



## COURSE TITLE

# Certificate in Sports Life Coaching

## COURSE OVERVIEW

This course develops skills & tools to assist coaches and athletes with the management of their life. The coaching focus is on training for a three-dimensional life: achieving success, professionally; significance, personally; and service, philanthropically. The 3D Tools for time, energy and emotional management are utilized as the fundamentals for achieving success, significance and service in sports and life.

## COURSE TOPICS

- Fundamentals of Effective Sports Life Coaching using 3D Tools
- Ethics of Sports Life Coaching
- Introduction to the 3D Tools for Sports Life Coaching
- Effective Professional, Personal, and Philanthropic Change Methodology
- Time, Energy and Emotional Management
- Practicum for Sports Life Coaching Skill Development



## COURSE SUITABLE FOR

Anyone who is responsible for assisting athletes, for example, Professional Development Managers, Coaches, Trainers, or Team Management. The skills and 3D Tools taught will benefit athletes from grass roots to the elite high profile.

## COURSE OUTCOMES

- Proficient in Sports Life Coaching athletes and coaches in both team & individual sports
- Understand and apply the principles of effective Professional, Personal, and Philanthropic Change
- Demonstrates Level I Mastery in the use of 3D Tools for Sports Life Coaching
- Implement, personalized Sports Life Coaching Workouts for Competitive Greatness.

## TESTIMONIES

"Carlette Patterson knows athletes' hearts, minds, and lives from the inside out. As a life coach, she sorts through the unique issues athletes and coaches face, and coaches them with exceptional talent and insight. Her 'Playbook for Life' helps reconnect champions with their essential selves and create the strategies that helps them play - and win - the game of life itself."

- *Dr. Martha Beck, Psychology Today, USA Today, and NPR have all referred to Martha Beck as "one of the best-known life coaches in America"*

"I started thinking of career options for after football, and Carlette Patterson's life coaching course was recommended. Before I started Carlette's course I had a real problem with letting my emotion on the field get the better of me. Now using the 3D Tools, I am able to be a lot calmer and think before I leap. I have been able to apply my life coaching tools to my personal life also with friends, family, and my wife. I can't recommend this amazing life altering course enough, it far exceeded my expectations in every way."

- *Ben Sigmund, Retired Professional Footballer NZ*

## COURSE DETAILS-

The Sports Life Coach Certification is a 60-hour training that includes:

- Weekly Training Sessions on Zoom
- Each session is 2 Hours
- Final Training Schedule TBD based on participants and time zones
- Additional reading, self study and practicum is required

**COURSE FEE:** \$ 10,000 USA

*Does Not include Books*

**PARTICIPANTS:** Maximum 15

For more information contact: **Patterson Sports Ventures**

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