

# LIFE COACHING (LIFC)

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**LIFC 201 Introduction to Life Coaching 3 Credit Hour(s)****Resident Prerequisite:** PSYC 101 or PSYC 210

Offers an introduction to professional coaching from a Christian worldview with special attention given coaching theories, practice, skills, and various coaching specialties. This will include an overview of common client presenting issues.

**Offered:** Online**LIFC 202 Advanced Skills in Life Coaching 3 Credit Hour(s)****Resident Prerequisite:** PSYC 101 or PSYC 210

An examination of the requisite skills, theoretical coaching models, and goals needed to become proficient and successful as a life coach. The course offers an overview of advanced skills and their application in professional life coaching relationships.

**Offered:** Online**LIFC 301 Health and Wellness Coaching 3 Credit Hour(s)****Resident Prerequisite:** PSYC 101 or PSYC 210

An examination and analysis of professional coaching applications that serve health and wellness concerns. The course covers health and wellness from a Christian worldview with special attention given to a biblical foundation of health and wellness coaching.

**Offered:** Online**LIFC 302 Marriage Coaching 3 Credit Hour(s)****Resident Prerequisite:** PSYC 101 or PSYC 210

An examination and analysis of professional coaching applications that serve marital relationship concerns. The course covers marital issues from a Christian worldview with special attention given to a biblical foundation of marriage coaching and differences between coaching and counseling models.

**Offered:** Online**LIFC 303 Financial Life Coaching 3 Credit Hour(s)****Resident Prerequisite:** PSYC 101 or PSYC 210

An examination and analysis of professional coaching applications that serve financial concerns providing a focused overview, from a Christian worldview, of personal financial strategies addressing spending, debt, investing and taxes.

**Offered:** Online**LIFC 304 Leadership Coaching 3 Credit Hour(s)****Resident Prerequisite:** PSYC 101 or PSYC 210

An examination and analysis of coaching strategies that serves professional leadership concerns. 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