

Explore the career requirements for becoming a life skills coach. Get the facts about education requirements, salary, and potential job growth to determine if this is the right career for you.

!!!Career Information At a Glance

A life skills coach helps others find success in their personal and professional lives. Read the following table for education and training requirements, as well as salary potential and job growth information.

	__Degree Required__		Associate's or bachelor's degree in Counseling Psychology Social service
	__Education Field of Study__		
	__Certification Option__		
	__Key Skills__		Compassionate, organized, detail oriented
	__Training Required__		
	__Job Growth (2012–2022)__		12% "(for psychologists)"
	__Average Salary (2013)__		\$88,400 "(for psychologists)"

"Source: *U.S. Bureau of Labor Statistics"

!!What Are the Duties of a Life Skills Coach?

As a life skills coach, you'll act as a guide, helping your clients discover their goals, getting rid of obstacles standing in their way and finding the right paths they need to take. You'll listen to your clients talk about what they want out of life and assign exercises to help them define their ambitions and sort through their ideas. You might provide direction on the necessary steps to take or where to go for further help in order to meet their objectives. You'll also offer support throughout the coaching process, helping when needed and providing encouragement.

Life coaching is not therapy. Your job is to help clients change and shape their future. You might work with professionals who want to advance in their career, but need help in finding how. Alternately, you could work with people who have had personal issues and need help getting back on the path to a normal life. You can specialize your coaching based on your business or personal expertise, though you'll usually work with a diverse group of people with their own individual goals and needs.

!!What Are the Requirements?

What you'll need to get started depends on where you work and the type of clients you work with. Some common traits employers seek include:

- *Good communication
- *Experience with disabled adults

- *Organization and time management
- *Physical stability
- *Mental health or counseling experience
- *Teaching and mentoring

Academic requirements usually vary, with some employers requiring an associate or bachelor's degree in human service, psychology, sociology or a related field. Others allow experience working in a mental health setting to substitute for a degree. Some employers could require no degree at all.

!!How Do I Train For the Career?

You might be able to find a company that offers on-the-job training. Alternately, colleges and nonprofit organizations offer certificate programs in life skills coaching at undergraduate, graduate and professional levels. Some programs include mentoring that allows you to work directly with clients to put your skills into practice. In a coaching program, you'll study topics, such as:

- *Support techniques
- *Establishing goals
- *Career, personal and financial objectives
- *Stress management
- *Exercise and nutrition
- *Relationship development
- *Coaching methods