



“My coaching business has been very successful and has exceeded my expectations.”

—Marla Collins, coach and graduate of the UC Davis Coaching for Life and Work Program

PROFESSIONAL COACHING FOR LIFE AND WORK

About Our Program

A Pathway to Professional Certification

Our transformative *Professional Coaching for Life and Work Certificate Program* prepares you to become certified by the International Coach Federation (ICF)—the only globally-recognized credential program for coaches. Benefits include:

- Instruction, experiential learning activities and mentoring by Master Certified Coaches and Professional Certified Coaches (the top two certification designations)
- Real-world, classroom-based, hands-on learning. Class work, case studies and practice with volunteer clients offer relevant, dynamic and relational learning opportunities
- An ICF-accredited training program that covers the academic requirements to apply for certification as a Professional Certified Coach (PCC) through the ICF (students must earn additional coaching hours outside of the program)

INDUSTRY FACT

Global awareness of coaching is rising and was as high as 66% in the most recent Consumer Awareness Study

—International Coach Federation, 2017

INFORMATION

CALL (800) 752-0881

EMAIL businessinfo@ucdavis.edu

WEB cpe.ucdavis.edu/coaching

Your Training Path

This five-month, cohort-based program is offered in Sacramento twice each year. The winter cohort runs January-May and students attend class all day every-other Friday and Saturday. The summer cohort runs August-December, and students attend class every-other Tuesday and Thursday evening and all day Saturday. Apply online at cpe.ucdavis.edu/coaching

This program is by application only and requires:

- Five years of professional work experience in any field,
- an interest in working with people and helping others, and
- a mindset that supports success in the program, including an openness to learning through feedback and self-examination.

Courses Include:

- Coaching Essentials
- Core Competencies
- Personal Foundation for Coaching
- Coaching Conversations
- Coach Mastery

Tuition

Tuition is \$8,325 and covers everything you'll need, including books, meals, course materials and on-site parking. Many coaching students, make use of job training funds provided by their employer. Learn more about financing your education:

cpe.ucdavis.edu/student-services/financing-your-education

HEAR FROM A COACHING EXPERT

THE COACHING INDUSTRY TODAY

"Coaching as a profession has evolved and become a much more prevalent part of the personal and professional development landscape. Michelle Payne, program instructor, says people now have a much better idea of what coaching is about, namely development and personal growth.

'The coaching industry is wide open, and the opportunities are amazing,' she said."

**-Michelle Payne,
Master Certified Coach and Coaching Program Instructor**



CERTIFICATION

Program graduates earn 150 quarter hours of credit and have the training and mentor hours needed to apply for ACC or PCC certification through the International Coach Federation—a global leader and resource for professional coaching. For more information, visit coachfederation.org/

STUDENTS SAY

"This program provided me with a solid, well-designed approach to coaching conversations. My coach training has enabled me to facilitate great results for my clients."

—Angela Lindley, coach

Want to read more student testimonials, program details, and other information about our *Professional Coaching for Life and Work* program? Check us out online!

cpe.ucdavis.edu/coaching