



SALT AND LIGHT COACHING INSTITUTE BASIC BIBLICAL LIFE COACHING FOUNDATIONS

COURSE SUMMARY

This 4 month course is designed to provide the basics of Biblical Life Coaching and to enable students to become better disciples.

COURSE OBJECTIVE

Through this course, students will:

- Be introduced to basic disciple training skills and basic biblical life coaching skills.
- Learn the difference between Life Coaching and Biblical Life Coaching and Counseling
- Discuss vision, purpose, destiny, and passion and how values influence vision
- Be introduced to Biblical Coaching and motivational models and theories/
- Understand the four components of Discipleship Coaching and the Standards of Life Coaching
- Be introduced to the 12 Spiritual Disciplines for spiritual formation
- Learn how to observe and handle client progression and regression

COURSE MATERIALS:

The following materials, which are required for the course, are included in your tuition:

Required MP3 files:(to be provided electronically)

- Pursuing Your Passion
- A Destiny Discovered
- Covenant Confirms the Call
- Confidence

Course Workbook (to be provided electronically)

The following materials, which are required for the course, are **NOT included in your tuition**; you will be told when each is needed. These materials may be found at your local library:

- Christian Coaching (2001) by Gary Collins, Ph.D. ISBN: 1-57683-282-1
- Spiritual Direction and Meditation (1960) by Thomas Merton ISBN: 0-8146-0412-9

- Coaching for Christian Leaders (2007) by Linda Miller and Chad Hall ISBN: 978-0827205-07-9
- Coaching Questions: A Coaches Guide to Powerful Asking Skills (2008) by Tony Stoltzfuz ISBN: 9780-9794-16361
- Celebration of Discipline (1988) by Richard Foster ISBN: 0-06-062839-1

COURSE PARTICIPATION

We will take attendance in both the virtual and in-person sessions. You are required to make up the work from any missed sessions. You may not miss more than 30% of the required sessions.

COURSE EVALUATION

Following completion of the training you will be required to take:

- An oral exam in a group format = 40 pts.
- Essay questions = 50 pts.
- Group participation = 10 pts.

Total points: 100 pts – You must receive a 70 or above to successfully complete this course.

Upon successful completion of this course, you will receive a certificate of completion, which will acknowledge you as a Biblical Life Coach and you will receive instruction regarding recommended next steps for implementation.