



DEVELOPING THE COACHES OF TOMORROW, TODAY

Your Path to Becoming a Certified
Life Coach.

TEMPUS COACHING CERTIFIED TRAINING ACADEMY

Explore the possibilities, start your journey, and
take the first step toward a rewarding career as
a certified coach.



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ACCREDITED CERTIFICATE
IN COACH TRAINING

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MEET YOUR TUTORS



Tony Vogel

Coach & Director of Training

Tony's journey began in health coaching before transitioning seamlessly into the realm of business coaching. He is also an awarded Fellow for the Association for Coaching for demonstrating longstanding Service and contribution to the Coaching Industry, so you can be assured your training is done to the highest standards possible.



Martin Bradley

Coach & Director of Marketing

With a wealth of experience as a coach trainer and a distinguished track record in international sales and marketing, Martin brings a unique perspective to our training programs. He not only imparts invaluable training but also draws upon his years of experience in the business world to guide you towards transforming your training efforts into a thriving venture.



Joe Vogel

Coach & Psychotherapist

the compassionate heart of Tempus Coaching. With a robust background as a highly qualified Psychotherapist and counsellor trained at Keele University, Joanne brings a wealth of expertise to our team. Beyond her role as a coach, Joanne extends her support to individuals grappling with various life challenges, seamlessly integrating holistic care into our training programs.

Unlock Your Potential, Empower Others, and Build a Meaningful Career

Welcome to Tempus Coaching, where we help aspiring coaches take their passion for helping others and turn it into a thriving, fulfilling profession. Whether you're ready to transform lives as a certified Life Coach, guide businesses to success as a Business Coach, or help leaders excel as an Executive Coach, our accredited programs are designed to equip you with the skills, knowledge, and confidence to succeed.

Inside this prospectus, you'll discover the details of our life coaching courses:

Life Coach

Become a catalyst for personal growth and positive change, helping individuals achieve their dreams and overcome challenges.

Explore the possibilities, start your journey, and take the first step toward a rewarding career as a certified coach.



Train to be a certified:

Life Coach


Get the expert training you need to have a fulfilling and rewarding career.

The intrinsic rewards of becoming a life coach extend beyond financial gain, offering a profound sense of fulfillment derived from witnessing the transformation and growth of clients.

This fulfilling career path also provides the flexibility and autonomy to design a work-life balance that aligns with personal preferences and values.

Whether it's establishing a private practice, specialising in a niche area, or exploring diverse career opportunities within the coaching industry, life coaching offers endless possibilities for professional development and growth.

Course Information

Qualification	AACT Life Coaching 
Subject Area	Life Coaching
Location	Zoom Classes
Duration	12 classes over 6 weeks
Time Table	<p>Zoom Classes</p> <p>5 Hours per week</p> <p>Monday & Wednesday: 6 - 8 :30pm or Tuesday & Thursday: 6 - 8:30pm</p> <p>Self Study</p> <p>40 Hours</p> <p>Coaching Practice</p> <p>20 Hours</p>
Course Fees	<p>£1500</p> <p>Flexible payment options are available. Please ask on application.</p>



CURRICULUM

What You'll Learn To Become A Life Coach

With modules covering everything from questioning techniques to reflective practice, our comprehensive curriculum ensures you're equipped with the tools and knowledge to excel as a coach.

GROW Model	A widely-used coaching framework focusing on Goal setting, Reality assessment, Options exploration, and Will to commit, guiding individuals through a structured problem solving process.
Coaching Wheels	Visual tools used in many coaching sessions to explore various aspects of personal or professional life, facilitating self-reflection, goal-setting techniques, and action planning.
SWOT Analysis	Utilising Strengths, Weaknesses, Opportunities, and Threats analysis to assess individual or organisational coaching needs, identifying areas for development and leveraging strengths.
Key Benefits of Coaching	Utilising Strengths, Weaknesses, Opportunities, and Threats analysis to assess individual or organisational coaching needs, identifying areas for development and leveraging strengths.
Running a Successful Coaching Session	Effectively guiding individuals through structured conversations to explore goals, challenges, and actions, facilitating self-discovery and development in a supportive environment.
How to Identify Coaching Needs	Assessing individual or team strengths, weaknesses, opportunities, and threats to determine areas for change, aligning coaching interventions with organisational goals.
Application for Workplace Coaching	Enhancing leadership skills, improving team dynamics, resolving conflicts, managing change, developing talent, and fostering a culture of continuous learning and improvement.

The Benefits of a Facilitative Approach	Empowering individuals to explore their own solutions, fostering self-discovery, ownership, and accountability, leading to sustainable personal and professional growth.
Understanding Barriers to Coaching	A resistance to change, and a lack of trust, time constraints, organisational culture, and insufficient resources, hindering the effectiveness and adoption of effective coaching initiatives.
Johari's Window	A psychological model illustrating the relationship between self-awareness and feedback, categorising information into known/unknown to self and others, facilitating personal development.
Third Party Dialogue	Involving a neutral facilitator in coaching conversations to provide perspective, objectivity, and unbiased feedback, enhancing the effectiveness and depth of the coaching process.
Anchoring Techniques	Utilising sensory cues or mental imagery to evoke desired emotional states or behaviours, enhancing confidence, improving performance, and resilience in coaching contexts.
Questioning Methods	Open-ended, probing, and powerful questioning methods used in coaching to stimulate reflection, insight, and goal clarification, fostering deeper self-awareness and problem-solving.
Values & Beliefs	Principles and convictions that guide behaviour and decision-making, influencing attitudes, and motivation, integral to coaching for aligning actions with personal or organisational goals.
Reflective Practice	Engaging in systematic self-reflection to evaluate experiences, identify learning opportunities, and enhance self-awareness, facilitating continuous improvement and professional development.

