

PROFESSIONAL COACHING FOR LIFE AND WORK CERTIFICATE

SUMMER QUARTER 2025

Courses Modules	Course Description	Course Dates/Times
Coaching Essentials Instructor: Carole Bennett	Learn to develop coaching relationships that provide continued structure for progress and growth. Gain knowledge of coaching ethics and how to apply them in a variety of situations.	July 25, 26 Fri. & Sat., 9 a.m. - 4 p.m.
CORE Competencies Instructor: Michelle Payne	Increase your understanding of the common elements of listening effectively to your clients. Learn to identify preferred language, and how the type, timing and impact of a coach's questioning differs from typical conversation.	Aug 1, 2 Aug 15, 16 Aug 22, 23 Fri. & Sat., 9 a.m. - 4 p.m.
DEMO DAY	A day of coaching. You will practice your coaching skills, using what you have learned, demonstrating the ICF core competencies. You will receive both written and oral feedback from your class and be assessed by faculty. This is a great learning day where you will be able to observe others coach, practice your own skills and deepen your learning and use of the competencies in how you serve clients as a coach.	Sept 13 Sat., 9 a.m. - 4 p.m.
Coaching Mindset Instructor: Tracy Preciado	Learn to identify and address roadblocks to personal growth, focus is on self-awareness and desire to change.	Sept. 19, 20 Fri. & Sat., 9 a.m. - 4 p.m.
Coaching Conversation Instructor: Laurie Cozart	Learn to structure a session and keep your clients on message and on track. Acquire the tools to help them develop effective strategies to accomplish their goals.	Oct 10, 11 Oct 24, 25 Fri. & Sat., 9 a.m. - 4 p.m.
DEMO DAY	A day of coaching. You will practice your coaching skills, using what you have learned, demonstrating the ICF core competencies. You will receive both written and oral feedback from your class and be assessed by faculty. This is a great learning day where you will be able to observe others coach, practice your own skills and deepen your learning and use of the competencies in how you serve clients as a coach.	Nov 1 Sat., 9 a.m. - 4 p.m.
Coach Mastery Instructor: Michelle Payne	Step through the essential components of designing successful coaching strategies. Learn about the new client intake process and the hallmarks of achieving ongoing coaching success.	Nov 14 ,15 Nov 21, 22 Fri. & Sat., 9 a.m. - 4 p.m.

Coaching is a 5-month program starting July 25. Cost of the program is \$9,500, which includes tuition, online course materials, ICF-certified mentors, volunteer clients, and a professional Zoom account to use while in the program. Eligible for VA Benefits Included on the Eligible Training Provider List (ETPL), as approved by Yolo County For more information email cpecoach@ucdavis.edu or you can [apply for section 251CCH100 online](#)