CHRISTIAN COUNSELLING AND COACHING

SOLUTION-FOCUSED, EMPOWERING AND PERSONALISED APPROACH



COMENSA
APPROVED
GOLD
TRAINING PROVIDER PROGRAMME

We are a COMENSA Gold Training Programme Provider in line with COMENSA's Code of Ethics and Conduct and Behavioural Standards for Coaching

OPEN YOUR OWN PRACTICE AS A LIFE PRACTITIONER, QUALIFIED WITH OUR FLAGSHIP CHRISTIAN COUNSELLING & COACHING PROGRAMME.

This Christian Counselling & Coaching training course is, as far as we know, the only programme in South Africa, that combines Christian counselling and Biblical coaching in this way. Not only will delegates learn the theory, models and practice of Christian counselling and Biblical life coaching, but we include all the practical training in the curriculum. This means you will be able to take the next step of opening your own practice with confidence and skills.

WHO SHOULD ATTEND?

- Pastors, elders and ministry leaders who counsel the people in their care.
- Members of church care, prayer and counselling teams.
- Pastoral and lay counsellors who know the theory and want the practice.
- Life coaches, Christian coaches and NLP practitioners who want counselling skills.
- Born-again Christians who want to open a practice built on the Word.
- All delegates must be born-again Christians.

COURSE FEE INCLUSIONS

All training material, with audio and video where applicable · a written feedback report of at least ten pages on every assignment · assessment, moderation and certification · Online Study Centre access for 24 months (36 months on the 18- and 24-month routes) · all templates and tools · free Coach Circle membership of The Leadership Foundation from the induction · Business in a Box from the induction. New Client Coaching Success Kit on certification.



"As a ministry leader, I had already completed a counselling certificate at another institution, but I still struggled to apply what I had learned. LEDISA Academy changed that. The excellent training material, user-friendly online study centre and practical assignments gave me the skills I was missing. The staff were always helpful, and the individual support sessions made a real difference. For the first time, I feel confident and equipped to counsel people in my ministry."

~ Bongani T ~

TRAINING PROGRAMME CURRICULUM

COUNSELLING

01 Biblical Basis for Counselling

- Introduction to Biblical Counselling
- The Word & Spirit in Counselling
- The Ministry of Counselling

02 Foundations for Counselling

- The Qualifications of the Counsellor
- The Foundations of Biblical Counselling

03 The Counselling Process

- Counselling Preliminaries
- Gathering & Clarifying Information
- Instilling Hope
- Breaking Down the Problem
- Using Scripture in Counselling
- Sharing Solutions
- Giving & Checking Homework

04 Counselling Resources

- Counselling Cautions
- Using Illustrations in Counselling
- Common Counselling Questions
- Counselling Resources

05 Counselling Competencies

- Attending
- Questions & Clarifying
- Reflecting Feelings
- Summarisation
- Confronting
- Connecting
- Analysis Methods
- Integration

06 Counselling Praxis 101 & 201

- Biblical Foundation for Change
- Sustainable Change
- Dealing with Self
- Interpersonal Problems
- Interpersonal Relationships
- Life Dominating Problems
- God's Standard for Life

07 Counselling Specialisation 101

- Preventing Suicide
- Post-Traumatic Stress Disorder
- Counselling Children
- Counselling Teenagers

08 Counselling Specialisation 201

- Marriage & Family
- Codependency
- Addictions
- Domestic Violence

TRAINING PROGRAMME CURRICULUM

COACHING

01

Coaching Overview

- Life Coaching & Bible-Based Life Coaching
- The Need for Bible-Based Coaching
- Coaching & The Bible
- Different Viewpoints
- Types of Coaching
- Core Competencies
- Specialised Coaching
- Ethical Codes & Faith Statements

02

A Coaching Model

- A Bible-Based Model for Coaching: The Elijah Model
- Dreaming
- Planning
- Supporting

03

Establish a Coaching Plan

- A Blueprint for Total Wellbeing
- The Abraham/Eliezer Test
- S-M-E-R-T-I-E: Solomon to Esther
- Obstacles & Cost
- The Coaching Plan

04

Hearing God's Voice

- The Voice and Will of God
- The Two Languages God Speaks
- Pre-requisites for Hearing God's Voice
- The Burning Bush
- Revelation
- Questionable Practices
- Biblical Decision-Making

05

My Calling as a Coach

- Understanding Calling
- Calling in the Bible
- The Importance of Work
- Your Personal Calling
- Get Ready and Respond

06

Discovering Destiny

- My Allegiance to God
- Preparation, Desire, Passion & Motivation

TRAINING PROGRAMME CURRICULUM

COACHING

07

What's True About You?

- Understanding Identity
- Characteristics of Identity
- Causes of Identity Struggles
- Steps to Solution

08

Life Values

- Life Values, Christian Values & The Fruit of the Spirit
- Personal Values Clarification
- The Change & Resilience Model

09

Taking Thoughts Captive

- The Captive Process
- Events & Triggers
- Common Thought Patterns
- Identifying Thoughts
- Core Beliefs
- Challenging Thoughts & Strategies

10

Impossible Faith

- God's Definition of Faith
- How Does Faith Work?
- How to Get Faith?
- Put Faith to Work
- See the Impossible Become Possible

Including ... Spiritual Growth Resources & Coaching Tools

"What impressed me most about the Christian Counselling and Coaching course was the practical training. It was not just about studying theory, but learning how to apply what we were taught in real-life counselling and coaching situations. The practical assignments, tools and exercises helped me grow in confidence and develop skills I can use with clients. This course has prepared me to help others with confidence and a strong Biblical foundation."

