

# YWCA TORONTO LIFE SKILLS COACH CERTIFICATE TRAINING PROGRAM

IS COMING TO THUNDER BAY HOSTED BY  
OSHKI EDUCATION & TRAINING INSTITUTE

## Phase 1 - Foundations of Life Skills Coaching (5 days)

Life Skills coach training is for group leaders who work in social services, career counselling, education, mental health, human resources, rehabilitation, or as consultants and trainers.

A Life Skills coach facilitates adult learning and behaviour changes by practicing problem solving behaviours in a group environment through the use of experiential tools and techniques.

### By the end of this program you will:

- Discover their individual learning style
- Learn an adult education lesson plan template
- Practice giving and receiving feedback on presentation skills
- Learn the 6-step problem-solving strategy
- Understand the stages of group development
- Discuss adaptations to different client-group needs
- Increase their confidence as leaders

**Course Fee:** \$ 875

**Dates:** April 16 - 20, 2012 (9 am to 5 pm)

### Registration: YWCA Toronto

On-line or Download registration form at: [www.ywcatoronto.org/lifeskills](http://www.ywcatoronto.org/lifeskills)

**Location:** Oshki-Pimache-O-Win Education & Training Institute  
106 Centennial Square, 3rd Floor, Thunder Bay, ON P7E 1H3

### Contact Us:

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## Phase 1

*Our clients say...*

*"I acquired the tools to increase creativity in my workshops."*

*"I finally realized the reasons behind the uneven participation I get from my clients in group activities."*

*"Learning the lesson plan model has reduced my workshop preparation time considerably."*



# LIFE SKILLS COACH CERTIFICATE© PHASE 1 TRAINING

## 5 DAYS COURSE OUTLINE

### Session 1 - Getting Started: Bringing People Together

- Recognize and identify learning expectations and compare them to objectives of this program
- Contribute to the development of group guidelines and team planning
- Interact with group members to contribute to the formation of a Life Skills group

### Session 2 - Learning Styles and Lesson Design

- Describe their preferred learning style and appreciate the needs of other learning styles
- Discuss the impact of their learning style on their coaching style
- Recognize the connection between the Life Skills lesson model and learning styles
- Describe the experiential learning cycle and connect it to the Life Skills lesson plan
- Describe the Life Skills lesson model in simple terms

### Session 3 - Feedback and Self-Disclosure

- Appreciate the importance of feedback and self-disclosure in Life Skills coaching
- Recommend guidelines for self-disclosure and feedback in this group
- Practice giving and receiving positive and constructive feedback
- Assess personal feedback skills and identify areas for growth

### Session 4 - Stages of Group Development

- Assess the 5 stages of group development
- Identify the related behaviours and needs of the 5 stages
- Respond to the developmental stages of the group by implementing appropriate techniques
- Select activities, behaviours and techniques that support the development of a Life Skills group

### Sessions 5 – 9 - Student Lesson / Delivery

- Recognize the value of each Life Skills lesson and use them in combination
- Collaborate with colleagues to develop and write a Life Skills lesson
- Demonstrate their coaching and facilitation skills
- Evaluate their own coaching and facilitation skills by naming their strengths and development areas
- Practice self-disclosure while providing colleagues with feedback in a variety of areas
- Suggest ways to revise or adapt lesson material based on the learning needs of specific client groups

### Session 10 - Closure

- Compare their 'goodbye style' and its impact on groups
- Review and evaluate the program
- Identify what they have learned and what needs further development
- Determine further learning and coaching goals to enhance professional development as Life Skills coaches

## EARNING THE CERTIFICATE

Participants must complete the following requirements to be awarded a certificate:

- Design of an original lesson plan using the NewStart lesson plan template
- Delivery of an original lesson plan to the group
- Give and receive feedback on participants' lessons
- Full attendance or completion of work assignments for a missed class (missing more than two classes requires participants to retake the program).