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FOUNDATIONS OF LIFE COACHING



“You Are the KEY” – Unlock Success Together

You work on the front lines of housing and stability. Every day, you meet with clients who are struggling—people facing trauma, financial barriers, generational challenges, and deep uncertainty. You want to help them move forward, but the path is rarely simple.

This Summit is for you.

It's not another long lecture or generic training. It's a real, hands-on experience designed to help you reconnect with why you do this work—and give you tools to do it better, with less stress and more clarity.

Why This Matters

- ☒ **Better understand who's ready to work with you—and who's not**
- ☒ **Cut down on overwhelm and burnout**
- ☒ **Have strong conversations that motivate your clients**
- ☒ **Handle tough emotions (yours and theirs) with more calm**
- ☒ **Work better with your team and other departments**



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What This Summit Is All About

You're managing program deadlines, adjusting to constant policy changes, and doing everything you can to stay grounded while the needs grow. It's not just about processing paperwork—it's about restoring hope. And sometimes that work is heavy. Add in expectations from leadership, pressure to meet funding benchmarks and limited connection across departments—and it's easy to feel stuck, overwhelmed, and alone.

You don't have to figure it all out alone. At this training, you'll learn with others who carry the same weight—people who care deeply, give a lot, and want to make a bigger difference without burning out.

What To Expect

- Day 1 – Learn the basics: coaching skills, motivation tools, real talk about what makes this work hard—and doable
- Day 2 – Try it out: practice coaching techniques with real examples, ask questions, and start building your own set of tools
- Day 3 (Half Day) – Reflect and plan: walk away with your Personal KEY Plan and a clear picture of what you'll take back with you

More Than Just Training—A Path to Advancement

This course is part of a **stackable certificate** program, offering **3 college credit hours** that can be applied toward a **degree at Indiana Wesleyan University**. It's the first of **four courses** designed to introduce coaching principles, provide hands-on learning experiences, and support continued professional and personal development.

Hands-On, Engaging Learning

- Real-life coaching practice – Apply skills in realistic scenarios, including working with survivors of trauma.
- Designed for adult learners – Practical, relevant, and immediately applicable.
- Tangible skills, mindset shifts, and tools – Walk away ready to lead with confidence and compassion.

You Are the Key

K – Know Your Role: You help people move forward. It's more than a job—it's a partnership that guides progress forward.

E – Engage & Empower: Use simple tools to keep clients focused, clear, and committed.

Y – Your Impact Matters: Walk away with a plan, more energy, and strategies to keep going—especially when things get tough.

What Past Participants are saying!

- "Incredible experience! Impactful knowledge explained in a way that was easy to understand and encouraged discussion!"
- "Amazing and so informative! Blew my mind several times!"
- "Very useful skills for both personal and professional growth—thank you!"
- "This training not only coached me but equipped me to help others find their own answers!"
- "I needed this, professionally and personally. Life-changing information!"
- "Great resources that will last a lifetime for my career!"
- "Engaging, comfortable environment that helped me grow in my coaching journey!"

Bottom Line?

This Summit will help you work with more confidence and less burnout. It'll remind you why your work matters—and give you tools that make a real difference. You'll leave feeling seen, supported, and stronger than when you came.

You're not just doing a job—you ARE the Key.