

*New
Insights*

LIFE COACH
TRAINING PROGRAMME

CERTIFICATE OF COMPLETION

presented to

Karen Greaves

For successfully completing all the requirements for New Insights Life Coach
Certification (Standard Level) comprising:

THEORY

The study of Life Coaching skills and the application thereof, including:

- Meeting Ethical Guidelines and Professional Standards
- Establishing the Coaching Contract
- Establishing Trust and Intimacy with the Client
 - Coaching Presence
 - Building Rapport
- Effective Communication (Active Listening and Powerful Questioning)
 - The Change Process
 - Understanding Human Behaviour
- Goal Setting, Designing Milestones and Actions
 - Managing Progress and Accountability
- Planning, Establishing & Maintaining a Successful Coaching Practice

*Evaluated through NI review of assignments and a final written examination in which
the following grade was achieved:*

MERITORIOUS DISTINCTION

PRACTICAL

Conducting at least fifty hours of practice coaching using the
New Insights Life Coaching System

Evaluated through NI review of client feedback

CODE OF ETHICS

A signed undertaking to uphold the New Insights life
coaching code of ethics when coaching with the
New Insights Life Coaching System



Bill Burridge

BILL BURRIDGE
Managing Director
New Insights Life Coach Training

22 August 2018

DATE