

Certified Family Life Coach Application Packet

1/29/2024

Introduction: PREVIEW DOCUMENT

Thank you for your interest in the application process for becoming a Certified Family Life Coach. Family Life Coaching combines the knowledge of

- Family Science and
- Coaching Techniques

There are three levels of proficiency:

- 1) Certified Family Life Coach (CFLC)
- 2) Certified Family Life Coach- Professional (CFLC-P)
- 3) Certified Family Life Coach – Expert (CFLC-E)

This document is for you to PREVIEW. It is not fillable and cannot be submitted. We have provided it so that potential applicants can check out the credentials needed to certify for one of the three levels of our certification. You can also preview Recategorization requirements and Recertification requirements.

Take a look! If you have any questions, email the Standards Committee at info@flcassociation.org. Please put “Certification Questions” in the Subject line.

DEFINITIONS

Certified Family Life Coach (CFLC): Family Life Coaches who have met the Family Science and Coaching curricular requirements but who have not worked as coaches for a minimum of 50 hours.

Certified Family Life Coach-Professional (CFLC-P): Family Life Coaches who have met the Family Science and coaching curricular requirements, who have provided a minimum of 50 hours of coaching to clients, and who have participated in some level of supervision at least twice during each 25 hours (may include observation, one-on-one supervision, group supervision, course instructor supervision, and/or review of notes).

Certified Family Life Coach-Expert (CFLC-E): Family Life Coaches who have met the Family science and coaching curricular requirements, who have provided a minimum of 100 hours of coaching to clients, having participated in supervision at least twice during each 25 hours (may include observation, one-on-one supervision, group supervision, course instructor supervision, and/or review of notes).

CERTIFIED FAMILY LIFE COACH	CERTIFIED FAMILY LIFE COACH - PROFESSIONAL	CERTIFIED FAMILY LIFE COACH - EXPERT
<p>Bachelor's Degree</p> <p>and</p> <p>Proficiency in Family Science</p> <p>and</p> <p>Proficiency in Coaching</p>	<p>Bachelor's Degree</p> <p>and</p> <p>Proficiency in Family Science</p> <p>and</p> <p>Proficiency in Coaching</p> <p>and</p> <p>At least 50 hours coaching with supervision</p>	<p>Bachelor's Degree</p> <p>and</p> <p>Proficiency in Family Science</p> <p>and</p> <p>Proficiency in Coaching</p> <p>and</p> <p>At least 100 hours coaching with supervision</p>
<p>CFLC</p>	<p>CFLC - P</p>	<p>CFLC - E</p>

**Certified Family Life Coach (CFLC)
Application**

Certified Family Life Coach Application

Family Life Coaching is a combination of knowledge of Family Science and Coaching Techniques. For certification, coaches must show proficiency in both areas.

CFLC: Coaches who have met the Family Science and Coaching Techniques requirements but who have not worked as coaches for a minimum of 50 hours.

Your personal information will not be shared, sold, or published without your permission. If your application is approved, you will be given the opportunity to let us know what personal information you would like to share on our website.

Name: _____ Date: _____

City/State: _____ Phone Number: _____

Country: _____ Email: _____

Application must include:

Application fee

Member \$200.00 Non-member \$300.00

Evidence of Bachelor's Degree

Candidates must have a minimum of a bachelor's degree (or country equivalent verified through [Spantran](#) or similar service) in any field. Submit a copy of transcripts showing completion of a bachelor's degree or higher.

Evidence of proficiency in Family Science (one of the following)

- Completion of FLCA approved Family Science Program (pending)
- Approved credentialing or certification in Family Science (CFLE, LMFT)
- Completed Family Science Attachment

Evidence of proficiency in Coaching Techniques (one of the following)

- Completion of FLCA-approved Coaching Program (pending)
- Approved credentialing or certification in Coaching (BCC, ICF)
- Completed Coaching Techniques Attachment

Supervisor Information and Supervision Plan

(completed and submitted by the supervisor to info@flcassociation.org)

Family Science Attachment

- *CFLC applicants must have at least 3 distinct courses (2 credit hour minimum each) covering the Family Science Standard Areas below.*
- *Please make sure your transcripts include the courses being used.*
- *Contact FLCA if your coursework does not follow traditional U.S. higher education.*
- *See more on Family Science Standards in Supplemental Materials.*

Standard	Area	Course Name (Attach course description)	Sem/Yr
Foundational			
	Family Theories		
	Human Development Across the Lifespan		
	Family Development/Change Process		
Dynamics			
	Internal Family Dynamics		
	Social and Global Impact on Families		
	Family Resource Management		
Professional			
	Ethics in Family Science		
	Professional Conduct and Practice		
	Experience working with Families		

Coaching Techniques Attachment

- Applicants must have at least 2 distinct courses (2 credit hour minimum each) covering the Coaching Standard Areas below.
- Please make sure your transcripts include the courses being used
- See more on Coaching Standards in Supplemental Materials.

