

## Quick Reference Criteria - LC-L4

<b>Qualification Title:</b>	Level 4 Diploma in Life Coaching
<b>Unit title:</b>	Life Coaching Practice
<b>Level:</b>	4
<b>Guided Learning Hours</b>	150
<b>Credit value:</b>	39
<b>Learning outcomes (skills, knowledge, understanding)</b> <b>The learner will/will be able to:</b>	<b>Assessment criteria (to assess learning outcome)</b> <b>The learner can:</b>
1. Work within an ethical framework for independent life coaching practice	1.1 Apply a legal, ethical and professional framework to life coaching work 1.2 Work within personal and professional limits of competence 1.3 Assess clients and refer where appropriate 1.4 Show understanding of issues related to establishing and managing a life coaching practice
2. Apply a relational approach to life coaching practice	2.1 Understand how the life coaching relationship contributes to the client's process of change 2.2 Establish, develop and end the life coaching relationship 2.3 Work with breaks, difficulties and conflicts in the life coaching relationship
3. Apply understanding of diversity to life coaching practice	3.1 Explore and respond appropriately to the social and cultural contexts of individual clients 3.2 Use understanding of diversity to enhance empathic practice 3.3 Reflect on issues related to widening access to life coaching

<p>4. Support clients to cope with life’s challenges and engage with opportunities to flourish</p>	<p>4.1 Support clients to reflect on themselves and their life goals together with the motivation to achieve those goals</p> <p>4.2 Support clients to develop their health, happiness and well being</p> <p>4.3 Support clients to cope with personal, relational and life stage challenges</p> <p>4.4 Support clients to flourish as persons in relationships at particular life stages</p> <p>4.5 Support clients to develop self-help skills and use appropriate self-help resources</p>
<p>5. Apply learning from self-development to enhance life coaching practice</p>	<p>5.1 Reflect on self and life goals together with the motivation to achieve those goals</p> <p>5.2 Use mindfulness, creative approaches and self-development activities to cope with life’s challenges and engage with opportunities to flourish</p> <p>5.3 Use mindfulness, self-awareness and insights from self-development to enhance practice</p>
<p>6. Apply a coherent body of knowledge and skills to enhance life coaching practice</p>	<p>6.1 Reflect on the philosophical foundations of life coaching</p> <p>6.2 Use psychological theories and research findings to understand the person and their relationships across the life course</p> <p>6.3 Use theories of learning and change to inform life coaching work</p> <p>6.4 Integrate knowledge, skills and techniques in life coaching work</p> <p>6.5 Describe and evaluate own life coaching approach</p>
<p>7. Use reflective practice to develop and inform life coaching work</p>	<p>7.1 Reflect on life coaching sessions and apply insights to subsequent work</p> <p>7.2 Use life coaching supervision to inform, support and enhance practice</p> <p>7.3 Use client feedback, personal life coaching and CPD to develop and support practice</p>