



Spiritual Life Coach CERTIFICATION

Curriculum

This is a 16-week journey where we will move through 4 modules:

- Module 1: Inner Healing (week 1-4)
- Module 2: Spiritual Awareness (week 5-8)
- Module 3: Spiritual Visioning (week 9-12)
- Module 4: Becoming a Coach (week 13-16)

Every week you will have 3(ish) lessons that will follow the same format. For example, post titled [week 1] will be an overview of what you will be learning, and then your assignments will be broken down into A, B, C.

At the bottom of the page of the assignment there is a commenting section; which is where you will post your response for that specific assignment and respond to your cohort.

FOR EXAMPLE:

Week 1: A - Reading Assignments, Posting + Responding Requirements

A: Your reading assignments will always address two areas:

1. Your Spiritual Growth
2. Growing Your Life Coaching Skills

At the completion of your reading you are asked to post a 250-word articulate response on a topic about your reading. This is the academic part of this journey. Simply share from your heart, but be aware of spelling, punctuation, and complete sentence structure.

Once you have posted, you are asked to respond to at least one of your cohorts posts in a loving, articulate, and intelligent way.

*If you quote any material, author, or book from the readings please reference appropriately using APA style formatting.

APA STYLE GUIDE

Week 1: B - Inner Work, Posting + Responding Requirements

B: This is your inner work section where you will be doing inner journeying, meditation, journaling, and personal growth. At the end of the week, you will be asked to share a 250-word experience of something that came up for you, and how you worked through it.

Week 1: C - Audio Reprograming

C: Each week there will be a new audio to listen to. The idea is to begin to reprogram the outdated program that plays behind the scenes in your cellular memory. Listen to this track over and over. Listen in your car, on

walks, doing the dishes, cleaning the house, getting ready for the day, before going to bed, when you work out, or any time that suits you. The idea is to listen over and over, at least 15 minutes a day. post the mantra you have decided to work with for this week.

On the 4th week of the module, we will have our Zoom group session.

Completion: You are required to complete each reading, activity, posting + responding, in the weekly formatting provided to move to the next week. After you submit your assignment and respond to your cohort, just press the button that says: "MARK COMPLETE" and you will get access to the next section.

Weeks run from Friday-Thursday 11:59 EST. Your weekly assignments need to be completed by Thursday at midnight. However, in order to be a proactive contributor, please plan to post by Tuesday/ latest Wednesday and finish your responses by Thursday! Your next weeks course work will open on that Friday. I will be responding to your posts at the end of the week!

Points to Pass: You need an 85 or higher to pass this course.

You can earn 25 points per module (4 modules)

- 5 points per week for posting your assignment + responding to your cohort
- 5 points per paper
- Incomplete posts or responses result in a deduction of points for the week.

Here is an overview of the Course Assignments

Module 1: Inner Healing

Week 1A: Reading Assignment

Week 1B: Inner Work

Week 1C: Re-Program Your Shame

Week 2A: How Transformation really looks

Week 2B: Inner Work

Week 2C: Transmute Stale Energy

Week 3A: Deep Listening

Week 3B: Inner Work

Week 3C: Activate Your Divine Alignment

Week 4A: Your Healing Journey

Week 4B: Inner Work

Week 4C: Raise Your Vibration

Module 2: Spiritual Awakening

Week 5A: Your Spiritual Awakening

Week 5B: Mother Mary Prayer

Week 5C: You Are So Loved

Week 6A: Your Spiritual Sprouting

Week 6B: Self-Love Inner Work

Week 6C: Healing Old Wounds

Week 6D: Clean + Clear with Ho'Oponopono

Week 7A: Your Spiritual Growth

Week 7B: The World is Your Mirror Inner Work

Week 7C: Spiraling Trauma Away

Week 8A: Your Spiritual Blossoming

Week 8B: Inner Work

Week 8C: Shadowing a Client Journey

Module 3: Spiritual Visioning

The Big Question

Your Checkin

Week 9A: Your Spiritual Vision

Week 9B: Mother Mary Gratitude Prayer

Week 9C: Shadowing a Client Journey

Week 10A Your Spiritual Connection

Week 10B: Inner Work

Week 10C: Shadowing a Client Journey

Week 11A: Your Spiritual Development

Week 11B: Life Visioning Inner Work

Week 11C: Shadowing a Client Journey

Week 12A: Your Spiritual Calling

Week 12B: Spiritual Visioning Reflection Paper

Week 12C: Shadowing a Client Journey

Module 4: Becoming a Coach + Spiritual Marketing

Become a Spiritual Marketer

Build Your Website Webinar

Week 13A: Spiritual Marketing

Week 13B: Inner Work

Week 13C: Shadowing a Client Journey

Week 13D: Experiential Coaching Practice

Week 14A: Spiritually Aligned Promo
Week 14B: Inner Work on Your Rate
Week 14C: Shadowing a Client Journey
Week 14D: Experiential Coaching Practice

Week 15A: Final Exam Week
Week 15B: Inner Work to Create your Packages
Week 15C: Coaching Tips
Week 15D: Experiential Coaching Practice

Week 16A: Becoming a Spiritual Life Coach
Week 16B: I am a Spiritual Life Coach
Week 16C: How to Respond if they Cancel
Week 16D: Downloadable Resources
Week 16E: In Closing
Week 16F: Downloads: Headshots, Certification Seal + Links
Week 16G: Final Logistics

On the last week, we will have our closing ceremony where you will be virtually presented your certification, which will be mailed to you thereafter.