International Coach Federation.

Payment plan: A \$500 deposit is required at registration. Fifty percent of your remaining balance is due on or before Aug 5, 2015; your remaining balance is due on or before Jan 8, 2016.

Refund policy: If you withdraw on or before Aug 5, 2015, you receive a full refund minus a \$100 administrative fee; after Aug 5, 2015, no refunds will be granted.

Lodging: Rooms are available at the Lowell Center, 610 Langdon St on the UW-Madison Campus. To reserve a room, visit conferencing.uwex.edu or call 866-301-1753 and mention group code: LIFE.

Prerequisite: To enroll, you must have a bachelor's degree from an accredited college or university. In addition, you must be willing to engage in reflection and self-examination, and be open to feedback.

Technology requirements: You must have a computer, recording tools (to create MP3 files), and high-speed Internet access. We use the University of Wisconsin learning platform (Learn@UW) and teleconference software; you do not need experience with these tools prior to beginning the program but you must have basic computer skills.

ICF accreditation: This is an Accredited Coach Training Program (ACTP) through the International Coach Federation (ICF). ICF is the leading global organization dedicated to advancing the coaching profession, setting professional standards, and providing independent certification. ACTP accredited all-inclusive programs offer start-to-finish coach training. As a graduate of an ACTP program, you may apply for an individual ICF Credential including the Associate Certified Coach (ACC) and the Professional Certified Coach (PCC). For more information on ACTP programs and certification visit coachfederation.org.

Continuing Education Units: Provides 150 Continuing Education Units for people in a variety of professions, visit uwlifecoach.com for more information.



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"The Professional Life Coaching Certificate (PLCC) program through the University of Wisconsin–Madison Continuing Studies is top notch! Darcy Luoma is the best and so is this program! The PLCC teaches through a rigorous curriculum, then coaches the participants through the experience. 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. This is truly the essence of coaching and through this experience, we are not just learning to be coaches—we ARE coaches!" —Mary Ann Marx, Sauk City, WI



Continuing Studies

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