



## **FLOURISH IN LIFE COACH TRAINING CERTIFICATE**

Integrate ***Flourish in Life Coaching Principles*** into your coaching practice or ministry by earning **Flourish Coach Training Certificates**. These innovative, whole person, best practices and resources can be utilized effectively with all clients and theoretical models.

### **Increase your coaching skills that promote transformation**

Learn cutting edge skills and best practices that go beyond merely treating maladies or setting goals. Be equipped for positive growth, life balance, resilience, health and wellbeing.

### **Cultivate strengths and character that enhances thriving in all life systems**

#### **Flourish Coach Training Certificates**

- **Flourish in Life and Relationships:** *Cultivate Positive Emotion Life Systems*
- **Whole Person Christian Formation:** *Pray Thrive Love Work*
- **Personal Wellbeing of the Leader:** *Live Well. Love Well. Finish Well -*

#### **Flourish Coach Training Certificate Requirements**

- Complete 7 Flourish Coach Training Sessions via ZOOM remote meeting.

Training includes: The book ***Flourish***, ICF Core Coaching Skills Training Manual, Client Coaching forms, as well as many additional questionnaires and resources to help you launch your coaching practice

**Session 1:** Transformation System – What is Life Coaching?

**Session 2:** God Attachment – The Coaching Mindset

**Session 3:** Relationship Attachment – The Three Levels of Listening

**Session 4:** Pleasure and Joy System – Overview of a Coaching Session

**Session 5:** Stress and Tranquility System – The Person of the Coach

**Session 6:** Hope and Resilience System – The Enneagram Assessment

**Session 7:** Arranging Your Life to Flourish - Assessments