

# **Listen, Lift, Launch II**

## **Training and Certification in CARE-Ready Life Coaching®**

### **Session #1**

Introduction: Overview, Disclaimers and Video Presentations (pp. 5-6)

### **Session #2** (Video Conference)

ILLCP 90 - The DNA of CARE-Ready Life Coaching (pp. 7-12)

This course presents the foundational beliefs/ values of the CARE-Ready Coaching model.

### **Session #3** (Video Conference)

ILLCP 91 - Coaching Ethics and Standards (pp. 13-22)

This course provides CARE-Ready Coaches the foundational principles for setting a healthy coach/client relationship, and how to establish the proper coaching environment and boundaries.

### **Session #4** (Video Conference)

ILLCP 92 - Emotional Intelligence/ Listening Tools (pp.23-24)

This course encourages prospective coaches to adopt healthy emotional intelligence principles and listening skills that will ultimately help them become better facilitators of CARE.

### **Session #5** (Video Conference)

ILLCP 93(a) - Strategic Coaching Practices: Tracking Tools (pp.25-34)

Part one of this course will teach you how to "break the ice" and start building trust; how to track the progress of your participants, and stay organized.

### **Session #6** (Video Conference)

ILLCP 93(b) Breaking the Ice /Personality Profile and CARE-Coaching Questions (pp.35-42)

Part two of this course is designed to help you, the CARE-Ready Coach learn more about the person you are coaching or mentoring.

### **Sessions #7 and #8** (Video Conference)

ILLCP 94 - Building a Successful Thinking Plan (pp.43-53)

This course will teach CARE-Ready Coaches how to address mental attitudes, including cultural mentalities, and life-defeating systems of thought and conversation; showing the importance of moving with greater inner awareness that can lead to changing one's thinking patterns.

### **Session #9** (Video Conference)

ILLCP 95 - Creating and Adjusting a Life Plan (pp.55-61)

This course will teach the CARE-Ready Coach how to guide others in their efforts to create a life plan while providing techniques for adjusting the plan in order to have positive results. The Coach will also learn ways to stay motivated.

ILLCP 96 - Developing Your Model (pp.63-64)

The CARE-Ready Coach will receive guidance on how to create a Coaching Field Manual.

### **Session #10**

#### Life Coach Graduation

Prior to the final session the new CARE-Ready Life Coaches are to submit a written or video presentation, their field manuals, and a signed coaching agreement. The "final exam" is to be taken ONLINE. In the final session, all new coaches will review code of ethics and recite the coaching pledge.

This Life Coach Certification is administered by The STEP Forward Life Institute™, an affiliate online platform of the United Graduate College Seminary Int'l.

# The CARE-Ready Life Coaching® Model

## Frequently Asked Questions (FAQs)

Listen, Lift, Launch II: Training and Certification in CARE-Ready Life Coaching® is the collaborative initiative of the STEP Forward Life Institute™, C & C Connections, LLC, Fruitful Life Network, Inc., iChange Nations™, and United Graduate College and Seminary Int'l.

### 1. What does it mean to be CARE-Ready?

The idea of being CARE-ready came from the realization that not everyone who positions themselves to help people is actually READY to help people. They can even have the education, training and credentials to work in people-helping industries, but that doesn't always mean they have the instincts or the inner capacity to connect with them. The CARE-Ready person has a more responsive approach to "doing life" with people. Being CARE-Ready means that you have been enlightened to stop debating with or trying to correct or fix people. Instead, you listen and try to understand them, as you come along side and walk with them.

### 2. How is THIS training different from other life coaching and mentoring programs?

Many coaching, mentoring and community outreach programs employ what is known as a "deficit model" of working with people; That's where you focus on the problems of a person, and then apply a set of pre-determined, one-size-fits-all, cookie cutter steps and treatments to address their issues. The deficit-based model is what many well-meaning providers use, but it rarely works long-term, leaving providers wondering why their clients fail to break the cycles of discouragement and defeat.

