



REFUAH INSTITUTE

Parnassah On Your Terms as a Life coach

What will you be doing with your life on Sunday, September 6?

On that day, many individuals will take the first step toward a promising change of career. They will begin learning how to transform their knowledge and experience into a financially rewarding career as a professional life coach through the Refuah Institute. They will learn to help others achieve greater success while gaining *parnassah* — on their own terms.

Utilizing One's Own Wisdom

The life coach is a guide. His or her task is to respectfully steer a client to reach important goals. In every possible area of life – career, health, art, writing, *shidduchim*, parenting, marriage, business, and more – the life coach is there to help the client overcome inner barriers and take positive action.

It sounds simple, but is this really something that anyone can do?

Being a Life coach is something most people can do, after they have received the proper training. Simcha, a graduate of the Refuah Institute, explains, “At the beginning I didn’t know what I was going to do, but you must jump in the water. Suddenly, you are swimming. It’s amazing how easy it is, how empowering it is, to succeed at life coaching.”

Who Do I Learn From?

The Refuah Institute, founded in 1994, offers a yearlong, 30-session training course with additional practice sessions — 180 hours in all — to learn the skills of life coaching. The courses are simulcast as telephone-conferences and video conferences, so a student can easily participate in the classes from anywhere in the world.

Trainees who are in Yerushalayim and wish to attend in person may do so.

At the end of the one-year course, students have acquired the skills of a professional coach and are certified to work as a private life coach or as a coach for larger groups in corporations, organizations, or educational settings. Graduates will know how to coach by telephone and may have clients anywhere in the world.

Life-Coach Training Offered by Refuah Institute

The life coach curriculum is not complicated. There is just one textbook and a small amount of writing. The work consists of learning a new set of skills and practicing them on other trainees. Trainees receive one-on-one personal coaching and supervision.

The Refuah Institute, which offers the Certified Coach Diploma Program, is an Orthodox philanthropic organization, established in New York in 1994 and now based in Ramot, Eretz Yisrael. Professor Joshua H. Ritchie, M.D., its founder and president, has dedicated himself to providing education and services that promote health and healing of the body and soul, in alignment with Torah.

What Can Becoming a Life Coach Do For You?

Simply put, you can take the knowledge and training you gain at the Refuah Institute’s Life coach training program and use it to earn a good *parnassah* — and you can do so on your own terms. You set your hours and your method. If, for example, you wish to coach by telephone from the privacy of your home, you can. This means that you do not need to rent office space,

spend money commuting, or live according to an employer’s schedule. Or, if you wish to coach groups, that avenue is open to you also. The choice is yours.

Life coaches enjoy their chosen career and find it exciting. Professor Ritchie remarks, “You’re working with people who are eager to grow and improve, and who do improve, who achieve excellence. ... The coaching approach will bring out the best in anybody.”

Why Is It Rewarding?

Coaching is successful and popular because it works and it is cost effective.

The essence of coaching is the relationship between client and life coach. The attitude of the life coach is respectful, caring, understanding, empathetic, and goal-oriented. This relationship becomes an empowering, collaborative partnership dedicated to achieving the client’s well-being. “We try to be friendly,” says Rabbi David Singer, a graduate of the program, “picking up on what the client wants, with his form of excellence, empowering him, and taking him to where it is he wants to go. Being a guide means supplying tools. You learn to use the right words, and it makes a world of difference.”

The satisfaction of helping people achieve fulfillment, coupled with the potential for handsome hourly fees — earned from home, over the phone, at the coach’s convenience — is hard to match.

Classes begin Sunday, September 6, and are filling rapidly. They will be held weekly on Sundays, so that people who work during the week can also join. To sign up for the Certified Coach Diploma Program, email info@Refuah.net, or call USA (646) 3959-613 or Israel 02-571-5112.