



THE SCHOOL OF LIFE SA

Coaching Course Catalogue

Transform lives. Build a purpose-driven career. Two powerful certification pathways — rooted in real-world experience, compassion, and neurodiversity.

Life Skills Coaching

Neurodiversity Coaching

SACE Accredited

Online & In-Person

Join Anytime

20+

YEARS
EXPERIENCE

2

CERTIFICATIONS

100h

TRAINING
HOURS

Life Skills Coach Training Course

THE SCHOOL OF LIFE SA · 2026



INTRODUCTION

For over 20 years, The School of Life SA has been dedicated to empowering individuals with meaningful, life-changing skills rooted in real-world experience, compassion, and a deep understanding of the mind. This is NOT just a course — it is a **transformational journey**. We have collaborated with respected organisations including the Johannesburg Bar, and worked alongside leading professionals in the field of Neurodiversity.

WHO THIS COURSE IS FOR



Coaches & Counsellors

Deepen your impact with practical, structured coaching tools.



Teachers & Educators

Better support diverse learners with real-world strategies.



Parents

Navigate emotional, behavioural, or neurodivergent challenges.



Individuals

Seeking personal growth and purpose-driven work.



Professionals

Add a powerful, practical skillset to your career.



Change-Makers

Anyone called to make a lasting difference in lives.



Shift Mindsets

Break limiting patterns and empower others with structured coaching tools.



Navigate Complexity

Work confidently with emotional, behavioural, and neurodivergent challenges.



Build Your Practice

Start or grow a meaningful, impactful coaching career from day one.

WHAT MAKES THIS COURSE DIFFERENT

- ✓ Practical, real-world application — not just theory
- ✓ Ongoing support and mentorship
- ✓ Practical training for real experience
- ✓ Deep focus on neurodiversity and mental health
- ✓ Flexible, modular learning — join anytime
- ✓ Led by facilitators with lived experience

80 Hours Training · 20 Hours Practical · Join Anytime · Learn at Your Pace

[ENQUIRE NOW](#)

Life Skills Coach — Modules & Investment

THE SCHOOL OF LIFE SA · 2026



13 COMPREHENSIVE MODULES



Module 1

Mindsets



Module 2

Addictions



Module 3

Anger & Anxiety



Module 4

Beliefs & Values · Communication Skills



Module 5

Confidence · Depression



Module 6

Emotions · EQ · Financial Management · Grief



Module 7

Leadership · Mindfulness



Module 8

Mental Health



Module 9

Personal Development



Module 10

Neurodiversity



Module 11

Relationships



Module 12

Self-Esteem · Self-Management



Module 13

Social Skills · Stress Management · Time Management

INVESTMENT & PAYMENT OPTIONS

PAYMENT PLAN	DEPOSIT	MONTHLY	DURATION	TOTAL
Full Payment (Best Value)	—	—	Once off	R36,000
3 Months	R5,000	R11,000	3 months	R38,000
6 Months	R5,000	R5,833	6 months	R40,000
10 Months	R5,000	R3,700	10 months	R42,000
12 Months	R5,000	R3,200 (x11) + R2,800	12 months	R43,000

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us."

— Marianne Williamson · Tracey Pinder, Founder, The School of Life SA

Ready to Step Into Your Purpose?

Join a growing community of Life Skills Coaches making real impact.

ENROL NOW

Neurodiversity Life Skills Coaching Certification

THE SCHOOL OF LIFE SA · SACE ACCREDITED · 2026



TRANSFORM LIVES. BUILD A PURPOSE-DRIVEN CAREER.

This comprehensive, module-based programme is designed for coaches, counsellors, educators, parents, and professionals passionate about deepening their understanding of neurodiversity through hands-on, practical learning. Once certified, you step into a powerful role supporting, guiding, and empowering neurodivergent individuals across all stages of life.

WHAT YOU'LL BE QUALIFIED TO DO



Certified Neurodiversity Coach

Support children, teens & adults with ADHD, autism, AuDHD and more through 1:1 or group coaching.



Executive Function Skills

Help clients improve organisation, emotional regulation, time management, and independence.



Support Families & Caregivers

Provide practical tools to improve understanding, communication, and support at home.



Partner with Schools

Collaborate with teachers to create inclusive and supportive learning environments.



Facilitate Workshops

Deliver impactful sessions for schools, parents, corporates, and communities.



Build Your Own Practice

Start your coaching business or integrate neurodiversity coaching into your current profession.



80 Hours Theory

Modular — join anytime. Learn at your own pace with live training.



20 Hours Practical

Post-module coaching hours to cement real-world skills and confidence.



SACE Accredited

Earn recognised CPD points. Provider Number: PR000001132.

SACE Provider No: PR000001132 · Certificate issued per module & full certification on completion.

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Neurodiversity Certification — Modules & Investment

THE SCHOOL OF LIFE SA · 2026



7 CORE MODULES



Module 1: Neuro-Differences

Autism, ADHD, AuDHD, learning difficulties, sensory processing, and more.



Module 2: Co-morbidities

Anxiety, addiction, depression, ODD, PDA, RSD.



Module 3: Executive Function

Planning, organisation, self-regulation, working memory.



Module 4: Life Skills & Emotional Resilience

Communication, emotional regulation, relationships, stress, self-esteem.



Module 5: Learning Barriers & Parenting

Support strategies for families and learners.



Module 6: Workplace Inclusion & Careers

Career development and workplace support for neurodivergent individuals.



Module 7: Personal Development

Wellness, decision-making, leadership, mindset.

ADVANCED PATHWAY — BECOME A SACE TRAINER

Once certified, you have the **exclusive opportunity** to become a **School of Life SA Certified SACE Trainer** — delivering accredited workshops to teachers, training educators in neurodiversity and inclusive practices, and working with schools on a systemic level.

INVESTMENT & PAYMENT OPTIONS

PAYMENT PLAN	DEPOSIT	MONTHLY	DURATION	TOTAL
Full Payment (Save R4,000!)	—	—	Once off	R36,000
3 Months	R5,000	R11,000	3 months	R38,000
6 Months	R5,000	R5,833	6 months	R40,000
10 Months	R5,000	R3,700	10 months	R42,000
12 Months	R5,000	R3,200 (x11) + R2,800	12 months	R43,000



The School of Life SA

CAN DO · DO HAVE · THE SCHOOL OF LIFE



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Disclaimer: This programme is for coaching, educational, and support purposes and does not replace medical or psychological treatment.

ENROL
NOW