

Diploma in Life Coaching (Dip.L.C.)  
Training Provider: Logos Training  
Trainer: Leslie Hubbard

Life Coaching is one of the most exciting and fast growing areas in people-work. All lives can be enhanced and Life Coaching sets about to do just that. To be a successful Life Coach you will need a knowledge base, an experiential grasp of personal change, as well as a set of skills to impart those to others. This course will focus on all three.

- **What is a " Life" ?** We'll begin by answering this question by looking at an individual life cycle, the family life cycle, life tasks, life events, life stages, life styles and life balance. The role of the unconscious in life.
- **The Body in Life.** Embodied living. Your understanding of, and relationship to, your own body as a vehicle for creative living. Bodily awareness. Sensation as means of understanding and responding to your environment.
- **Positive Thinking.** Creating a positive outlook for yourself and clients through an understanding of the three 'r's - responsibility, renewal and reward. Positive language. Positive versus negative beliefs. Positive experiences. Future orientation. Solutions versus problems. Imagination and humour.
- **Confidence.** Self-esteem. Motivation. Personal Goals. Looking at the constituents of confidence we shall try and unpick the individual keys to enhancing this crucial variable in happiness.
- **Beliefs.** Belief-work. Teasing out the 'givens' of our life so that they become options. Flexibility. Techniques for examining and working with unhelpful beliefs.
- **Relationships.** A course in itself; however, we shall focus on the role of relating in people's lives and how relationship styles can be enhanced to further personal goals. Personal versus work relationships. Self and the Other.
- **Coaching Skills.** These will run like a thread through the whole of the course. They will be identified and developed. Asking appropriate questions in an appropriate way. Learning to link the individual aspect of a life to the larger aspect of a life.
- **Course Dates :** Monday September the 23rd. to Friday the 27th. inclusive, 2010.
- **Place :** Park Street Training Centre, Kingston-upon-Hull.
- **Price :** £475.00. (There is no VAT charge to be added.)

**Leslie Hubbard** B.Soc.Sc., M.Sc., M.A., Adv. Dip. Coun. is Chair of the UK Guild of Hypnotist Examiners and founder of Logos Training. He is an experienced Psychotherapist and Life Coach, working in a variety of therapeutic and commercial settings.