Training Programs and Courses
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Training Programs

Coach Training EDU offers 3 Accredited Coach Training Programs:
Academic Life Coach Training
Executive Coach Training
Wellness Coach Training

Each of these training programs consists of 3 courses:
Any 1.0 course (Academic 1.0, Executive 1.0, or Wellness 1.0)
Group Mentor Coaching (ACC/PCC level or MCC level)
2.0 Coach Training

To officially complete the full ACTP, coaches must complete a 1.0 course, the
2.0 course, and Group Mentor Coaching.

*A few important notes:

If a coach ONLY completes a 1.0 course, he/she will have officially completed 62.5 hours of coach training within an ACTP. For purposes of applying to the ICF, they would use the ACSTH route, but their training would have been within an ACTP.

Coaches who want to complete one of our full ACTPs are required to complete our Group Mentor Coaching. They cannot get mentoring from someone outside of Coach Training EDU.
Individual Courses
1.0 Descriptions

1.0 Academic Life Coach Training

The ALC 1.0 course is designed for people who want to use life coaching skills with students. This program covers foundational coaching skills, but adds on specific skills and tools for working with young people. The majority of the concepts and tools will also be discussed in terms of working with students. This is a great course if you are interested in working with middle school, high school, college, and/or graduate students.

1.0 Executive Coach Training

The Executive 1.0 course covers the basics of coaching and additional tools and skills for working with clients in the corporate world. This is a great course if you are not sure exactly what type(s) of client(s) you want to work with, or if your ultimate client base is going to be professionals.

1.0 Wellness Coach Training

The Wellness 1.0 course covers foundational coaching skills, as well as specific concepts and tools for coaching around wellness-related topics. There is an additional focus on topics such as stress management, sleep and meditation, exercise, and diet. It is a great program if you are interested in working with clients in any of these areas of coaching, and the skills and tools can be applied to any age group.
Group Mentoring

Group Mentor Coaching is an opportunity for you to receive valuable feedback on the things you are doing well and things you can improve on in your coaching sessions. This course also provides you with the remaining mentor coaching hours you need for ICF certification, when added to your hours from any 1.0-level course.

2.0 Description

The 2.0 Coach Training course is designed to increase your coaching skills to the Professional Certified Coach (PCC) level according to the standards of the International Coach Federation (ICF). It focuses on giving you more tools to help your clients with an understanding of the theory and principles supporting life coaching AND to provide an experience and feedback to help you grow personally and professionally. It is an advanced training program, and requires that you have previous coach training through Coach Training EDU or another organization.

Academic Life Coaching Sport

In Academic Life Coaching Sport, you will build on your foundational life coaching skills to learn advanced coaching concepts related to working with student athletes.
Requirements

All 1.0 and 2.0 training courses have the same requirements:

- Attendance
- Coach-Client Overviews
- Midterm/Final Exam
- Practice Client Log

For all the details on what is required, review the course syllabi for each course. Here is a brief overview.

Attendance

Coaches are required to attend 20/24 training sessions - this includes make-up sessions.

Coaches can make-up any missed sessions in weekly Coaching Power Hour meetings OR by scheduling one-on-one sessions with their trainer. A one-on-one session is a $100 fee, so we ALWAYS recommend Coaching Power Hour.

"The training was phenomenal and has limitless potential. The coaches were thought provoking and inspiring!" - Evonne Jenkins
Coach Training Overview

All 1.0-level and 2.0 Coach Training courses include 4 Coach-Client Overviews. These overviews are due at weeks #6, #12, #18 and #24 (or within 1 month of the final class meeting).

Coach-Client Overviews are 1 hour in length and require that a coach submit at least 30 minutes of recorded coaching ahead of time, for their trainer to review. For classes before Orbund, coaches can email recordings directly to their trainer. For classes using Orbund, recordings for overviews are submitted through the assignment inbox on the class page.

During the 1-hour session, the trainer and coach will listen to the recording, and the trainer will provide constructive feedback based on the scoring guide. Scores are then input into the gradebook (either on the Google sheet or Orbund gradebook).

Only the final Coach-Client Overview counts toward a coach’s final completion and certification. Coaches must receive a score of a 3 or higher on the final recording they submit in order to meet the requirements of the course. Three attempts are permitted, and if a coach needs more, he/she must pay a $100 fee.

Midterm/Final Exam

The Midterm Exam (began with the use of Orbund) becomes available at week #10 and is due by class time week #12. It is 25 questions in length and covers material from the first 10-11 weeks of class.

