



**Certificate of Excellence**  
**Life Coach (LC-IDL)**

100 Classroom Hours

5.00 Credit Hours

15 Instructional Weeks

15-17 Calendar Weeks

This 100-hour online Certificate of Excellence, originally authored by Founder KC Miller and Hypnotherapy Program Director Linda Bennett, has trained thousands of life coaches over the last thirty years. SWIHA's Transformational Life Coaching courses are rooted in the psychology of behavior change. Students learn a variety of tools and techniques that help people grow and achieve personal, professional, and spiritual goals. Our certificate of excellence programs are avocational, and these courses/programs are designed exclusively for personal or professional development and enhancement.

| <b>Foundational Client Relationship: TRANSFORMATIONAL LIFE COACH</b> |                                 |              |               |                |              |             |
|--|---------------------------------|--------------|---------------|----------------|--------------|-------------|
| <b>Code</b>  | <b>Course</b>                   | <b>Clock</b> | <b>Credit</b> | <b>Pre-Req</b> | <b>Synch</b> | <b>Date</b> |
| LC 101-OL  | Foundations of Life Coaching    | 30           | 1.75          | N/A            | N/A          |             |
| LC 201-OL  | Applied Coaching Skills         | 30           | 1.50          | LC 101-OL      | Optional     |             |
| LC 301-OL  | Life Coaching Practice & Ethics | 40           | 1.75          | LC 101-OL      | Optional     |             |
|  | <b>Subtotal</b>                 | 100          | 5.00          |                |              |             |

**Student** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Advisor** \_\_\_\_\_ **Date:** \_\_\_\_\_

---

*Our mission is to inspire individuals to discover their gifts and graces, and support them as they share their talents with the world in a loving and profitable way.*

---