Requirement: **Course Name** **Semester/Yr**
Attach Course Description

Minimum of 3 hrs. mentored (directly observed by instructor) coaching experience		
Minimum of 7 hrs. supervised (discussed with instructor) coaching experience		

Standard **Area** **Course Name** **Sem/Yr**
Attach Course Description

Standard	Area	Course Name	Sem/Yr
Foundational			
	Coaching Models & Theories		
	Comply with Coaching Ethics and Standards According to FLCA		
	Training and Skill in FLC		
	Understand the Relationship between FLC and Other Family Sciences		
	Understand the Purpose of Coaching and How it Benefits Families		
Coaching Relationship			
	Communicate the Purpose of FLC Effectively to Clients		

	Establish Coaching Agreement		
	Articulate Coach and Client Responsibilities and Expectations		
	Maintain a Physically and Emotionally Safe Coaching Environment		
	Refer Clients to Other Professionals as Needed or Requested		
Coaching Process			
	Maintain Client-Driven Coaching Sessions		
	Establish Trust and Rapport		
	Display Empathy, Interact Positively, and Withhold Judgment		
	Ask Powerful Questions to Create Awareness for Clients		
	Engage Client in Setting Goals and Creating Plans to Move the Client Forward		
	Help Client Identify and Resolve Obstacles		
	Aid Client in Moving Forward		

CFLC Supervisor Information and CFLC Supervision Plan

- *Supervisor Information and Supervision Plan should be sent to FLCA directly from supervisor to info@flcassociation.org.*

Family Life Coaching is a process where a client and a trained coach work together to achieve client-identified goals. The process is collaborative and client-directed, working from a strengths-based perspective.

Family Life Coaches utilize research-based coaching strategies and techniques to encourage and support the competence and achievement of client-identified goals. They build respectful, trusting relationships with parents, children, and/or families to facilitate positive growth in family life, enabling families to maximize their strengths and potential.

Supervision provides the Family Life Coach the support needed to provide effective, ethical services to individuals, groups, or families while improving their own knowledge and skills.

Supervisor's Responsibility includes reinforcing the coach's current strengths, helping the coach identify areas for growth in knowledge and skills, providing resources to encourage that growth, relating any concerns regarding coaching interactions, and encouraging reflection on recent work with individuals, groups, or families.

Family Life Coach Responsibility includes being open to honest reflection on strengths and weaknesses, assuming responsibility for building their skills and knowledge, and seeking constructive feedback regarding coaching interactions.

Supervisor Information

Personal information will not be shared, sold, or published without permission.

Name: _____

City/State: _____ Phone Number: _____

Country: _____ Email: _____

Education (degree, area, year, & institution):

Coaching certification, training, or experience (year, program, type):

Work Experience related to skills needed to provide supervision for Family Life Coaches:
Please specify experience in supervision you have received:

Please specify experience in supervision you have provided to others:

In your coaching practice, please tell us the following:

Number of clients you've worked with in the last year:

Number of hours you have coached in the last year:

Populations you typically serve (please include such information as age groups, gender, race, socioeconomic status, focused topics, etc.)

Methods you have used to coach. (Mark all that apply.)

 virtual in-person

Types of coaching you have done. (Mark all that apply.)

 individual more than 1 family member group trainingCompleted by the supervisor and submitted to info@flcassociation.org

CFLC Supervision Plan

How do you prefer to provide supervision to the Family Life Coach (in person, by phone, etc.)?

What is your preference on how supervision should be provided to the Family Life Coach (regular meetings, as needed, after a specific number of contact hours, combination)?

Do you have the availability to provide this level of supervision?

In addition to the Supervision Verification Form how will you evaluate the effectiveness of the supervision relationship (reflection, formal evaluation, improvement plan, etc.)?