

What is Coaching?

The International Coach Federation defines coaching as

“partnering with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential.”

Here at **The Kitchen Table** we believe having a life coach is a professional relationship where the individual and coach seek to

- 1) **Clarify values** of the individual
- 2) **Identify blocks** to what the individual wants in life
- 3) Take **personal responsibility** with action
- 4) **Build the necessary skills** for successful living with support and accountability within the coaching process

Who Are We?

The Kitchen Table Counseling and Life Coaching is an **inviting, safe space** where you can come as you are to **reclaim** your identity and **reframe** your story.

Our counselors and coaches partner with people to live transformed: body, soul, spirit around your own kitchen table.



We believe all people have within themselves the ability to heal their mind, body and spirit.

We provide the necessary support, education and guidance for people to heal and to reach their fullest potential in life.

Pull Up a Chair!

The Kitchen Table Counseling & Life Coaching

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Life Coaching Certificate Program



At The Kitchen Table, we believe having a life coach is an essential part of reaching your full potential. Coaches help people navigate ways to get past blocks and take personal responsibility for their life experience. Coaches guide people to build skills for successful living thus moving towards a fulfilling life.

www.thekitchentablecounseling.com



Are you the kind of person who likes to help others?

Have you seen people hurt by bad advice and want better for them?

Do you have a hunger for deeper healing or personal growth?

The Kitchen Table is now offering a Certification in Christian Life Coaching for people interested in becoming a Professional Life Coach or a Ministry Life Coach. Our goal is to help caring Christians gain advanced skills in helping people overcome life issues and pursue meaningful life goals. We offer this class in-house and in a distance-learning format via zoom.

What do you receive as part of this program?

- approximately 110 hours classroom instruction
- basic to advanced coaching skills
- interactive setting
- supervised practicum and internship option
- 30+ hours of supervised practice
- coaching coach role-playing with other students



Why would you want to take this course?

- For your own personal and professional growth
- To get better at the ways you are already communicating with coworkers, employees, friends and family members
- To help others self-generate solutions and find the answers they are looking for in their own lives
- To become a professional coach as a part-time or full-time career
- To be more effective in a pastoral counseling/ministry role
- To be equipped to really help others grow and heal – body, soul and spirit

TKT Life Coaching Certification Curriculum

Module 1: The Bread and Butter

- Introduction to Coaching
- Building Rapport
- Listening, the Coach's Tool
- The Art of the Question
- The Gift of Gab
- Awareness and Action
- "God Talk" for the Coach
- TKT Coaching Process Part 1 and 2
- Practicum – 30+ hours of life coaching practice with classmates
- Coaching Notes: Review of Bread and Butter Module Competency
- Laboratory Skills Practice

Module 2: Meat and Potatoes

- Making Connections: Attachment
- Brain, Neuroscience and Coaching
- The Mind-Body Connection
- Introduction to Inner Healing
- Levels of Consciousness
- Healthy Boundaries
- Spiritual Practices

Module 3: Salt and Pepper

- Knowing Yourself: Healthy Coach, Healthy Client
- Coach's Self Care
- Marketing and Technology
- TKT Coach Intern – Ethics, Guidelines and Identity
- DevelopmentLunchbox: Live Coaching and Coaching Tools

Upon completion of the coursework, all assignments, 30+ student coaching sessions, and participation in Growth Challenge Phase 1 students will receive TKT Course Completion Certificate with the option to move into one of the two internship paths.

online long distance learning

