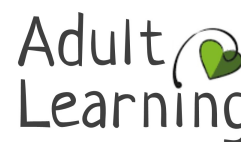


# Adult Learning - Course Information Sheet



## UZZ6BA36 - Life Coaching For Life And Work

### Virtual Classroom - Zoom

<https://zoom.us/>

ZZ99 9ZZ

**Room** Virtual Classroom - Zoom

Start Date: 17 June 2023  
End Date: 24 June 2023  
Start Time: 10:00AM  
End Time: 1:00PM  
Day: Saturday  
Sessions: 2  
Tutor: Mrs Virginia Antunes

### Course aim

The aim of this course is to provide an overview of Life Coaching principles to use in life and work to enhance wellbeing. Life Coaching is a really practical approach to mental wellbeing and focuses on practical activities to help learners gain a better understanding of their own lives, goals and resources. In this course we will explore areas of improvement in our lives, understand how to set life goals effectively and identify resources to help us achieve these goals. The course will make use of several practical activities to encourage learners to take an active approach to their own wellbeing.

### Course outcomes

- a) Set life goals effectively using models such as the SMART model and the GROW model
- b) Identify individual resources and ways to optimise these
- c) Recognise limiting beliefs and barriers to goal achieving

### How will the course be taught?

The course will be taught online via Zoom and will be a live interactive class. Joining instructions along with unique log in for the session will be emailed to you by our support services team prior to the course start date so please check your email address. To take part in the course learners will need either: a computer or laptop, phone or tablet connected to the internet and able to view a live video stream.

### What do I need to bring / have ready?

We also recommend that you have a pen and notepad to hand during the sessions.

### Further support and progression

If you need help whilst on a course with us, our Learner Support Advisor is available to discuss your needs. We offer a range of services, subject to eligibility, which can include practical support and/or financial assistance to ensure you feel fully supported while learning with us. For more information contact [alsreferrals@northnorthants.gov.uk](mailto:alsreferrals@northnorthants.gov.uk) or call 01604 368023 (answerphone available). Visit our website [www.northamptonshire.gov.uk/course-info](http://www.northamptonshire.gov.uk/course-info) for further information about our fees and concessions. Your tutor will inform you of further learning opportunities and progression during your course.

### Health and Safety / Online Safety

Your tutor will give you information about Health and Safety on the first session. For information on how to keep safe online, go to [https://safety.lovetoknow.com/Internet\\_Safety\\_Adult](https://safety.lovetoknow.com/Internet_Safety_Adult) and <https://takefive-stopfraud.org.uk/> national awareness campaign. To report suspected scams, or for information on preventing scams, call the Citizens Advice on 03454 04 05 06.

Northamptonshire Adult Learning Service work in partnership with National Careers Service advisers who can provide information, advice and guidance on skills, learning and work. National Careers Service can be contacted by telephone 0800 100 900 or text your name and the word ADVICE to 07766 413219 and an adviser will call you back for free or go to <https://nationalcareersservice.direct.gov.uk/>

