



# SPECIAL NEEDS Life Quality Coaching

## Online Certification Course Catalog

### 2024 Schedule

**Winter:**  
January 29th  
2024

**Spring:**  
May 20th  
2024

**Fall:**  
September 9th  
2024



## ABOUT TERI

TERI promotes person-centered care across the individual's lifespan. As a private, non-profit agency based in Oceanside, California, our unique programs enrich the lives of those we serve and focus on the potential in all of us.

The Special Needs Life Quality Coach online certification course is offered through TERI, Inc. For over 40 years, TERI has been on the leading edge for providing a wide range of high quality programs and supports to thousands of children and adults with developmental disabilities and their families. The programs created here have demonstrated our ability to succeed where other agencies have failed. These programs have had a tremendous positive impact on the population we serve and their families.

At TERI, our mission is to change the way the world sees, helps, and empowers individuals with special needs.

### A Note from the Professor

**Being a Special Needs Life Quality Coach is a rewarding and important job**, whether you choose to do it full-time or part-time. Most families and people with disabilities need support to lead quality lives of their own choosing. TERI offers coursework that will provide specialized Coaches who can help this growing segment of our population.

These courses were designed with the working person in mind. You can take the online class at any time throughout the week that it is posted. There is no replacement for actual experience, so your 16-week class will give you opportunities to conduct interviews and observe a wide range of people and programs. When you finish the course, you will have a resource guide specifically designed for the city in which you plan to open your coaching practice and all the forms and systems you need to launch your practice. In addition, you will have access to a network of coaches and experts you can turn to for assistance.

With over four decades of experience, we have developed and delivered support to children and adults with a wide range of developmental special needs and their families. Students from across the United States and internationally have taken this course and now offer their services to families who need support. I hope that you decide to become one of the select few people who have the dedication to begin a new career that allows you to be actively involved in helping people lead happy and fulfilling lives.

**-Dr. Krysti DeZonia, Ed.D., BCBA-D**



# Admissions and Enrollment

Enrollment in the 16-week online Special Needs Life Quality Coach certification course is easy!

Simply email [coaching@teriinc.org](mailto:coaching@teriinc.org) or visit [teriinc.org/lifecoachingcourse](http://teriinc.org/lifecoachingcourse)

## Eligibility for Course Participation

- High School Diploma or equivalent
- At least 20 years of age
- Proficient in written and spoken English
- Ability to access online courses
- Experience with individuals with Developmental Disabilities

# What Does A Special Needs Life Coach Do?

The coach's primary job is to help families identify their problems or needs, to establish action plans to help them resolve difficulties and meet goals, and to act as a resource for families. How this occurs is highly individualized, depending on the desires of both the coach and the family.

Sometimes, coaches work directly with individuals who have special needs. For example, coaches may be hired to help an adult transition to community college or a teen learn how to use the public bus system. Some coaches restrict their work to serving as an extra pair of eyes and helping hands for parents. These coaches find resources, observe classrooms and residential programs, attend meetings, send reports, and otherwise act as an extension of the family.

As a coach, you will decide the extent of your services and the amount of time you have available to commit. Most coaches state that they plan to coach families as a "second job". A smaller number make it their full time work. We will give you many resources to help you market your services.

# Tuition Cost

Tuition for the 16-week course is \$3,499 and must be paid in advance of the start date of the course. In certain circumstances, discounts may be available. Tuition includes all forms and reading materials associated with the class-there are no additional expenses. TERI accepts cash, check, or credit card payments and charges a \$10 fee for every check dishonored by the bank. In some cases, a payment plan can be arranged based on individual need. For more information about payment plans, contact us at [coaching@teriinc.org](mailto:coaching@teriinc.org).

# Student Learning Outcomes

- I.** Gain an understanding of the special challenges and needs faced by individuals with developmental disabilities and their families across the lifespan.
- II.** Develop an empathy and appreciation for the contribution that people with disabilities make to our communities and society.
- III.** Understand the methods that Coaches employ to help their clients identify barriers to a quality life and design action plans to remove these barriers.
- IV.** Learn a wide range of approaches for establishing, promoting, and operating a private Coaching practice.
- V.** Learn to think independently, creatively, logically, and effectively in supporting people with special needs and/or their families.
- VI.** Demonstrate respect for diversity and multiple perspectives.
- VII.** Value the role you play in improving life quality for people with special needs and their families.

# Grades and Completion Requirements

Students earn their certificate based upon scores on module quizzes, instructor assessment of weekly assignments, timeliness of assignments, attendance, and student effort as well as engagement. The instructor will review the rubric used to assess student progress at the first of 4 virtual meetings held during the 16-week class.

# Dropping the Course

Students can drop the course at any time during the 16 weeks, however tuition is not refunded after the 8th week of study. Refunds are processed within 30 days of dropping the course, and a \$100 application and processing fee is retained by the agency. Students must notify their instructor of their intent to drop the course. In many cases, individual arrangements can be made to complete a course that was discontinued due to medical or personal circumstances.

# Course Description

## **Module 1: Introduction to Course**

In the first module, you will learn what to expect throughout the course, meet your instructor, learn to navigate the learning platforms, and review your final assignments.

## **Module 2: Disability models, normalization, labels & how society thinks about disability**

This module introduces students to the ways in which society has historically viewed people with disabilities and how different ways of thinking about disability have resulted in some of the institutions and systems that currently support this population.