~ Ivan R ~

"I would like to express my sincere thanks to the LEDISA team for the way they have assisted me during my studies. I certainly would not have been able to finish the work without the direct involvement and support of Dr. Leon. Your understanding and patience over the past two years will always stay with me, and I will always be grateful for that."

~ Derek M ~



CERTIFICATION PROCESS

- Completion of Enrolment Form, Confirmation, Billing, Booking of Seat / Payment.
- Contact Session Attendance (where applicable).
- Module assignments (theory & case studies).
- Practical Assignment.
- Assessment.
- Certification.

Training Dates For 2027

First Intake
Starting Monday, 01 February 2027

Second Intake
Starting Monday, 5 July 2027

Online Self-Study, 6 Annual Counselling Contact Sessions & 2 Coaching Mentoring Sessions via Zoom on Selected Monday Evenings 19h00 - 21h00

Duration
12 months of study (extends to 18 or 24 months at no charge), followed by a 3-month coaching Practical Assignment

Training Cost For 2027

Option 1: Once-Off
R 18 975.00

Option 2: Payment Terms:
5 x R 3 795.00

Option 3: Payment Terms:
11 x R 1 725.00

Terms & Conditions

- On successful completion you receive a certificate of completion for Christian Counselling & Coaching (not a certificate of competence as a counsellor), a certificate of competence as a Biblical Transformation Life Coach, and a Christian Life Coaching certificate. Graduates may open a practice as a Life Practitioner or Biblical life coach and offer counselling as a service, but may not advertise themselves as a counsellor or therapist (Terms of Use, clause 14).
- Audio and/or video taping of any portion of this presentation is prohibited without prior written permission.
- Payment plans of five or eleven months are available, each totalling R18,975, the same as the once-off fee. Certificates are issued once your account is settled in full.
- An intake runs with six or more delegates. If fewer enrol we may postpone or cancel it, with at least ten working days' notice, and you choose between the next intake and a full refund.
- LEDISA Academy (Pty) Ltd reserves the right to refuse admission and/or withhold certification where evidence of payment cannot be shown.
- Course material for pre-reading (if applicable) will be made available in the Online Study Centre.
- In the event of unforeseen circumstances, LEDISA Academy reserves the right to change the programme content, speakers, venue, or date. In this instance, you will be notified no less than ten (10) working days prior to the event.
- Should the event be postponed, you will have the option to attend the next available date of the relevant event.
- Cancellation of registration subject to the LEDISA cancellation policy (https://life-coach-academy.com/cancellation-policy).

"The Christian Counselling and Coaching course has been a truly rewarding journey. It strengthened my faith, deepened my understanding of God's Word and gave me the practical skills and confidence to help others. I am especially grateful to Dr. Leon and the LEDISA team for their encouragement and support throughout my studies."

~ Louise B ~

"From the onboarding process and induction class to the practical assignments and open-book examinations, I found the entire learning experience well organised and supportive. The detailed feedback reports on my assignments were especially valuable, helping me understand my mistakes and improve my skills. LEDISA Academy truly cares about the progress and success of its students."

~ Nomzamo S ~

MASTER TRAINER/SENIOR LECTURER PROFILE



Leon, the founder of LEDISA Academy (The Leadership Foundation), is regarded as an expert in the development of people in Southern Africa and is a sought-after public speaker and facilitator in the areas of motivation, people development, life transitions, overcoming challenges and increasing a sense of fulfilment and joy in life.

In the area of people development, Leon obtained B.Th. and B.D. degrees cum laude at the University of Pretoria and his resume includes a Doctor of Ministry (D.Min) in Biblical Counselling. He further qualified himself as a Master Life Coach, specialising in Christ-Centred Neuro Linguistic Transformation (CNLT) techniques. He is currently part of an international project team researching Christian Behavioural Conditioning.

As a business coach, he gained valuable experience being part of a project team researching and establishing the first Sasol open cast colliery in Mpumalanga, South Africa, as well as working as a Materials Manager, Marketing Manager & Supply Chain Manager for various companies, including Sasol, Genfood Industries, Master Runners and Agrifeed International.

He is currently a member of Coaches & Mentors South Africa (COMENSA), the Association for Neuro Linguistic Programming (ANLP), International Coaches Register (ICR), the American Association of Christian Counselors (AACC), the International Christian Coaching Association (ICCA) as well as the Association of Christian Counsellors South Africa (ACCSA).

Leon has trained students from South Africa and around the world, including New Zealand, Australia, Canada, Belgium, the USA and the United Arab Emirates.

His passion for the development of people led to the establishment of LEDISA Academy (Pty) Ltd, focusing on the positioning of people for development and growth through mentoring, coaching, counselling and customised training. Leon is currently the Managing Director of LEDISA Academy (Pty) Ltd as well as Founder of the internationally recognised Life Coach Academy.

"The way Dr. Leon kept me inspired was remarkable. He has a gift to see the best in those he teaches and mentors."
~ Chantel N ~

"Leon is for sure an excellent coach and trainer. Thanks for the effort. You are a great inspiration."
~ Mala James ~

LEDISA ACADEMY (PTY) LTD

LEDISA Academy (Pty) Ltd is a leading provider of quality work-based learning and training solutions and resources throughout South Africa and abroad, from government-funded skills training, corporate training, personal development, coaching, mentoring, counselling, bespoke professional qualifications through to employability services and the development of people through growth and quality training course material. LEDISA Academy (Pty) Ltd is an accredited training provider registered with SAQA (ETDP SETA, SSETA & TETA) & International Coaches Register, as well as a Registered Training Institute with COMENSA (Coaches and Mentors South Africa).

FOR MORE INFORMATION

CONTACT OUR ADMIN OFFICE

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