

Spokane Falls Community College  
**COURSE LEARNING OUTCOMES AND OUTLINE**

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**Prefix and Course Number:** FLM 435  
**Course Title:** LIFESTYLE COACHING

**Version Date:** 1/2/19

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**Course Learning Outcomes**

1. Identify the steps involved developing and implementing a coaching plan
2. Define the key responsibilities and ethical guidelines of a lifestyle coach
3. Demonstrate a holistic understanding of key concepts of the field including eating behavior, sleep hygiene, movement, and stress management
4. Describe the goal setting process
5. Identify the major components of effective communication as it relates to lifestyle coaching
6. Analyze, problem solve, and create strategies based on typical client scenarios

**Course Outline:**

**A Meeting ethical Guidelines and Professional Standards**

- A1 demonstrates an Understanding of, and follows all ethical guidelines
- A2 Can distinction between coaching, consulting, psychotherapy and other support professions
- A3 Refers client when needed

**B Coaching Agreement**

- B1 Discusses guidelines and specific parameters of the coaching relationship
- B2 Describes the professional coaching relationship, services offered, and responsibilities
- B3 Determines compatibility

**C Building Rapport**

- C1 Shows genuine concern for the client
- C2 Demonstrates personal integrity, honesty and sincerity
- C3 Mentally present and flexible during the coaching process
- C4 Demonstrates respect for client's perceptions and learning style
- C5 Provides ongoing support for new behaviors and actions

**D Communication Skills**

- D1 Asks questions that evoke discovery regarding lifestyle concerns
- D2 Clearly states coaching objectives and purpose of techniques or exercises

**E Creating Awareness**

- E1 Invokes inquiry for greater understanding
- E2 Helps clients discover new beliefs and perceptions
- E3 Communicates broader perspectives to shift viewpoints and find new possibilities for action
- E4 Identifies major strengths vs. major areas for growth

**F Planning and Goal Setting**

- F1 Consolidates collected information to establish a plan
- F2 Develop and maintain an effective coaching plan with the client

- F3 Creates a plan where outcomes are attainable, measurable, specific, and time specific
- F4 Helps the client identify and access different resources for learning and achieving goals

**G Lifestyle Coaching Plan design**

- G1 Define actions that will enable the client to achieve their stated goals
- G2 Systematically explore specific interventions and tools central to achieving goals
- G3 Includes elements of self-discovery, where the client applies what has been discussed and learned during sessions.
- G4 Explore alternative ideas and solutions, to evaluate options, and make healthy decisions
- G5 Program promotes a "Do It Now" approach

**H Lifestyle Coaching Plan implementation**

- H1 Focuses on the coaching plan
- H2 Demonstrates follow-through by holding client accountable to stated goals
- H3 Acknowledges accomplishments and awareness
- H4 Effectively prepares, organizes, and reviews information obtained during previous sessions
- H5 Keeps the client on track between sessions
- H6 Promotes self-discipline and holds the client accountable
- H7 Develops the client's ability to make decisions and learn from experiences
- H8 Positively confronts the client where appropriate