

## **BUILDING CONFIDENCE AND EXPERTISE IN LIFE COACHING**







**BELINDA B.**, the founder and owner of EXODUS, a Life Recovery Program, embarked. on a transformative journey to become a certified life coach through **ed2go's Certified Professional Life Coach** course offered through its partnership with the **College of Western Nevada**. Driven by a passion to support individuals reintegrating into society after incarceration, Belinda sought credentials to enhance her impact.

Inspired by the instructor's aligned philosophy, Belinda found the course content highly relevant to her goals. She was initially concerned about her ability to grasp the course material. However, her advisor was readily available, and the option to replay lectures and review course materials at her own pace instilled confidence in her capacity to succeed.

The online format allowed Belinda to learn at her own pace, revisit materials as needed, and engage with course content through various learning styles. Unlike traditional classrooms, the platform facilitated a comprehensive learning experience, incorporating visual, auditory, kinesthetic, and verbal elements. She particularly valued the hands-on practice with a volunteer client.

Completing the recommended online assessment proved invaluable for Belinda. A clear understanding of her strengths and weaknesses significantly enhanced her ability to apply coaching techniques effectively. She is now the part-time owner of EXODUS and is expanding her coaching services beyond the incarcerated population.



"I would highly recommend ed2go products and services for anyone who just wants to enhance their life and go to another level. The knowledge that you gain at a pace you are comfortable with is priceless."



Source: U.S. Bureau of Statistics

for Life Coaches

## **CHALLENGE**

While the course was easy to understand and relevant to her goals, Belinda's biggest challenge was working through the business plan she had to complete during the program.

## **SOLUTION**

Online, self-guided ed2go course:

 Certified Professional Life Coach (Exam Included)

## **RESULTS**

Belinda enhanced her coaching skills, and is is branching out to other coaching opportunities beyond specifically working with formally incarcerated individuals, including founding her own recovery program.