The Final Exam becomes available at week #22 and is due within 1 week of the final class meeting. It is 30 questions in length and covers materials from the entire training course (but mostly from the second half).

Coaches must receive at least a 70% to pass each exam, and they have two attempts. If they need additional attempts, there is a $100 fee.
Coaches in any 1.0-level course need to work with at least one practice client for 10 coaching sessions. For the ALC 1.0 course, it is recommended that the coach select 1 practice client and work through the entire 10-session ALC Coaching Program with him/her.

Practice clients should not be a close family member or friend.

Occasionally, Coach Training EDU receives inquiries about pro-bono coaching, and we will let coaches-in-training know. However, coaches are responsible for finding their own practice clients.

Practice Client Logs are provided on the class material pages and should be submitted at the end of training. For coaches in a class NOT on Orbund, they should email their practice client log to the Program Administrator. For coaches in a class on Orbund, they should submit it to the assignment inbox.
Pricing

<table>
<thead>
<tr>
<th>FOUNDATION</th>
<th>ASSOCIATE</th>
<th>PROFESSIONAL</th>
<th>MASTER</th>
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<td>$259/month 12 mos.</td>
<td>$299/month 12 mos.</td>
<td>$499/month 12 mos.</td>
<td>$999/month 12 mos.</td>
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For the coach or educator who is interested in training and initially postponing their ICF certification.
For the coach or educator interested in foundational training and entry level certification.
For the coach or educator is interested in additional training and a professional level certification.
For the coach who is interested in reaching the expert level. This package will set you up for success in pursuit of your MCC.

<table>
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<tr>
<th>$2797 with 10% Paid in Full Discount</th>
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<tr>
<td>1.0 Training Course</td>
<td>1.0 Training Course</td>
<td>1.0 &amp; 2.0 Training Courses</td>
<td>2.0 &amp; 2.0 Training Courses &amp; Biz Launcher</td>
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<td>62.5 ICF Coach Specific Training Hours</td>
<td>62.5 ICF Course Hours</td>
<td>125 ICF Course Hours</td>
<td>203.5 ICF Course Hours</td>
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<td>4 Mentor Hours</td>
<td>12 Mentor Hours</td>
<td>Free 16 Mentor Hours for ACC &amp; PCC</td>
<td>10 MCC Mentor Hours</td>
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<td>Group Mentoring included and discounted</td>
<td>2 Coaching Guides, 3 Client Guides Included</td>
<td>3 Coaching Guides, 3 Client Guides Included</td>
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<tr>
<td>Coaching Guide, 3 Client Guides Included</td>
<td>Coaching Guide, 3 Client Guides Included</td>
<td>Completion of ACTP</td>
<td>ACC/CC/MCC Qualifications Met</td>
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Scholarships

We do have some scholarship funds available for our training courses. Our ability to meet your needs is based on the amount you are able to contribute each month, to a 12-month payment plan, and the funds we have available for the particular class you are interested in joining. To qualify for a scholarship, we ask that you please submit 1040 for last year and two most recent pay stubs. If you would like to learn more about scholarships, please contact enrollment officer for more information.
Certification

Any 1.0-level course/2.0 Coach Training

If a coach completes any of Coach Training EDU’s 1.0 level training courses OR 2.0 Coach Training, he/she has enough training for the ACC level certification with the ICF. The coach would use the ACSTH path to apply for ICF certification.

- Training Hours. All of Coach Training EDU’s 1.0 and 2.0 level courses are officially 62.5 hours of training within an Accredited Coach Training Program (ACTP). Alone, a single course does NOT make up a complete ACTP, but the hours do count towards certification with the ICF.
- Mentor Hours. With a 1.0 or 2.0 course alone, a coach has completed a total of 4 mentor coaching hours (their coach-client overviews)
- Logged Coaching Hours. Part of training will require coaches to work with a practice client for at least 10 coaching hours. These hours are the start of their coaching log. Getting the additional 90 hours for their ACC will just take time.
- Coach Knowledge Assessment. All of Coach Training EDU’s training courses will prepare coaches to easily pass the ICF’s assessment. This is taken during the application process for their ICF credential.
Any 1.0-level course or 2.0 Coach Training + Group Mentor Coaching

If a coach completes any of Coach Training EDU’s 1.0 level training courses OR 2.0 Coach Training in addition to Group Mentor Coaching, he/she has enough training and mentoring to apply for their ACC. The coach would use the ACSTH path to apply for ICF certification.

