



BECOME A ...

Professional Catholic Life Coach



“Walking alongside others with respect, faith, and hope, listening deeply

and accompanying their journey toward fulfillment in Christ.”

(*Evangelii Gaudium* 169)



6 MONTHS-INTENSIVE FORMATION PROGRAM

Through KAFT Coaching Potential Development Academy

JANUARY - JUNE, 2026

HYBRID MODEL

In person classes in Antioch, CA & Virtual classroom

You will receive:

- Mastery of Coaching Competencies
- 60 hours + supervised practices
- Personalized Mentoring
- Innovating & Unique Tools
- Supportive Community of Coaches

For more information:

- Text us (925)238-5934
-  kaftcoaching@gmail.com
-  [@kaftcoaching](https://www.instagram.com/@kaftcoaching)
-  www.kaftcoaching.com

Who is this for?

This certification is designed for Catholic leaders, ministers, counselors, and coaches who feel called to accompany others with faith, compassion, and professional excellence. Whether you serve in parish ministry, family life, education, or personal development, this program will equip you with the tools to guide others toward healing, purpose, and holiness.

Ask about
ministry
leader
discounts and
special offers!

10 MODULES



- Module 1: Introduction
- Module 2: History Of Coaching
- Module 3: Key Coaching Abilities
- Module 4: Code of Ethics and Coaching Development
- Module 5: Setting up Goals
- Module 6: Introspection and Self-Awareness
- Module 7: Transformative Healing
- Module 8: Integration and Action Plans
- Module 9: Life Coaching as a Profession
- Module 10: Practicum

Testimonies:



"Taking this Catholic Life Coaching course has been a truly transformative experience. It has deepened not only my understanding of the human person, but also my awareness of how God works uniquely in each life story. I have been able to apply what I have learned in my work, approaching each conversation with greater empathy, clarity, and reverence for the action of the Holy Spirit. This training has transformed the way I view goals and obstacles not as barriers, but as opportunities for grace and growth. I am deeply grateful for how this journey is helping me build up the Body of Christ, session after session, soul after soul."

-Jaqueline Villalobos, Professional Life Coach-

"KAPT Coaching marked a before and after in my life.

Thanks to Karen Flores' guidance, I discovered my true potential and learned to view my path with love, understanding, and faith. Today, as a Master Coach, I know that coaching transforms the soul and awakens the best that God has placed within us.

- Brenda Cervantes, Master Coach-

"It is a privilege to form Life Coaches who are transforming lives—helping others find healing, purpose, and renewal through the grace of our Lord."

— Founder & Master Coach Karen Flores