## **Module 3: Working with families who are just learning about their child's disability**

Families who are just learning that their child has a disability face a unique set of stresses and challenges. This module reviews stages of grief and provides an overview of early intervention services and supports.

## **Module 4: Working with families of school-aged children**

Once a child with special needs reaches school age, parents enter a new stage that involves understanding and working with special education systems and regulations. This module reviews schooling options, the special education service continuum, inclusion, and family roles.

## **Module 5: Working with families of adults with special needs**

Transition to adult life is a time of significant change, and significant challenges, both for families and for individuals with developmental disabilities. Students will review the residential, vocational, and day program options available to adults as well as other supports for adults and their families.

## **Module 6: Family and individual rights and funding support**

There are many regulations in the United States designed to protect people with disabilities and increase their community access and inclusion. This module guides students through disability laws and offers resources that can benefit families of children or adults with special needs.

## **Module 7: Coaching and self-determination**

Part of the responsibility of a coach is to provide resources and assistance that allow an individual or family to stand on their own. This module addresses self-determination, supported decision-making, person centered planning, and life of quality planning.

## **Module 8: Assessing the needs of the family and the coaching commitment**

Coaches begin their work with families by conducting a detailed needs assessment. Students receive training in how to conduct these assessments; how to design their own mission statements to share with families; and how to define goals and develop action plans based on family needs.

# Course Description

## **Module 9: Preparing for your coaching practice**

Becoming a special needs life quality coach involves both a commitment and the launch of your own business. In this module, students will review coaching ethics; how to share the benefits of coaching with families; time management strategies; and how to draft letters of agreement for services.

## **Module 10: Active listening and effective communication**

Having good listening and communication skills is critical to the success of a coaching relationship. Students will review the principles of active listening as well as strategies for effective communication followed by instruction in how to apply these critical coaching skills during their sessions with families.

## **Module 11: Problem solving and partnering with families**

Students review a number of strategies for conflict resolution, including keeping the focus only on those things that can be changed and are a high priority for the family. Coaching is a partnership, and students will learn how to develop effective relationships with the people they serve.

## **Module 12: Applying knowledge to real life**

At this time in their training, students need the opportunity to apply what they have learned to real-life situations. In this training module, students view videos that present them with a problem and view “good” and “bad” ways to handle situations that might arise in their coaching practice.

## **Module 13: How to start your own business**

When they complete their certification program, Coaches will go into private practice. Students learn about the six parts of an effective business plan, begin writing their own business plans, and review methods for delivering coaching services.

## **Module 14: How to advertise your business**

Because Coaches are small business owners, knowing how to advertise their services is a critical part of their long term success in this career. This module explores methods for advertising and finding clients, where and when to start advertising their business, design concepts and techniques for brochures and websites, and information about branding, logos, and tag lines.

## **Module 15: How to locate and keep clients**

Locating and retaining clients is the foundation of a successful coaching practice. Students learn effective methods for connecting with people who need coaching services and how to maintain and grow their practice. Lifespan quality, and long term relationships, are a focus.

## **Module 16: Final Project**

The final project is worked on throughout the course in various assignments and modules. It is designed to give future coaches a broad range of experiences with individuals and their families prior to starting their coaching practice.

# Frequently Asked Questions

## • How long does it take to finish the classes and how much time must I commit?

The on line training program lasts for 16 weeks, with one new course posted on our Academy site each week. An assignment is given at the end of each course that must be posted within 6 days. Depending on the assignment, students spend about 30-45 minutes reviewing the online material; 15 minutes taking the end of module tests; and 2-3 hours a week involved in completing outside assignments.

## • What will I learn if I take the online classes?

The classes cover 3 primary subject areas. The first involves learning about various needs that families experience as their child ages. This includes first learning about their child's special needs; the transition to public school; the transition to adulthood; and aging parents with adult children. Included in this section is information about laws that relate to education and family supports; services and resources available to families; and potential needs of families at various times across the lifespan.

The second subject area focuses on techniques for coaching families, including forms that coaches can use to determine family needs and priorities; how to design and execute action plans; and how to find local resources to help families, as well as techniques for effectively supporting families and individuals with a wide range of special needs.

The third primary subject area involves how to establish your own coaching practice; how to market your practice; how to find and keep clients; and ways in which you can specialize and individualize your services. A final examination project gives you practical, hands-on experience with children, adults, and families in the area in which you will set up your coaching practice.

## • Will I have access to an instructor for feedback and to answer any questions?

Yes! Each instructor has up to 16 students per course. We have limited the number of students so the instructor has ample time to give individual feedback and to support their students throughout their learning process. Instructors are available by e-mail and by phone.

# What Graduates of TERI's Special Needs Life Quality Coaching program are saying ...

I want to express my gratitude for Teri and offering this course. I searched for a long time in my community for a resource like this and feel that it could grow into a substantial industry. One thought I had was a referral program for the coaches that have completed the course and refer interested individuals to the program. That could be a great way to increase attendance of the course as well as add more special needs coaches to our communities that desperately need them!

**- Kristina S. | Spokane, WA**

It gave me the confidence and training to switch from “mom mode” to “coach mode”. I've been informally coaching parents, friends, and relatives who have special needs children. With this certification, it adds more confidence to the encounters on all sides.

**- Jazel | Encinitas, CA**

I really like how the course creates a game plan for you to learn the things are critical as you work towards opening your own business. It puts things together in one place logically so that you have a full picture as opposed to the bits and pieces I would have to put together on my own.

**- Carisa S. | Litchfield Park, AZ**