



Life Coach Certification Program

Overview

You're ready to deeply understand how to guide others through life's challenges, empowering them to take control of what they can and make lasting transformations in their career, relationships, and life. You've decided it's time to boldly step into your purpose and learn how to create meaningful change.

In this course, you will develop, practice, and master *your unique approach* to making a positive impact in your life and the lives of others. Our small class sizes and personalized training ensure a deeply immersive and supportive learning experience.


Through this journey, you'll cultivate greater self-awareness, gain a deeper understanding of emotions, and explore the complexities of human nature. With a solid sense of who you are, the purpose of emotions, and the strategies needed to lead your life and relationships forward, you'll confidently hold space for others and guide them toward their own transformations.

Learning Outcome

Core Coaching Skills

- Master proven coaching tools to inspire growth, build positive mindsets, and dissolve self-limiting beliefs.
- Develop the ability to actively listen, ask powerful questions, and guide others toward meaningful insights.
- Gain strategies for navigating challenging emotions and fostering emotional resilience in yourself and others.

Personal Development

- 
- Cultivate self-awareness, emotional intelligence, and confidence to lead by example.
 - Learn how to set healthy boundaries, manage stress, and maintain balance in personal and professional life.
 - Enhance decision-making skills by mastering inner navigation techniques.

Relationship Building

- Improve communication skills to build trust, foster collaboration, and resolve conflicts.
- Understand how mindset shifts in one area can positively impact relationships in all areas of life.
- Learn to empower clients, colleagues, and loved ones through supportive, growth-oriented interactions.

Coaching Practice Management

- Build a coaching practice with a strong foundation in ethics, professionalism, and client confidentiality.
- Learn techniques for structuring coaching sessions, setting achievable goals, and measuring progress.
- Gain confidence in managing client relationships, from initial consultations to ongoing support.

Specialized Skills


- Develop tools to address over-helping tendencies and the dynamics of challenging relationships.
- Understand how to help clients reframe challenges and create sustainable new habits.
- Explore the Clear Inner Focus methodologies, including *7 Steps to Positive Change™*, *The Clear Inner Focus Table* and *Define Your Lane of Responsibility™*.

Outcomes for Participants

By completing the program, you will:

1. Become a Certified Clear Inner Focus Life Coach, equipped to support clients in achieving meaningful transformation.
2. Enhance your own personal growth while empowering others to thrive.
3. Gain lifelong access to a supportive community of coaches, peer learning opportunities, and continued professional development.

This program is designed not just to train you as a coach but to transform how you approach your own life and relationships.



As a graduate, you will have ready-made classes, an app and coaching materials to begin your own coaching practice.

About Clear Inner Focus

Clear Inner Focus is an educational and coaching business founded in 2004 by Patty Jackson, a life coach and spiritual teacher. In sixth grade, Patty realized her life mission was to empower people to realize how incredibly powerful, loved, and capable they are so that individuals, families, businesses and communities can spend less time in conflict and more time enjoying full self-expression and meaningful experiences.

We do this through teaching state-of-the-art, proprietary concepts and tools. Our coaching is designed to deepen student's and client's understanding of themselves and how they can lead and influence positive change.

Countless students, businesses, organizations, and clients have learned our processes and decades later continue to claim our work to be life changing.

Program Specifications

The Life Coaching Training and Certification is a 16-week program - consisting of approximately 33 hours of recorded curriculum and 16 live virtual training classes held weekly.

Training Modules: (5.8 CEU)

- Self-Coaching Skills
- Coaching Skills
- Coaching Practicum

Training includes one personal life coaching session and two coach mentoring sessions.

Business and Coach Development: (1.8 CEU)

- Four recorded and four live business and coach development guidance and support