



## Training Hours & Requirements

### Training Overview

- **Duration** 6 months
- **Total Training Hours** 145

### Requirements

- **3 Live Training Modules:** Attend three intensive three-day in-person training modules.
- **7 Group Mentor Coaching Sessions:** Engage in seven 90-minute group mentor coaching sessions, fostering collaborative learning and mentorship.
- **6 Individual Mentor Coaching Sessions:** Complete six individual 60-minute mentor coaching sessions, providing personalized guidance and support.
- **10 Outside Client Sessions:** Conduct a minimum of 10 individual 60-minute coaching sessions with external clients, gaining valuable real-world experience.
- **25 Weekly Group Training Calls:** Participate in 25 weekly 60-minute group training calls, enhancing your coaching skills through regular engagement and discussions.
- **24 Peer Coaching Sessions:** Conduct 24 60-minute peer coaching sessions, allowing for mutual skill development and feedback.
- **6 Recorded Sessions:** Upload a total of 6 recorded coaching sessions, showcasing your progress and development.
- **3 Self-Evaluation Forms:** Complete three self-evaluation forms to assess your own growth and competence as a coach.
- **Final Performance Evaluation:** Scheduled after all other requirements are met, this entails a 30-minute recorded coaching session that will be evaluated by an assessor. The assessment will be based on the International Coaching Federation (ICF) core competencies.

To excel in this evaluation, diligent practice and an understanding of the ICF core competencies are essential. Remember to remain present and composed during your coaching session.



## Assignments

- Pre Module I**
- Log into the student portal and become familiar with requirements (login credentials sent by email).
  - Get a jumpstart by starting on the recommended reading list (optional).

- Post Module I**
- Be on the lookout for your first peer coaching and mentor coach assignment!
  - Schedule **weekly** coaching sessions with both your peer coach and peer client.
  - Attend **weekly** coach training calls (details in student portal).
  - Schedule **monthly or bi-monthly** individual mentor coaching sessions with your mentor coach after completing at least 2 peer coaching sessions.
  - Schedule **monthly or bi-monthly** group mentor sessions using the link in your student portal.
  - Submit **monthly** coaching recordings for review. Submit a self-evaluation form with first and last recording submitted.
  - Begin working on the 10 Outside Client Sessions.

- Pre Module II**
- Continue peer-to-peer coaching with the first peer assignment until you have 12 sessions logged.
  - Prepare to bring to Mod II something that represents your inner critic. This can be anything as simple or as detailed as you wish it to be.

- Post Module II**
- Be on the lookout for your second peer coaching assignment!
  - You'll receive access to the Purpose & Vision training through the student portal.

- Pre Module III**
- Watch the Purpose & Vision training videos **prior to attending Mod III**.
  - Review the ICF Code of Ethics document found in the student portal.

- Post Module III**
- Meet with student advisor for review of requirements and plan for completion.
  - After all requirements have been passed off, you will be cleared to schedule your Final Evaluation for certification.