

# **Dream Mentors Basic 30 hour Biblical Life Training Course: DMBL 101**

## **Syllabus**

**Objective:** This is an introductory course for those persons desiring to become better disciplers and also learn the basics of biblical life coaching. In this 30 hour course you will be introduced to basic disciple training skills and basic biblical life coaching skills. Preparation skills are developed for the specialty of Christian Transformational Life Coaching.

*Topics included in this 30 hour course consist of:*

**What is the difference between Life Coaching and Biblical Life Coaching? What is the difference between discipleship and Biblical/Christian coaching? How does Christian coaching differ from Christian counseling? How does Biblical Life Coaching differ from the specialization of Christian Transformational Life Coaching?**

**What is vision, purpose, destiny, and passion? How do your values influence your vision?**

**DM Destiny Determinants Life Coaching Model**

**Motivation Theory and Entanglements: Why we do what we do**

**Skills training in BEING a Life Coach versus DOING Life Coaching**

**DM 12 Discipled Coach Training Standards consisting of the four components of Coach Attitude, Coach Transformation, and Coach Client Centered Skills. These are the basic standards required by all DM Biblical Life Coaches and Transformational Life Coaches. These are introduced and practiced in a group setting.**

**DM Ethical Standards for membership in Dream Mentors International**

**The Path of a Spiritual Director and how this relates to a Christian Transformational Life Coach.**

**An introduction to the 12 Spiritual Disciplines for spiritual formation.**

**Different approaches to overcoming obstacles and roadblocks for Biblical Life coaches and Christian Transformational Life Coaches.**

**Contemplative Christian Transformational Coaching Model and other models are discussed and applied.**

**Elective topics that enhance spiritual formation and growth for the client are discussed and expounded on.**

## Materials

### ***Required MP3 files:***

- *Listen to six of Coach Candice's MP3 files (these can be ordered at [www.dreammentors.org](http://www.dreammentors.org))*
- Pursuing Your Passion
- A Destiny Discovered
- Covenant Confirms the Call
- Committed to Confidence
- Righteousness
- Dispossess to Possess

### ***Required Reading:***

- *Christian Coaching (2001) by Gary Collins, Ph.D.*

***ISBN: 1-57683-282-1***

- *Spiritual Direction and Meditation (1960) by Thomas Merton*

***ISBN: 0-8146-0412-9***

- *Coaching for Christian Leaders (2007) by Linda Miller and Chad Hall*

***ISBN: 978-0827205-07-9***

- *Coaching Questions: A Coaches Guide to Powerful Asking Skills (2008) by Tony Stoltzfuz*

***ISBN: 9780-9794-16361***

- *Celebration of Discipline (1988) by Richard Foster*

***ISBN: 0-06-062839-1***

***These books can be ordered from [Amazon.com](http://Amazon.com)***

## ***Hours***

***We keep track of your hours when you log on to our webinars and participate in the discussions. If you miss a class with in the 30 hour course structure you will need to make up this class the next time it is available. There are 15 – 2 hour classes in our 30 hour course.***

### ***Exam***

Following completion of 30 hours of training you will be required to take:

An oral exam in a group format = 40 pts.

Essay questions = 50 pts.

Group participation = 10 pts.

Total points: 100 pts.

Grading scale:

90-100 = A

80-89 = B

70-79 = C

60- 69 = D

Below 60 = F

Prior to completion of the oral exam, you will be emailed the Essay exam along with a Final Application to Dream Mentors, and a membership application. You will have a designated period of time to complete the Essay Exam and either mail or scan and email back to Dream Mentors along with your Final DM application and membership application with membership fee, if you so desire to become a member.

If you do not desire to become a member you will decline that offer before emailing back your Essay exam. We thank you very much for taking our course and we hope the learning experience is a blessing for you for years to come. You may email all documents to [Candice@cs-ministries.org](mailto:Candice@cs-ministries.org)

A final grade will be issued for the course and you will then receive your DM Basic Biblical Life Coaching Certificate. We will email you or mail you your certificate.

*Your certificate will enable you to practice Biblical Life coaching at your church or private coaching practice. You will be recognized by DM as having taken the 30 hour Basic Biblical Life Coaching Course and certified at this most basic level. At the basic level you will not be allowed to teach DM Training*

*Courses. You will be allowed to purchase student workbooks and other materials but no teaching materials from our website as these are exclusive for our DM Professional and Master Transformational Life Coaches. Workbooks are being developed at this time.*

## **Membership**

Having taken the Basic Biblical Life Coaching Course **now you will qualified** to become a member of Dream Mentors International. We do not recognize you as a member of Dream Mentors until you become a member and are placed in our Dream Mentors Data Base. Our database enables us to match you up with clients that may need biblical life coaches at the basic level.

**You also must become a member of Dream Mentors if you desire to move into the 30 hour Advanced Transformational Life Coaching Course.** We will not admit anyone into our 30 hour Advanced Transformational Life Coaching Course unless you are a member. Membership means that you are under the covering of DM International to do Biblical and Transformational Life Coaching and that you abide by the DM Ethical Standards of Conduct. As a member you agree to keep your certification current and attend 8 hours of Continuing education credits to continue to be recognized by DM as a certified biblical coach.

**To become a member of Dream Mentors, the cost for membership is \$100 per year. The membership will expire December 31 of each year. Your membership payment of \$100 will keep you current until December 31, 2010.**

**The cost for the 30 hour Advanced Transformational Life Coaching Course is \$250. After completion of the 30 hour Advanced Transformational Life Coaching Course you will be considered to be an Advanced DM Life Coach, Professional DM Life Coach or a Master DM Life Coach. This depends on your prior educational experience and life experience, which will be evaluated, based on your DM Application.**