



Becoming
360

LIFE COACHING
TRAINING ACADEMY

Level 5 Equivalent Core Life Coach Practitioner Qualification

Overview & Expectations



We're so happy that you're considering becoming a life coach practitioner and exploring Becoming 360 as your training provider.

At Becoming 360, we bring a wealth of knowledge and experience in coaching, business and various industries. We are passionate about training coaches who want to be equipped to transform lives, safely, ethically and professionally. Our immersive training offers you the skills, knowledge and experience to feel confident in your practice and thrive as a transformational coach.

We create a safe, supportive space where you can develop, grow and evolve both personally and professionally.

The coaching industry is rapidly expanding and the demand for skilled coaches continues to rise. At Becoming 360, we specialise in training Transformational Life Coaches, coaches who make a deep, lasting impact on their clients' lives.

This course is a Level 5 qualification, and successful completion opens the pathway to progress to our Level 6 programme.

About the course

This course provides the core capabilities, knowledge and practical skills required to become a qualified, confident life coach practitioner, meeting the professional standards set by IAPC&M and ICF.

Our experiential and theory-based approach ensures that you not only understand key coaching frameworks but also have ample opportunity to practice them in real-time.

You will need

- A laptop or device with internet access and a keyboard
- A working camera to attend Zoom sessions

Course Modules:

- The Learning Journey
- Standards & Ethics for Coaching Practitioners
- Core Capabilities in Coaching
- The TGROW Coaching Framework
- Delivering a Coaching Session
- Clarity Coaching
- Identifying and Working with Limiting Beliefs
- Trauma-Informed Coaching
- Getting Your First One-to-One Client



Training Format

- Live, tutor-led training sessions via Zoom
- Engaging formats: presentations, discussions and reflective exercises
- Practice coaching sessions during live sessions
- Full access to our online learning platform with videos, resources, templates, and handouts

Participant Expectations

To gain the most from this course, learners are expected to:

- Attend all of the live training sessions
- Actively participate in coaching practice sessions (as coach and coachee)
- Complete each unit in sequence
- Come prepared with questions, a notepad, and pen
- Ask for help when needed, support is always available!
- Submit all case studies, assessment questions, and logged practice hours within 4 months of course completion
- Commit to ongoing personal growth and self-development throughout the course

Career Development Opportunities

Graduates of this course often go on to work as coaches in a variety of settings:

- Start your own business as a Transformational Coach
- Coaching in leadership, management or HR roles
- Educational settings and youth development
- Charities and non-profit organisations
- Health and wellbeing sectors
- Communications and IT
- Teaching, training or facilitation roles

The skills gained are not only transformational for your clients but for you too. These coaching skills are transferable and can enhance your confidence, emotional intelligence and communication across diverse professional environments.

Accreditation

This diploma is accredited by the International Practitioners of Holistic Medicine (IPHM) and the International Authority for Professional Coaching & Mentoring (IAPC&M) and will certify you upon successful completion.

What You Need to Qualify

To receive your full qualification, you must:

- Complete all units and assessment questions
- Submit all required case studies
- Log the required coaching practice hours for each unit

This is a rich, comprehensive training covering a wide range of coaching modalities. We're committed to ensuring that you graduate fully equipped and trained to the highest professional standards.

Support and Mentoring

Alongside your tutor led sessions, you will be assigned a mentor who has completed this training and is experienced in the field. You will receive five 1:1 mentoring sessions to deepen your practice and boost your confidence.

