

Course Title	:	Life Coaching with the aid of Peer Support
Course Code	:	GEF2043
Department	:	Special Education and Counselling

Synopsis

Life coaching and peer support have been found to be effective in helping personal development in various aspects such as physical wellness, leadership, personal growth, career development, workplace relation and family life education. Life coaching is a collaborative, solution-focused and systematic process in which the coach facilitates the development of the life experience and goal attainment in the personal and professional growth of coachee. Through lectures, self-test inventory, role play, case analysis, discussion and group presentation, the course aims to provide students with knowledge on different models in life coaching and theories of peer support. Moreover, the course helps students to apply the principles of these approaches to enhance their ability to critically reflect on personal goals and in designing future personal plan in various life domains in order to become self-coaching with the aid of peer support from classmates. Special attention will also be given to process and stages involved in life coaching (includes pre-coaching stage, coaching stage with peer support and post-coaching stage) and current practices of life coaching in various aspects of life.