

# Life Coaching & Mentoring

## Course Curriculum

### Level 3 Coaching & Mentoring Course

- Module 01: Introduction to Coaching & Mentoring
- Module 02: Objectives & Processes
- Module 03: Ethical Aspects
- Module 04: Coaching & Mentoring Models
- Module 05: Effective Communication Skills
- Module 06: Personal Skills
- Module 07: Management Skills
- Module 08: Functional Skills

### Behaviour Management

- Module 01: Human Behaviour Management and Basic Psychological Process
- Module 02: Evolutionary Perspective of Human Behaviour Management
- Module 03: Human Intelligence
- Module 04: Intelligence Test and Variations in Intelligence
- Module 05: Learning and Conditioning
- Module 06: Language and Communication
- Module 07: Introduction to Emotion Spread by Sexual Contact
- Module 08: Emotion Influences Cognition
- Module 09: Stress, Anger and Conflict
- Module 10: Emotional Intelligence
- Module 11: Self-Leadership
- Module 12: Neuro-Linguistic Programming (NLP)

### Life Coaching and Career Counselling

- Module 01: Introduction to Life Coaching & Mentoring
- Module 02: History of Life Coaching & Mentoring
- Module 03: Listening as a Coach
- Module 04: The Language of Coaching (Part-1,2,3)
- Module 05: Coaching as a Developmental Change Process
- Module 06: Empowering the Client
- Module 07: Ethics in Life Coaching & Mentoring
- Module 08: Becoming an Effective Leader and Coach

### Corporate Compliance and Risk Management

- Module 01: Introduction to Compliance

- Module 02: Five basic elements of compliance
- Module 03: Compliance Management System (CMS)
- Module 04: Compliance Audit
- Module 05: Compliance and Ethics
- Module 06: Risk and Types of Risk
- Module 07: Introduction to Risk Management
- Module 08: Risk Management Process

## **Life Coaching**

- Module 01: Life Coaching: The Purpose and Fundamentals
- Module 02: Develop Your Self-Awareness
- Module 03: The Development of Core Beliefs and Managing Fears
- Module 04: Life Coaching Types and Key Attributes of a Life Coach
- Module 05: Understanding Emotional Intelligence
- Module 06: Body Language and Communication Techniques
- Module 07: A Structure for Client Work and Goal Setting
- Module 08: Basic Principles for Business Development and Growth
- Module 09: The Ethical Coach: Protect Yourself and Your Clients