

Transformative Life Coaching Certificate Program

Frequently Asked Questions

The Global MATP program offers a Certificate of Completion in Transformative Life Coaching that is grounded in transformative learning, transpersonal studies, spiritual psychology, and professional life coaching.

The transformative life coach help clients discover, clarify, and manifest their personal and professional goals. The coach builds upon the clients' potential and sees them as capable, resourceful individuals who can achieve a satisfying life.

Why do students choose to get a Certificate in Transformative Life Coaching?

- To become a life coach
- To develop a coaching practice blended with an area of transformative expertise
- To integrate coaching into an existing profession
- To advance leadership skills

What is Coaching?

Coaching is partnering with clients, employees, peers in a thought-provoking and creative process that inspires them to maximize their personal and professional potential, which is particularly important in today's uncertain and complex environment.

Is this program affiliated with a professional organization?

Yes, our coaching program has an approved status from the International Coach Federation

Approved Coach Specific Training Hours (ACSTH) for 99 hours and 30 synchronous hours with lead coaches.

Who are the coaching faculty?

Our coaching faculty members are professional and credentialed coaches with a background in the theories and practices of transformative coaching and transpersonal psychology.

How can I work toward a Certificate in Transformative Life Coaching?

There are two pathways to earning a Certificate in Transformative Life Coaching

- Specialization in one of the Sofia University programs
- As a dual specialization within the Global Master's Program

If I choose the coaching specialization, can I still take the two electives offered in the second year of the MATP program?

Yes. There is one elective beyond required coaching courses.

Are there any additional costs?

Additional costs for completing the program are: receiving 14 hours of coaching to be with a professional coach. Coach fees range between \$40-\$150/session; some coaches have reduced student fees.; any telephone fees related to 12 or more teleconferences of the practicums, and your accommodations for the intensive if you are not within the Masters or PhD program.

How do I find a qualified professional coach?

To assist you in your selection of a coach, Sofia University maintains a list of approved coaches. Students learn to contact coaches of preference and if vetted will be added to the list. Students will be responsible for the cost of personal coaching fees. Sofia University will assist in finding affordable options. If you have any questions about certified coaches, please contact the Vicki Lundin-Taylor, the Coaching Coordinator, at Vicki.lundintaylor@sofia.edu for more information.

How do I go about registering for coaching as part of my program?

- 1.) If you are part of the Master's Degree program you will discuss your intention with your advisor during the last quarter of your 1st year and then meet with the Coaching Coordinator to confirm your specialization. If you are with the PhD program you will discuss your intention with your advisor.
- 2.) If you are not in the Master's Degree program or are alumni and want to attend the coaching program, you will first meet with the Department Chair or Coaching Coordinator to further discuss if pre-requisites are necessary. Prerequisite: The Transformative Life Coaching Program is a Master's Degree academic level with background in Transpersonal Psychology.

What is the purpose of attending the Seminar - Contemplative Retreat?

Retreats offer students opportunities to deepen transpersonal awareness and to engage in practices that cultivate mindfulness, discernment, appreciation of differences, and compassion. They provide opportunities to be in community with your co-heart, faculty and to learn key aspects of the program. These contemplative gatherings will be focused on various topics and be offered semi-annually. Introduction to coaching is required and begins at the Fall retreat from 12 to 15 hours of synchronous training with an ICF credentialed Coach. There are no exceptions for not attending the Retreat to begin the Coaching Program.

Dual Specialization with Transformative Life Coaching

MATP students can combine a specialization in Transformative Life Coaching with a specialization in Creativity and Innovation or Spiritual Psychology specialization by taking an additional 18 units of course work including the following:

- Intro to Transformative Coaching Process -Seminar
- Practicum in Transformative Coaching I & II
- Advanced Transformative Coaching Practicum
- Entrepreneurial Spirit
- Ethics in Coaching
- Psychosynthesis
- Capstone projects are blended

Will I be credentialed as a life coach when I complete the program?

Credentialing is accomplished through a professional coaching organization. You will receive a Certificate of Transformative Life Coaching. This certificate acknowledges that you have successfully completed the required courses and that you have mastered the core competencies delineated by the International Coach Federation.

Currently there is no legal requirement to meet in order for people to call themselves a coach, since the field is still emerging and evolving. However, it is considered good practice to gain credentialing from some recognized agency. ICF is the largest, but there are others such as International Association of Coaching. There are also smaller, modality specific certifications such as grief coaching, wellness, executive, career, etc. that might be a student's track, rather than ICF.

For more information:

- Attend the coaching information sessions
- Contact Sofia University Admissions Counselor
- E-mail Dr. Vicki Lundin Taylor, Coaching Coordinator, vicki.lundintaylor@sofa.edu
- E-mail Dr. Nancy Rowe, Chair of G-MATP Program, at nancy.rowe@sofia.edu