

# Holistic Life Coach

Certified Holistic Life Coach (CHLC)

Harmonika Institute USA  
harmonika-institute.com

## Program at a glance

- " Tuition: \$4,500
- " In-person training: 14 days (112h)
- " Live cohort calls: 3 days (12h)
- " Supervised practice: 110h
- " Immersion stage: 5 days (40h)
- " Portfolio + jury: 75h
- " Total: 349h (~44 day-equivalents)
- " Cohort size: 10 students

## About the program

### What you'll learn

- " ICF core competencies: presence, listening, contracting, direct communication
- " Designing a coaching arc initial sessions to closure
- " Powerful questioning and reflective summarization
- " Somatic and energetic practices in a coaching session
- " Holding boundaries: what is and isn't coaching
- " Building a coaching practice: niche, pricing, ethics

### Curriculum modules

#### Module 1 Foundations

ICF competencies, ethics, scope of coaching.

#### Module 2 Presence & listening

The coach's state; deep, reflective listening.

#### Module 3 Contracting & arcs

From discovery call to graduation; designing alliances.

#### Module 4 Holistic integrations

Somatic, energetic, and reflective tools in coaching.

#### Module 5 Niche & business

Choosing a niche, pricing, marketing.

#### Module 6 Supervised practice

Final hours of supervised paid coaching.

### Next step

Book a free 30-minute info session at:  
[harmonika-institute.com/admissions/info-session](https://harmonika-institute.com/admissions/info-session)

This curriculum overview is provided for informational purposes only.  
Specific cohort schedules and faculty assignments are confirmed at enrollment.