However, the CARE-Ready Life Coaching model mirrors the principles found in proven **Best Practice strategies of Strength-based, Solution-focused models**. Our Coaches are trained to connect with people in order to build a relationship/ partnership that empowers the client; thus allowing the client to discover the solutions that will work best for them. It's not about "assess and treat". Instead, it's about listening for understanding, and giving guidance as discoveries are made about one's life and goals.

Also, while many life coaching programs focus on teaching you how to target potential high-paying affluent clients, and high-paying speaking opportunities, we train, equip and empower you to become a Care-Ready Coach who is willing to take on the most often overlooked people of society; those who live in under-served communities, who can least afford, yet benefit the most from professional guidance.

### 3. Is this an accredited program?

This Program offers a **ministry-accredited** certification that has universal application. It is administered by the STEP Forward Life Institute™ which Chris and Carol Green founded as an affiliate of United Graduate College and Seminary International (UGCSI). UGCSI is a fully accredited member of the Accrediting Association of Bible Schools and Theological Institutions, Inc.

#### **4. How long does it take to complete the CARE-Ready Life Coach Certification Program?**

This Program consists of 15 total hours; including 12 hours of instruction, coursework assignments, group discussions, and a final project.

#### **5.) Will this certificate carry the credentials to be accepted anywhere?**

There is no guarantee that all Coaching Certificates will be recognized and accepted everywhere. Our intent is to provide a Certificate that can be presented in tandem with the entire new Coach's other credentials. The CARE-Ready Life Coach® Certification should be considered as part of your entire "body of work" ie. academic and honorary degrees, other certifications, awards, accomplishments and distinctions.

When you investigate the education and training of coaches, it can be confusing because there are so many coaching credentials. The ones that are recognized the most are the credentials issued by the International Coach Federation (ICF). The coaching industry has somewhere between 200 and 500 independent, for-profit coach training schools, and a small number of universities also offer coach training programs. Some of those certificates take years to acquire. Others can be earned during a weekend workshop.

Due to the wide range of coaching programs, a few different governing bodies have sprung up to (try to) establish a standard of education, training, and ethics among coaches. The three most commonly referenced governing bodies are:

- The International Coach Federation (ICF)
- The International Association of Coaching (IAC)
- The Center for Credentialing and Education (CCE)

Many institutions do not submit themselves under these governing bodies. However, they choose to adopt the same or similar standards, and include spiritual wellness and/or Biblical principles within their code of ethics and practices. Chris and Carol Green, while holding to their UGCSI credentials, adopted the standards of the American Association of Christian Counselors for their program. If anyone feels that it would be a better fit for them hold an ICF, IAC or CCE credential, we would never discourage them from pursuing their own path.

UGCSI's College of Divinity: Educational Department worked with the Greens to create THIS accelerated course, specifically for people working in human services and community outreach that covers months of material in 15 hours of instruction. This is because this program is primarily promoted toward students who already have a background and foundation embedded within them from their disciplines, academic study, and on-the-job experience. The CARE-Ready Coach certification is not necessarily a program for the general public.

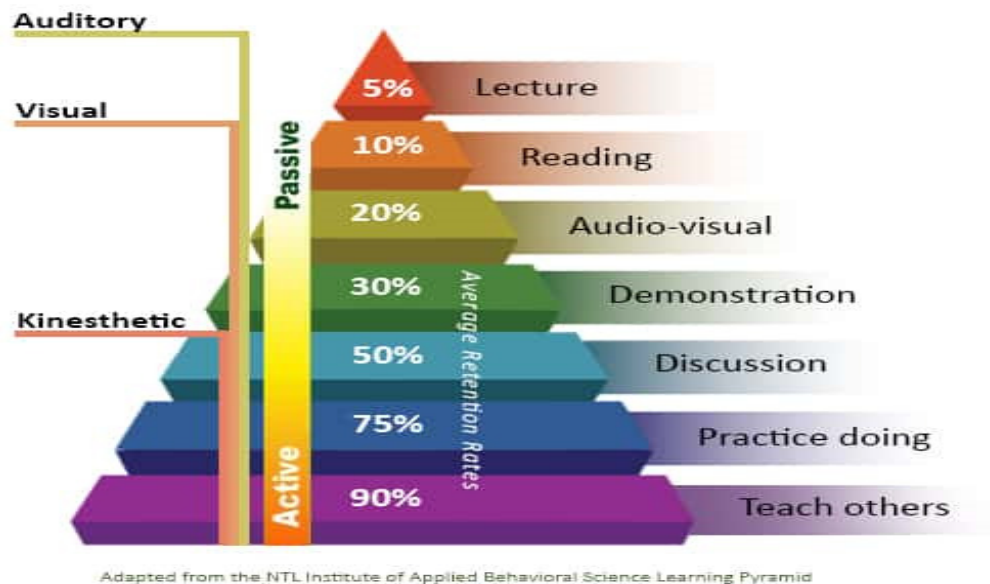
Chris and Carol Green strongly urge students who have little or no prior experience or instruction in human service or community outreach, to first enroll in their CARE-Ready Responder training.

