

LIFE AND CAREER COACHING CERTIFICATE

Program Overview

The Life and Career Coaching certificate program at Rider University is designed to meet the educational requirements for certification as a Board Certified Coach through the Center for Credentialing and Education, Inc. (<http://www.cce-global.org/bcc/>) Coaches are helping professionals who assist clients in achieving goals in areas such as life transitions, significant relationships, physical health, emotional well-being, career choices, and spirituality. Some coaches carve out a niche by working with business leaders as executive coaches. Coaches differ from other mental health professionals in that they do not work with clients with diagnosable mental health disorders.

Curriculum Overview

There are three pathways to completion of required coursework, depending on a student's educational and professional background. These pathways range from one to three courses.

Certificate Offered

- Board Certified Coach

Contact

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Program Website: Life and Career Coaching (<http://www.rider.edu/academics/colleges-schools/claes/soe/graduate-programs/counseling-services/life-career/>)

Associated Department: Department of Graduate Education, Leadership, and Counseling (<https://www.rider.edu/academics/colleges-schools/college-liberal-arts-education-sciences/school-of-education/graduate-programs/leadership-programs/graduate-programs-school-leaders/>)

Related Programs

- Counseling Services (School Counseling Concentration) (M.A.) (<http://catalog.rider.edu/graduate/colleges-schools/education/programs-certificates/counseling-services-ma/>)
- Clinical Mental Health Counseling (M.A.) (<http://catalog.rider.edu/graduate/colleges-schools/education/programs-certificates/clinical-mental-health-counseling/>)
- Organizational Leadership (<http://catalog.rider.edu/graduate/colleges-schools/education/programs-certificates/organizational-leadership/>)

Life and Career Coaching Certificate Requirements

There are three pathways to the Life and Career Coaching certificate in order to meet the educational requirements for certification, depending on a student's educational and professional background.

For students who hold a *bachelor's degree or a graduate degree in a field outside of social or behavioral science* (e.g. mathematics, biology), three courses are required.

(9 credits)

Code	Title	Credits
COUN 500	Introduction to Counseling and Helping Professions	3
CNPY 502	Theories of Counseling and Helping Professions	3
COUN 505 or COUN 504	Vocational/Career Development Vocational/Career Development in Educational Settings	3

For students who hold a *master's degree in counseling or a doctoral degree in a social or behavioral science* (e.g. social work, education, health, or business), one course is required.

(3 credits)

Code	Title	Credits
COUN 501	Coaching Principles and Practices	3

For students who hold a *master's degree in a social or behavioral science other than counseling* (e.g. social work, education, health, or business), two courses are required.

(6 credits)

Code	Title	Credits
COUN 501 or CURR 501	Coaching Principles and Practices Coaching Principles and Practices	3
Choose one of the following electives:		3
COUN 504 or CURR 504	Vocational/Career Development in Educational Settings Vocational/Career Development in Educational Settings	
COUN 505	Vocational/Career Development	
COUN 550	Counseling and Helping Techniques Laboratory	

Courses and Descriptions

CNPY 502 Theories of Counseling and Helping Professions 3 Credits

Introduces the theoretical constructs of the primary contemporary counseling psychology theories being used in the counseling profession today. The theoretical constructs will be explored for use for self-reflection and self-development and to serve as the basis for development of psychological maps for understanding purposes of clients' behaviors.

Prerequisite(s): COUN 500 or as corequisite.

COUN 500 Introduction to Counseling and Helping Professions 3 Credits

Educational, social, and psychological foundations of counseling services. Basic theories, principles, and techniques of counseling and related helping professions, such as coaching, and their applications to professional services. Emphasizes self-awareness as related to becoming a facilitator of helping skills. The team approach to counseling services and the contribution of the various specialties within the total counseling services program are stressed.

COUN 501 Coaching Principles and Practices 3 Credits

The course covers core coaching competencies, including coaching screening and orientation, fundamental skills, assessment, approaches for organizations, and coaching ethics. The course meets all 30-hour educational requirements for certification as a Board Certified Coach (BCC) through the Center for Credentialing and Education and is required course for the 60-hour BCC educational requirements.

COUN 504 Vocational/Career Development in Educational Settings 3 Credits

This course provides a comprehensive and practical approach to career counseling, coaching, and curriculum design in Kindergarten through postsecondary settings. Theories of vocational development and decision making form the foundation for designing career counseling curriculum. The problems and techniques of using college and career information, assessment tools, educational and vocational goal setting, conflict management strategies, and individual and organizational change processes are stressed. Concepts of career/life planning and the interrelationships among life roles, family, ecosystemic influences, and work in a diverse and changing society are explored.

COUN 505 Vocational/Career Development 3 Credits

Includes organizational change and vocational development theories, research, and literature in the field to inform practice with clients with vocational/career concern. The problems and techniques of using occupational and career information, assessment tools, educational and vocational goal setting, conflict management strategies, and individual and group processes are stressed. Includes concepts of career/life planning and counseling and coaching techniques, lifespan transitions, and the interrelationships among work, family, and other life roles.

COUN 550 Counseling and Helping Techniques Laboratory 3 Credits

This a laboratory course, which provides opportunities for both the observation and practice of counseling and professional helping skills. The purpose of this course is to provide students with their initial training in counseling and helping skills under closely supervised conditions. The focus of this course is the development of initial client interviewing and basic counseling and helping skills through an emphasis on techniques (basic and advanced listening and helping skills), strategy (the counseling and helping process), and self-development (the student as counselor and helper) grounded in theories of counseling and related helping professions.

CURR 501 Coaching Principles and Practices 3 Credits

This course is an introduction to the profession of coaching for educators. It is designed to fulfill the educational requirements for certification as a Board Certified Coach through the Center for Credentialing and Education (CCE). The CCE competencies for certification provide the basis for course material.

CURR 504 Vocational/Career Development in Educational Settings 3 Credits

This course provides a comprehensive and practical approach to career counseling, coaching, and curriculum design for educators who work in Kindergarten through postsecondary settings. Theories of vocational development and decision making form the foundation for designing career counseling curriculum. The problems and techniques of using college and career information, assessment tools, educational and vocational goal setting, conflict management strategies, and individual and organizational change processes are stressed. Concepts of career/life planning and the interrelationships among life roles, family, ecosystemic influences, and work in a diverse and changing society are explored.