- **Training Hours.** All of Coach Training EDU’s 1.0 and 2.0 level training courses are officially 62.5 hours of training within an Accredited Coach Training Program (ACTP). Alone, a single course does NOT make up a complete ACTP, but the hours do count towards certification with the ICF.
- **Mentor Hours.** With a 1.0 or 2.0 course AND Group Mentor Coaching, a coach has completed a total of 12 mentor coaching hours (4 in their training course and 8 in Group Mentor Coaching).
- **Logged Coaching Hours.** Part of training will require coaches to work with a practice client for at least 10 coaching hours. These hours are the start of their coaching log. Getting the additional 90 hours for their ACC will just take time.
- **Coach Knowledge Assessment.** All of Coach Training EDU’s training courses will prepare coaches to easily pass the ICF’s assessment. This is taken during the application process for their ICF credential.
Any 1.0-level course + 2.0 Coach Training + Group Mentor Coaching

If a coach completes any of Coach Training EDU’s 1.0 level training courses, 2.0 Coach Training and Group Mentor Coaching, he/she has enough training and mentoring to apply for their ACC or PCC. The coach would use the ACTP path to apply for ICF certification because they have completed all three courses that make up one of the ACTPs that Coach Training EDU offers.

- Training Hours. With any 1.0-level course AND 2.0 Coach Training, a coach has completed 125 training hours.
- Mentor Hours. With a 1.0-level training, 2.0 Coach Training and Group Mentor Coaching, a coach has completed a total of 16 mentor coaching hours (8 in their training courses and 8 in Group Mentor Coaching).
- Logged Coaching Hours. Part of training will require coaches to work with a practice client for at least 10 coaching hours per course. These hours are the start of their coaching log. Getting the additional hours for the level of ICF certification they seek will just take time.
- Coach Knowledge Assessment. All of Coach Training EDU’s training courses will prepare coaches to easily pass the ICF’s assessment. This is taken during the application process for their ICF credential.
Frequently Asked Questions

Can you apply for certification after your 1.0 course?

You are still able to apply for ICF certification after just the 1.0 course, however, you would use the ACSTH path. With your 1.0 course, you have completed 62.5 hours of coach training WITHIN an ACTP (you have not completed the entire ACTP). That is enough training hours to get your ACC with the ICF.

If you want to apply through the ACTP path, whether for your ACC or PCC, you will need to complete our entire ACTP (the 1.0 course, group mentor coaching, and the 2.0 course).

Ultimately, coaches in training choose a couple different ways of approaching their ICF certification, and it is entirely personal preference. Some coaches choose to complete their 1.0 course and group mentor coaching, and then apply for their ACC with the ACSTH path, to get their ICF certification under their belt sooner. Others choose to get all of the training they need for their ACC and PCC under their belt, so do their 1.0 course, group mentor coaching, and the 2.0 course (our full ACTP) all before applying for ICF certification. Coaches who do it this way then wait a little longer to apply for their ACC, but they then use the ACTP route.

What happens AFTER I take my 1.0 course if I have signed up for more training?

The schedule for your Group Mentor Coaching and 2.0 Coach Training course are not officially set at this time. You will have a few different options for when you join both of these courses. For Group Mentor Coaching, I recommend that you join a group that starts after your 1.0 course ends.
With your 1.0 course ending in October, I would recommend our Winter 2019 group, which would begin sometime in early January, or our Spring 2019 group, which would begin in March.

For 2.0 Coach Training, you have two options. First, you could join the Fall 2018 class, which would begin sometime in September and overlap a few weeks with your 1.0 training. The second option would be our Spring 2019 class, which would begin sometime in March and give you a little time between your trainings to build additional coaching practice. The class you choose is entirely your personal preference, and you can let us know at any time which you would like to join.

We have a running list of coaches who are enrolled in both Group Mentor Coaching and 2.0 Coach Training, and as we get closer to a tentative start date, we send out a few class meeting day/time options. We then select the day/time that works best for the majority of the group.

Life happens… here’s what we can do if something interferes with someone’s training and they need to switch.

We completely understand that life can get in the way, and we definitely want you to leave the course feeling confident and prepared to work with your clients. With that being said, we offer both an audit and re-take option.

If you are interested in auditing the course, we could grant you an extension in order to finish up the requirements (ie. your 4 Coach-Client Overviews, final exam and practice client log) with your current trainer and then have you sit in on another class that is about to start or that already began.

If you are interested in re-taking the course, we would simply re-register you for another class - you could jump into a class that began within the last month, or start with an upcoming class. There would be no fee associated with either option!