

LCC COACHING

Earn your Diploma in Coaching Adolescents and Young Adults



- Are you passionate about the youth and equipping them for success in the future?
- Are you a head teacher, principal, youth pastor or mentor, teacher or parent?
- Are you looking to develop coaching skills to support your engagement with adolescents and young adults?
- Are you looking to begin your journey to becoming a professional coach?
- Are you thinking of setting up a coaching business?

If you answered yes to any of these questions, read on.

What is the Adolescent and Youth Coaching Diploma (CAYC) Course all about?

The Objectives of the LCC CAYC are to provide robust coach training for coaches of adolescents and young people. By the end of the training, you will have:

- Mastery of ethically grounded coaching practices.
- Confidence in engaging and supporting adolescents and young adults.
- The ability to create transformative coaching experiences.

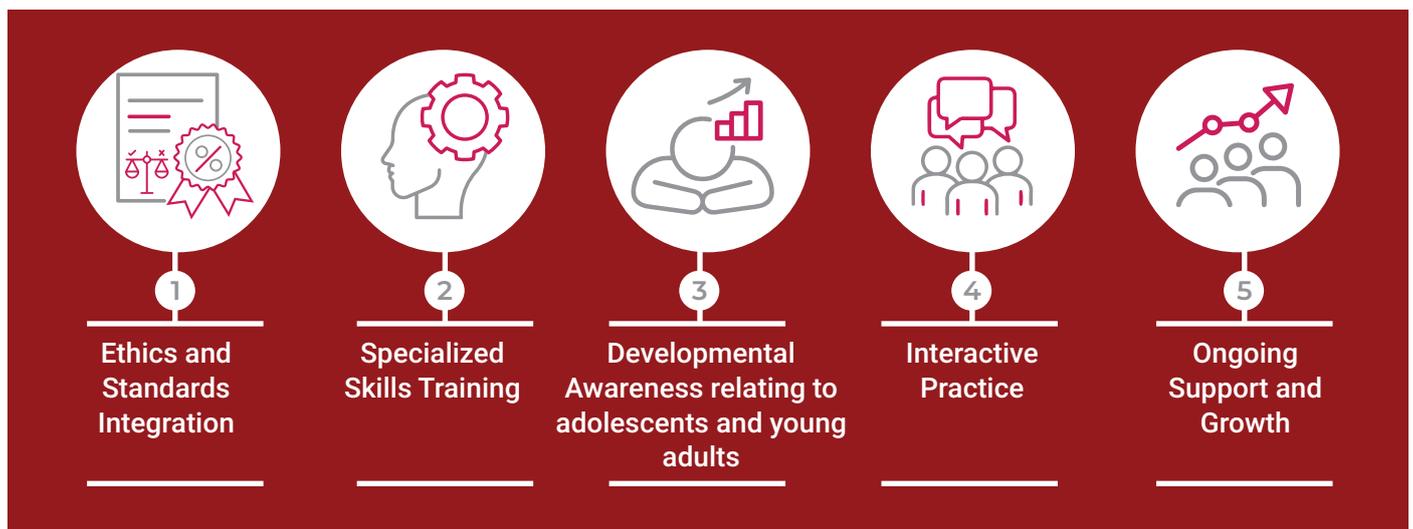
The LCC Ethical Empowerment Model for coaching Adolescents and Young Adults

The LCC Ethical Empowerment Model is grounded in the belief that coaching adolescents and young adults is a transformative practice requiring:

-  **Specialized Skills:** Tools and techniques tailored to the developmental and contextual needs of young people.
-  **Ethical Excellence:** A foundation of integrity, accountability, and respect for the individual, aligned with global Codes of Ethics and Standards of Ethical Conduct.
-  **Empathy-Driven Practice:** A commitment to fostering trust, respect, and empowerment in every coaching relationship.

The LCC Ethical Empowerment training Approach

The training approach is designed to integrate ethical standards with practical tools, ensuring coaches are equipped to engage, empower, and support young people effectively. It includes:



Program design

3 Modules: 2 full days x 3 months, live online: **42** hours

Mentor coaching **10** hours

Client coaching **10** hours.

Self-study hours **12** hours (at least).

Total contact hours: **74** - includes 7 group mentor coaching hours and 3 individual mentor coaching

Assessment includes 2 essays , recorded coach demo assessment and a live presentation.

Participants receive a workbook, access to the learning management system and credentials to log into the live sessions. A continuing support community will also be developed post-training.

Why should you invest in coaching certification?

The ICF Global Coaching Study (2023) indicates that individuals and organisations expect their coaches to be certified and credentialed. Coach certification is therefore becoming increasingly important. 85% of respondents opted for accredited programs in the 2023 study, up from 69% in 2015.

Program start dates

Registration is on a rolling basis see our website www.lifeskillscoaching.co.ke for next cohort start date.



Fees

460,000/- . Payment plan available.
(Valid for 2025 only)

Enrolment requirements

1. Tertiary education essential; postgraduate certifications a bonus but not required.
2. Proficiency in English
3. Capacity to access online live sessions (or in-person sessions) and asynchronous materials

Applicants will be asked to demonstrate their track record in working with adolescents and young adults through examples of past experiences , a personal statement indicating how the diploma will add value, complete a personality assessment and attend a short interview.

Continuous Coach Education Units (CCEUs)

Accredited by the Association for Coaching (AC) and provisionally accredited by the International Coaching Federation (ICF).

Certification requirements

To qualify for the certificate participants must meet the following requirements:

1. Participation is required in 42 classroom sessions.
2. Provide a Coaching log – 10 hours with at least 1 client.
3. Participate in Mentor coaching: 7 hours group mentor coaching, and 3 hours individual mentor coaching.
4. Provide one recording of a coaching session 20-30 minutes which should be assessed as 'pass'.
5. Write 2 reflective essays, 1200-1500 words, on topics to be provided plus a 8-10 minute presentation on one of the topics.

If you opt out of assignments you get a Certificate of Attendance, not the LCC CAYC Certification.

Faculty



Course Director/Mentor Coach

Dr Jaki Wasike-Sihanya, PCC, CLC, EdD

Life & Leadership Coach | Business Coach | Mentor
Coach | Mental Health Coach | Speaker | Author



Course Director/Mentor Coach/Supervisor

Anyima Okundi, PCC, ESIA, EIA SP

Executive & Leadership Coach | Systemic Team Coach | Certified Coach
Supervisor | Mentor Coach Learning Facilitator | Design Entrepreneur

Supported by Guest facilitators and Mentor Coaches



*Go ahead, and begin the process of
earning your Diploma as a coach for
Adolescents and Young Adults.*



To receive updates and for more information.



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