The level 5 is 12 month learning journey, you receive

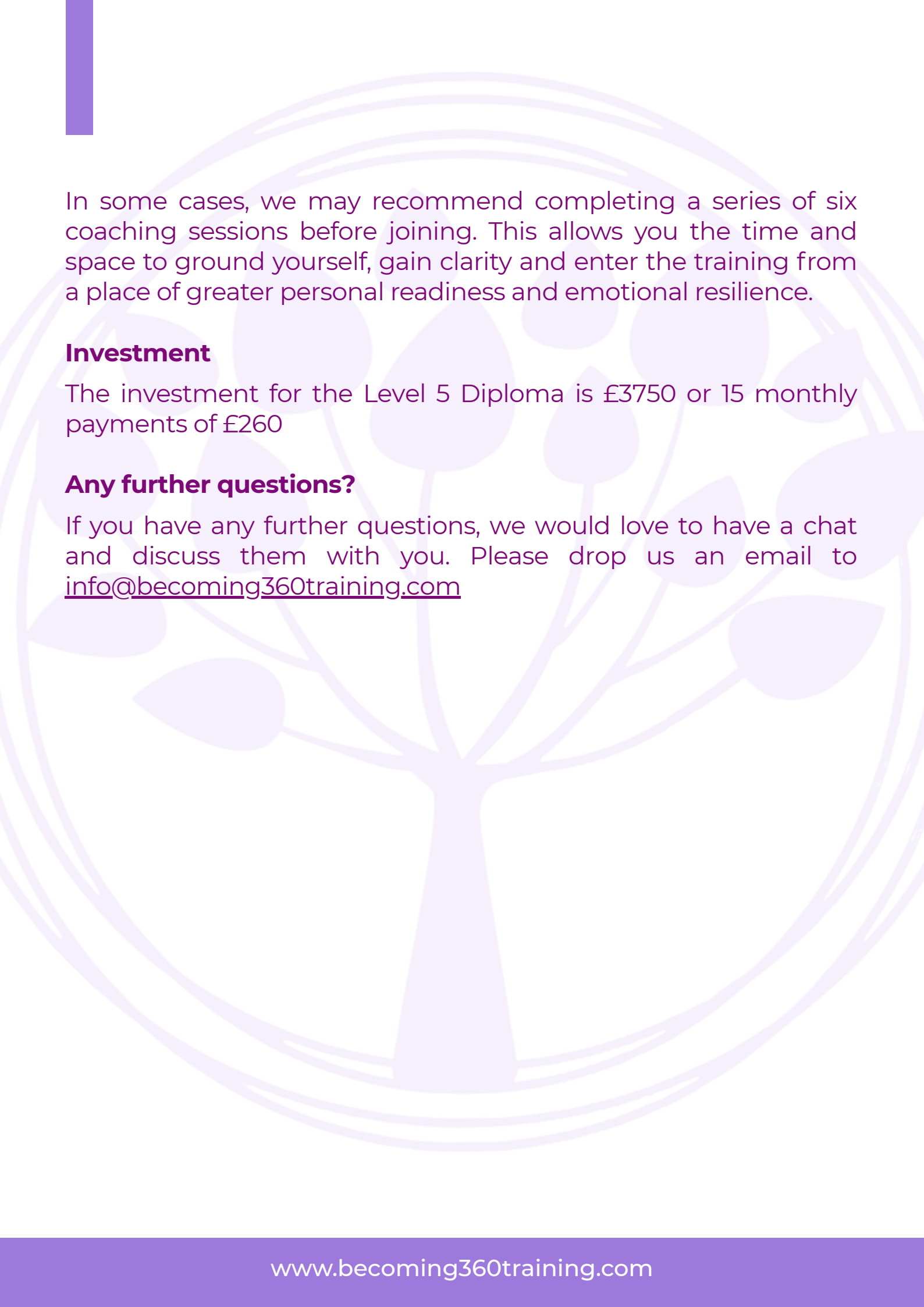
- 4 months pre-study & live immersion learning
- 4 months case study practice and completion of assessments
- 4 months of business / career building focus
- Mentoring calls x 5 to be taken during the learning and practice stages

If you have any additional support needs, please don't hesitate to let us know, we are committed to helping you succeed.

Entry Requirements

Entry to this course is based on a combination of your previous experience in coaching, training or supporting others, any relevant qualifications and your current personal circumstances. We'll explore this together during an informal conversation, where the aim is simply to ensure that this course is the right fit for you, both in terms of readiness and alignment with your goals.

Please note that a good standard of English is essential for this course including the ability to read, write and communicate effectively. Due to the academic level of the course, all case study requirements and assessment questions must be completed. Reasonable adjustments can be made where necessary. If you want to discuss this please get in touch.



In some cases, we may recommend completing a series of six coaching sessions before joining. This allows you the time and space to ground yourself, gain clarity and enter the training from a place of greater personal readiness and emotional resilience.

Investment

The investment for the Level 5 Diploma is £3750 or 15 monthly payments of £260

Any further questions?

If you have any further questions, we would love to have a chat and discuss them with you. Please drop us an email to info@becoming360training.com



We are Lisa McMurtry & Jo Cante, Accredited Master Coaches (IAPC&M) and founders of Becoming 360 Ltd. Life coaching and soul-aligned business training company, that empowers heart-led entrepreneurs to create success with spiritual alignment, personal growth and strategic action.

We offer accredited Life Coach & Holistic Practitioner training (IAPC&M, IPHM) alongside specialised courses in money mindset, mindfulness & meditation, EFT and helping practitioners transform their own lives and those they serve.