



ACADEMY OF CREATIVE COACHING

SPECIALIZATIONS

Life Coach

WHAT IS A LIFE COACH?

Life coaches tend to take on a holistic perspective. They work with clients on their self-relationship as well as how they interact with others, their career, their spirituality, their priorities, creating more work/life balance, productivity, motivation, habits, and patterns. They can focus on one specific area or all of the above.



APPLICABLE PROGRAM TOPICS



- Accountability
- Creative Life Change
- Future Planning
- Goal-Setting
- Human Development
- Leadership Development
- Overcoming Limiting Beliefs
- Personal Awareness
- Psychology of Happiness
- Post-Traumatic Growth
- Self-Motivation
- Strengths-Based Awareness

CAREER PATHS

- Life Coach
- Mid-Life Crisis Coach
- Financial Management Coach
- Happiness Coach
- Life Transition Coach
- Law of Attraction Coach
- Arts & Creativity Coach
- Stress Relief Coach
- Emotional Intelligence Coach
- Bereavement/Loss Coach
- Motivational Coach
- Self-Confidence Coach
- Assertiveness Coach
- Time Management Coach
- Work/Life Balance Coach
- Home Environment/Declutter Coach



APPLICABLE TEXTS



- [Activate Your Life: 50 Transformational Exercises from Coaches Around the World](#)
- [Practicing Positive Psychology Coaching](#)
- [Life Coaching for Kids: A Practical Manual to Coach Children and Young People to Success, Well-being and Fulfilment](#)

HOW SPECIALIZATIONS WORK

1. In-class practice coaching should be within your specialization
2. Read and apply content from your specialization text book and independent exploration
3. Recorded mentor coaching sessions should be focused on your specialization
4. Homework assignments should be driven by your specialization

