



OFFICIAL CPD CERTIFICATE & LEARNING REFLECTION TOOL



THE CPD STANDARDS OFFICE
CPD PROVIDER: 50291
2021-2023
www.cpdstandards.com

This certificate verifies that

Carol-Ann Ogolo

Has completed The CPD Standards Office CPD accredited activity:

Life Coaching & Counselling Diploma (Level 3)

Delivered by:

A.R Coaching Academy

CPD Standards Office Provider No: 50291

Certificate No: 323/CO

Signed:

A. Rehman

Abdur Rehman, Head Tutor

Date: 14th Feb 2022



CPD LEARNING TOOL

EVIDENCING YOUR LEARNING

This activity equates to 11 hours of CPD



Significant learning outcome:

- Supporting clients heal from past trauma & emotional scarring
- Strategies to eliminate fear & limiting beliefs
- Process of corrective diagnosis for depression & anxiety
- Process of overcoming addiction & phobia
- Helping clients shift into new identity & support in building desired habits permanently
- Difference between NLP & CBT, understanding when to apply coaching & when to counsel