

# LIFE COACHING (LIFC)

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**LIFC 501 Introduction to Life Coaching 3 Credit Hour(s)**

This course serves as an introduction of professional coaching from a Christian perspective with special attention given to coaching theories, practice, skills, and various coaching specialties.

**Offered:** Online

**LIFC 502 Advanced Life Coaching Skills 3 Credit Hour(s)**

Life coaching is a rapidly growing field that is a natural complement to the counseling profession. It involves guiding an individual as they explore the requisite skills, knowledge, confidence, and goals that they will need to become proficient and successful in the area(s) in which they are being coached. This course will address some of the more advanced skills with which the experienced life coach should become adept.

**Offered:** Online

**LIFC 601 Health and Wellness Coaching 3 Credit Hour(s)**

This course serves as a further exploration of an aspect of professional coaching that includes wellness. This course will examine health and wellness from a Christian perspective with special attention given to a biblical foundation of health and wellness coaching.

**Offered:** Online

**LIFC 602 Marriage Coaching 3 Credit Hour(s)**

Marriage Coaching is a rapidly growing practice that involves mentoring or guiding a couple as they explore the requisite skills, knowledge, confidence, and goals that they will need to become proficient and successful in the area(s) in which they are being coached. This course will address some of the more advanced skills with which the Marriage Coach should become adept.

**Offered:** Online

**LIFC 603 Financial Life Coaching 3 Credit Hour(s)**

This course provides the framework to the structure and strategy surrounding financial life coaching. Special attention will be given to personal financial strategies for navigating spending, debt, and investing.

**Offered:** Online

**LIFC 604 Leadership Professional Life Coaching 3 Credit Hour(s)**

This course provides the framework to the structure and strategy surrounding Leadership Professional Life Coaching. Special attention will be given to leadership strategies for navigating project management, cultural awareness, inter-generational issues, and balancing work and home life.

**Offered:** Online