

Introduction to Life Coaching

Location	Stretford Campus
Course Type	Adult
Department	Health & Social Care
Start Date	Tuesday 3rd June 2025
Duration	Part-time, 3 Weeks
Time	10:00 - 13:00
Fee	£ 30.00 You may be eligible for support with your tuition fees - please visit the college website - funding and finance page for further information
Course Code	TPQ-CYXZ-1164

Course Overview

This course is designed to help you develop the mindset, skills, and tools of a life coach-so you can coach yourself to success. Through self-reflection exercises, coaching techniques, and practical strategies, you'll gain clarity, confidence, and motivation to take charge of your life. Whether you are looking to improve your mindset, build better habits, or navigate life's challenges, this course will empower you to become your own best coach.

Course Requirements

There are no entry requirements

What You Will Learn

You will learn how to set meaningful goals, overcome obstacles, and create a powerful action plan for personal growth.

Assessment

No formal assessment, class involvement and peer work assessment.

Progression

Other wellbeing courses within the college

Career Options

N/A

Mandatory Units

There are no mandatory units

Contact Details

For further information please contact T: 0161 886 7070 or E: info@trafford.ac.uk

Disclaimer

Although every care has been taken to ensure that the information contained within this document is accurate, there may be changes to this programme and provision. We will endeavour to keep prospective and current students updated where appropriate and when the information becomes available.