

# Welcome to the CARE-Ready Life Coaching® Model

## An Overview and Introduction

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 the 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. Its primary mission is honoring and elevating those who, through life experience, proven ministry and authorship, are considered deserving of being recognized in a scholarly way.

#### **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 faith-based institutions do not submit themselves under these governing bodies. However, they choose to adopt the same or similar standards. Chris and Carol Green adopted the standards of the American Association of Christian Counselors.

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.

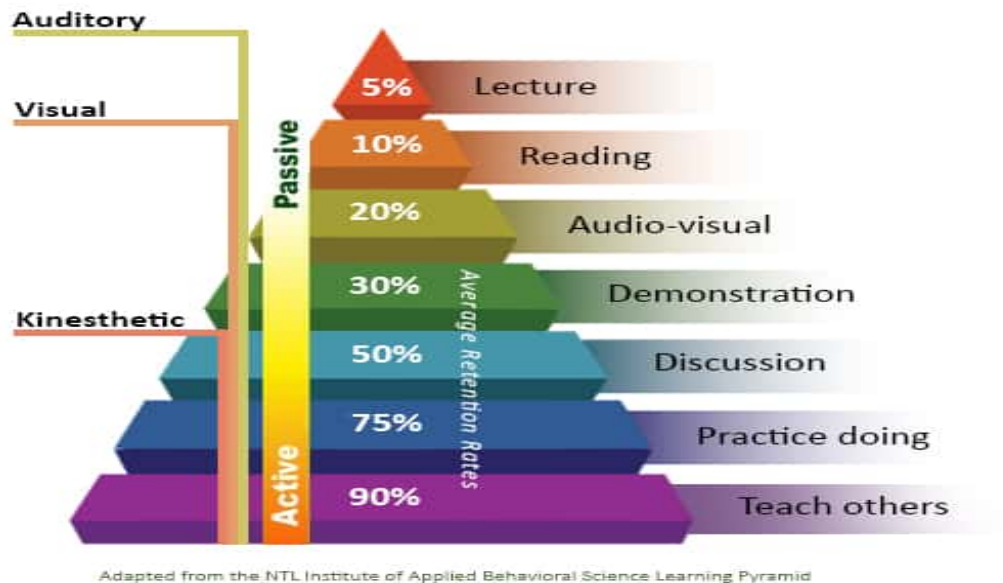
Chris and Carol Green strongly urge students who have little or no prior experience or instruction in human service or community outreach, to first enroll in their CARE-Ready Responder training.

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,
- learn to see others' hearts beyond their pain, and
- learn how to build and maintain healthy boundaries to serve well, again and again.

## 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

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

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

The STEP Forward Life Institute™ is an online education in fruitful living and community service preparedness. 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.

Lead Instructors, 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 Searcherademic 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
- Servant-Leadership in Family and Community
- Innovative Service and Marketplace Ministry
- Marriage and Family Life
- Success in Process
- Add to Your Faith Foundation
- Listen, Lift, Launch I: 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.

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.

At C and C Connections, we help people increase their capacity for CARE through our life coach certification and responder training. We guide people in fully realizing their dreams of helping others by helping them:

- (a) discover who they are and what they really want in life
- (b) make real connections that count, and
- (c) embrace the process that is necessary to help people.

That way, they are empowered, ready, and more effective in everything they do.

Our Heart:

We want to see people's hearts and lives changed by equipping them to make positive changes 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.