

LCS-L3 Quick Reference Criteria

Qualification number:	600/6961/2
Level:	3
Guided Learning Hours:	90
Credit value:	16
Learning outcomes: (skills, knowledge, understanding) The learner will/will be able to:	Assessment criteria (to assess learning outcome) The learner can:
1. Work within an ethical framework for life coaching work	1.1 Apply understanding of an ethical framework to practice 1.2 Differentiate the life coaching role from both friendship and other professional support roles 1.3 Work within own limits of proficiency 1.4 Identify vulnerable clients and assist them to find appropriate support
2. Manage the life coaching alliance	2.1 Work within professional boundaries 2.2 Establish, develop and end the life coaching alliance 2.3 Understand how to integrate life coaching within another role
3. Work with client diversity in life coaching work	3.1 Respond appropriately to client diversity 3.2 Explore and challenge own issues, fears and prejudices concerning working with client diversity
4. Support clients to reach their goals	4.1 Agree goals and associated tasks for the life coaching work 4.2 Work collaboratively with clients on their goals and tasks 4.3 Facilitate client hope and motivation 4.4 Identify and work with client strengths
5. Apply understanding of self to life coaching work	5.1 Use personal development tools to understand own personality, relationships and personal history 5.2 Identify and implement own healthier lifestyle choices 5.3 Use self-awareness in life coaching work

<p>6. Use life coaching skills and theory to enhance practice</p>	<p>6.1 Use listening and responding skills to enhance practice</p> <p>6.2 Use understanding of theories of change to facilitate change</p> <p>6.3 Apply understanding of healthy lifestyles to practice</p> <p>6.4 Use understanding of human strengths, relationships and the life course to inform practice</p>
<p>7. Reflect on practice to enhance life coaching work</p>	<p>7.1 Use professional development tools to reflect on and enhance practice</p> <p>7.2 Use feedback to reflect on and enhance practice</p> <p>7.3 Use feedback skills to provide constructive feedback to others</p>