CARE-Ready Responder Training will help you:

- explore the way you think of yourself and the world around you,
- learn how and when to respond, not merely react,
- learn how to better relate with others, no matter their background, opinion, belief, or conviction, whether you know them or not, and see them beyond their pain.

## Evidence-Based and Best Practice Principles

The CARE-Ready Life Coach Training is grounded in evidence-based principles and Best Practices of instruction. We employ the **Participatory Approach to Training**.



**Our training is not data and knowledge driven. You will be asked to do more than memorize concepts and then take an exam. Instead, you will become an active participant in your training. You will not be initially asked to become the Life Coach, but you will take on the role as the person who is being coached.**

### The Learning Pyramid

Studies show that varying your study methods and materials will improve your retention and recall of information, and enhance your learning experience. The "learning pyramid", sometimes referred to as the "cone of learning", developed by the National Training Laboratory, suggests that most students only remember about 10% of what they read from textbooks, but retain nearly 75% of what they learn by practicing.

Source: <https://www.educationcorner.com/the-learning-pyramid.html>

## **Organization and Institutional Profiles**

### **Chris and Carol Green**

[www.chrisandcarolgreen.com](http://www.chrisandcarolgreen.com)

Chris and Carol Green are Board-certified mental health coaches (BCMHC), certified master life coaches (CMLC), holistic wellness promoters, human value advocates, and marriage, family and ministry mentors. They have been educated, trained and certified in Christian Leadership, Lay-Counseling, Chaplaincy (Chris), and Business Administration (Chris). They carry decades of personal and professional experience and for their many accomplishments, they have received numerous awards and acknowledgements, highlighted by each being conferred a life-achievement, competency-based ministry doctorate (DSe), and two honorary doctorates (Hon.Causa).

These former bi-vocational pastors have been international leadership advisors/ consultants/ professors/ and humanitarian statesmen; as well as songwriters, poets, authors, contributing authors (in an international best-seller), and served as ordained, licensed and commissioned ministers for more than 30 years. They see themselves simply as community servants.

Having been through times of unemployment and homelessness; been targets of theft, fraud, betrayal, character smearing and swindle; been denied, detoured, delayed, disappointed, disillusioned, discouraged, and battled through the mental and emotional wear and tear that comes with life's setbacks; they know what it means to live in bitter seasons, and to have to pray, plan, wait, work and rise again; again and again.

Inspired to demonstrate servant-leadership by example, they stepped outside of traditional religious settings and facilities to directly connect with and serve their community. Their community-supporting initiatives have included volunteering and hosting monthly workshops in an unemployment center, on-call life coaching support and monthly training for the staff of a women's emergency shelter, consultation and training for local human service organizations, and collaborating with various community outreach efforts.

Now, from a priceless wealth of experience, wisdom and insight, they encourage, empower and equip other servant leaders in business, community outreach, government, education, human services, households, neighborhoods and ministries.

Their collaboration with local and international partners has been essential to their work with the professionals and volunteers who labor in diverse and under-served communities, and all who are seeking to inspire a higher quality of life and greater purpose for living.

The Greens have been faithfully married over 40 years and they have three adult sons, two daughters-in-love, two grandchildren, and a host of people throughout the world who call them 'mom and dad'. They are a husband-wife team with one business, one school and one mission: The Renovation of Hearts and Homes. Therefore, they are not aligned with any political party, religious dogma, or 'bandwagon' social movements. They have been leaders within an under-the-radar, international phenomenon in which people of faith have been moving, by the thousands, outside of their traditions and buildings to take healing and hope to their personal and professional communities.