Flexible Learning

With flexible scheduling options and online resources, our course accommodates busy lifestyles, allowing you to learn at your own pace and convenience.

Professional Certification

Upon successful completion of the program, students receive a recognised certification, demonstrating their proficiency as professional coaches.

Payment Options

Our flexible payment options makes our courses affordable. Pay for your certification in one lump sum, or spread the cost over 3 monthly instalments.

The Role of a Life Coach

A life coach is a professional who helps individuals identify and achieve their personal and professional goals. Life coaches empower their clients to take control of their lives, overcome obstacles, and build the future they desire. Unlike therapy, which focuses on healing past trauma, life coaching is future focused and action-oriented. It's about unlocking potential, creating actionable plans, and providing accountability along the way.

As a life coach, you'll guide clients through self-discovery, helping them clarify their values, aspirations, and strengths. You'll assist in goal-setting, overcoming limiting beliefs, and developing strategies to achieve success. Whether clients want to improve their career, relationships, health, or overall well-being, your role will be to encourage, support, and challenge them to move forward.

What a Typical Coaching Session Looks Like

A typical coaching session is structured to help the client explore their goals and develop strategies to achieve them. Here's a general breakdown of what happens in a typical life coaching session:

Introduction and Rapport Building: The session begins with a check-in where the coach and client connect and discuss any updates since the last session. The coach sets a welcoming, open environment where the client feels comfortable.

Goal Setting: Together, the coach and client define the focus of the session. What is the client's immediate goal or challenge? This might involve exploring deeper issues, clarifying objectives, or identifying obstacles.

Exploration and Insight: The coach uses powerful questioning techniques to help the client reflect on their challenges, uncover limiting beliefs, and gain clarity about their desired outcomes. The goal is to help the client develop new perspectives and insights.

Action Planning: Once the client has clarity, the coach helps them develop a step-by-step action plan to move toward their goals. This could include setting small, achievable tasks or making commitments for behavior changes.

Accountability: Before concluding, the coach helps the client set deadlines and strategies for accountability. The client leaves the session empowered with clear actions to take before the next session.

Each session is a stepping stone toward long-term growth and change, with the coach providing guidance and motivation throughout the journey.

How Becoming a Life Coach Can Be a Rewarding Career

Becoming a life coach offers deep personal satisfaction because it allows you to make a meaningful difference in people's lives. As a life coach, you witness firsthand the transformations your clients go through - helping them overcome obstacles, gain confidence, and achieve their goals. There's nothing more rewarding than knowing you've played a key role in helping someone create a more fulfilling life.

Life coaching also offers a tremendous sense of purpose. You'll guide others toward clarity and self-realisation, helping them achieve success not just in their careers, but in every aspect of their lives. Each coaching session becomes a powerful opportunity to contribute to the well-being of another person.

On top of personal fulfillment, life coaching provides professional flexibility and independence. You'll have the ability to create your own schedule, choose the clients you work with, and run your own practice, making it a truly empowering and liberating career path.

How Becoming a Life Coach Can Improve Your Own Life

Life coaching is not just about helping others - it's about improving your own life, too. As you go through the process of becoming a life coach, you'll develop skills and insights that enhance your personal growth and self-awareness. You'll learn how to manage your own mindset, break through limiting beliefs, and set meaningful goals.

The principles you teach your clients - such as self-discipline, goal setting, and resilience - are the same principles you can apply to your own life. Coaching helps you refine your communication skills, deepen your empathy, and improve your emotional intelligence, all of which lead to healthier, more fulfilling relationships.

Additionally, as you help others discover their potential, you'll find yourself consistently pushing your own boundaries, growing, and evolving in ways that improve your quality of life.

How Becoming a Life Coach Can Improve Your Work-Life Balance

One of the greatest advantages of becoming a life coach is the ability to design a career around the lifestyle you want. Coaching provides flexibility and autonomy, allowing you to set your own hours, work from anywhere, and decide how many clients you want to take on. Whether you choose to work full-time, part-time, or take a hybrid approach, life coaching can be tailored to fit your personal priorities.

This flexibility can significantly improve your work-life balance. Unlike traditional 9-to-5 jobs, life coaching allows you to allocate more time to your family, hobbies, and personal pursuits. You have the freedom to decide when you work and how often, which means more control over your schedule and less burnout.

How Becoming a Life Coach Can Improve Your Earning Potential

Life coaching is not only fulfilling, but it also has the potential to be financially rewarding. As the demand for skilled life coaches continues to grow, so do the opportunities for earning a substantial income. Many life coaches are able to command competitive rates and build thriving practices that generate consistent revenue.

Coaching fees vary widely depending on your niche, experience, and client base, but it's common for certified life coaches to charge between £70 to £200 per session, with experienced coaches often earning much more. Group coaching, workshops, and online coaching programs offer additional revenue streams, allowing you to scale your business and increase your income.

On average, certified life coaches earn between £50,000 and £100,000 annually, with top coaches earning six figures. Plus, since coaching allows you to work remotely and take on clients from around the world, your earning potential isn't limited by geography.

Whether you choose to work with individual clients, organisations, or develop your own coaching programs, becoming a certified life coach can significantly enhance your financial well-being while offering a career full of purpose and flexibility.



**START YOUR
JOURNEY TO
BECOMING A
LIFE COACH**

www.tempuscoachingacademy.com



CONTACT

ADDRESS

Blackthorn House, Gnosall,
Staffordshire, ST20 0DZ

EMAIL/TELEPHONE

+44 (0) 1952 324336

hello@tempuscoaching.com