

ILLCP 96 - Developing Your Model

The prospective CARE-Ready life Coach will receive guidance and tips on how to create their own Coaching Field Manual and assess what is needed to move forward as a trained coach. Now that you have completed all of the courses, you are a couple of steps away from obtaining your certificate.

A.) Your Reflection Assignment is to share how this certificate program has changed/adjusted your outlook on what it means to life coach others. In your presentation, please answer the following questions:

- 1.) Why did you want to become a CARE-Ready Life Coach?
- 2.) Was there anything that motivated you to seek your life coach certification? If so, what was it? Please explain.
- 3.) How has this program impacted you? Please be as detailed as possible.
- 4.) Which lesson(s) most impacted you? Why?
- 5.) What tools or strategies do you look forward to using in your coaching opportunities? (aka what are your favorites?)
- 6.) What coaching aspect will be the most challenging for you to implement in your coaching model? How will you overcome the challenges?
- 7.) Since being in this program, has your view of coaching changed? If so, how? If not, how?
- 8.) Since being in this program, has your view of empowering others changed? If so, how?
- 9.) Now that you have completed the program, how do you plan to use this certification?
- 10.) Has your plans for using your certification the same now as prior to starting the program? Or have they changed? In what ways?

B.) Your Field Manual Submission: On our website, you will find a field manual template that you can use to create your own field manual.

The template can be found at
[https://**StepForwardLife.Institute/coachingtemplates**](https://StepForwardLife.Institute/coachingtemplates)

Following is a basic outline for organizing and developing your field manual.

Introduction (*write your own*)

Your Mission Statement (*write your own*)

Insert the tools we have given you:

Tracking Tools

- Welcome Letter
- Client Contact Information
- Intake Session Checklist
- Coach/ Client Agreement
- Client Action Sheet

Ice-Breaking Tools

- Coaching Questions
- Personality Profile

Building a Successful Thinking Plan Tools

- Drawing Forth Personal Vision
- Time to Dream Tool
- Truth vs. Feelings
- T-Chart

Creating and Adjusting a Life Plan

(Feel free to include other tools that you believe will be beneficial to your clients)

A Summary Statement (*write your own*)

Please follow the page instructions to upload your edited and customized manual.

Submit your completed manual as a Word document or pdf file.

C.) Your "final exam" is taken ONLINE as well.

Upon successful passing of the exam, you will be able to print out a temporary 30-day certificate. However, you will receive an official certificate within two weeks.

You're almost there and we wish you all the best as you are taking these final steps toward your Life Coaching Certification.