



Transformational Arts College  
OF SPIRITUAL AND HOLISTIC TRAINING

## **COACHING CERTIFICATE PROGRAM**

**January 7 to April 8, 2025**

**(no classes March 4 & 11)**

**Dated: December 9, 2025**

**ALL CLASSES ARE ONLINE, INSTRUCTOR-LED**

<b>Date and Time / Attendance</b>	<b>Subject and Instructor</b>	<b>Notes</b>
<b>Tuesday</b> January 7, 2025 6:30 to 9:30 PM	(1) What is Coaching: Therapy vs. Coaching with Gord Riddell	
<b>Tuesday</b> January 14, 2025 6:30 to 9:30 PM	(2) Mind Mapping & (3) Small Steps → Larger Vision with Gord Riddell	
<b>Tuesday</b> January 21, 2025 6:30 to 9:30 PM	(3) Mind Mapping & (3) Small Steps → Larger Vision with Gord Riddell	
<b>Tuesday</b> January 28, 2025 6:30 to 9:30 PM	(4) Coaching from the Soul: Passions / Motivators with Gord Riddell	
<b>Tuesday</b> February 4, 2025 6:30 to 9:30 PM	(5) Fear – Your Comfort Zone / Conflict Resolution Role Play with Gord Riddell	
<b>Tuesday</b> February 11, 2025 6:30 to 9:30 PM	(6) Fear of Failure/Success with Gord Riddell	
<b>Tuesday</b> February 18, 2025 6:30 to 9:30 PM	(7) Listening Skills /Communication with Gord Riddell	
<b>Tuesday</b> February 25, 2025 6:30 to 9:30 PM	(8) Intake Assessment / Flow with Gord Riddell	Case studies assigned
<i>Tues. Mar 4, 2025</i>	<i>NO CLASS</i>	
<i>Tues. Mar 11, 2025</i>	<i>NO CLASS – March Break</i>	

**Coaching Schedule JAN-APR 2025: Dated: Dec. 9, 2024**

Schedule subject to change.

<b>Date and Time / Attendance</b>	<b>Subject and Instructor</b>	<b>Notes</b>
<b>Tuesday</b> March 18, 2025 6:30 to 9:30 PM	(9) Round Table – Case Study Review with Gord Riddell	
<b>Tuesday</b> March 25, 2025 6:30 to 9:30 PM	(10) Relationship Theory / Resistance to Growth with Gord Riddell	
<b>Tuesday</b> April 1, 2025 6:30 to 9:30 PM	(11) Challenging Your Client – Too Busy – No Time / Role Plays with Gord Riddell	
<b>Tuesday</b> April 8, 2025 6:30 to 9:30 PM	(12) Round Table – Case Study Review, taking Notes, Fees, Ethics - <i>All assignments must be handed in</i> with Gord Riddell	

### **LIST OF ASSIGNMENTS:**

<b><u>Assignment</u></b>	<b><u>Due Date</u></b>	
First case study	Class 9 -Tues. Mar. 18, 2025	
Intake assignment	Class 9 - Tues. Mar. 18, 2025	
What have you discovered about: Yourself? Coaching?	Class 9 - Tues. Mar. 18, 2025	
Second case study	Class 12 - Tues. Apr. 8, 2025	
The coaching experience Write up on your goal Write up on your in-class coach	Class 13 - Tues. Apr. 8, 2025	

***Certificates*** issued after all graduation requirements successfully completed.