## **The Success Through Experience and Process (STEP) Forward Life Institute**

[www.StepForwardLife.Institute](http://www.StepForwardLife.Institute)

The STEP Forward Life Institute™ is our online Fruitful Life education and community service training platform. We provide practical instruction that empowers you to add to your faith, embrace your unique process of success, and make certain you're prepared for those once in a lifetime opportunities to minister to your family and serve in your community.

In typical models of holistic wellness, Spiritual wellness is viewed as just one of eight dimensions of overall wellness. However, in the Fruitful Life Education model, spiritual growth and maturity are set at the center of one's life, informing and strengthening all other dimensions of wellness from a spiritual (Faith) core.

Our courses and classes provide God-sent wisdom and insight that can be applied in all dimensions of one's overall development and wellness: Spiritually, Physically, Socially, Intellectually, Emotionally, Mentally, Occupationally, Financially, and Environmentally

Founders and Head Professors, Chris and Carol Green are the visionaries behind STEP Forward. As affiliate members and International Humanitarian Statesmen of iChange Nations™, they partnered with United Graduate College and Seminary International to offer accelerated, ministry-accredited certificate courses that were created from the Searcherdemic education foundation and its principles.

Their collaborative purpose and mission has been, to offer leaders, working in under-served communities, high-quality tools that empower and equip them to be more effective in their humanitarian efforts.

The STEP Forward Life Institute™ offers:

### 1.) Certificate Courses\*

- Fruitful Living Legacy
- Kingdom Foundations
- Family and Community Servant-Leadership
- Marriage and Family Life
- Innovative Service and Marketplace Ministry
- Success in Process
- Listen, Lift, Launch I: Training and Certification in CARE-Readiness™
- Listen, Lift, Launch II: Training and Certification in CARE-Ready Life Coaching®

### 2.) Personal Growth and Spiritual Maturity Sessions

\*Approved Certificate Courses through affiliation with United Graduate College and Seminary International.

**C & C Connections, LLC**  
[www.CandCconnections.com](http://www.CandCconnections.com)

When Chris and Carol obtained their Master Life Coach Certifications they began hosting free monthly group coaching sessions in an unemployment center. This led to on-call coaching support and training of the staff of a women's homeless shelter, life coach training of mentors in an ex-offenders program, consultation with local service organizations, and collaborating with various community outreach efforts.

Their Mission: People want to make a difference that lasts. But many have lost themselves or their dream, their passion. C&C Connections empowers them to become CARE-Ready, so they live and serve with confidence and purpose.

We want to see people's hearts and lives changed and help others make positive impacts in their lives. We want to empower people to be the change they want to see, and to be the kind and caring light this world so desperately needs.

With over 30 years of urban community outreach experience, Chris and Carol Green focus most on connecting with local and international leaders who desire to make a meaningful impact when working in underserved and diverse communities. They are a husband-wife team commissioned to rebuild, restore, and renew hearts and homes.

Through their LISTEN, LIFT, LAUNCH approach to connecting with people, they empower and equip leaders and visionaries in business, community outreach, government, education, human services, households, neighborhoods and ministries.

**United Graduate College Seminary International**  
[www.unitedgraduatecollegeandseminaryintl.com](http://www.unitedgraduatecollegeandseminaryintl.com)

United Graduate College and Seminary International is a private Christian College and Seminary that was founded in 1982. UGCSI has worked primarily on the African continent.

UGCSI offers various non-traditional Christian ministry certificates and life achievement degrees including, but not limited to, Pastoral Ministry, Ambassadorship Diplomacy, Christian Leadership, Biblical Counseling and Innovative Coaching. UGCSI is dedicated to equipping people with ministry credentials with a biblical worldview, through e-learning education.

They also promote the Culture of Honor through Honorary Degrees based on ministry life experience and skills, significant contributions to a given field, and a successful, practical workable philosophy; which they bestow upon highly esteemed individuals who have devoted their life's work to the betterment of humanity.