

1. AC Coach Training Accreditation Scheme Overview: Choosing Your Application Level

<i>ELIGIBILITY</i> Training course must be run at least once prior to application	Accredited Award in Coach Training (AACT)		Accredited Certificate in Coach Training (ACCT)		Accredited Diploma in Coach Training (ADCT)		Accredited Advanced Diploma in Coach Training (AADCT)	
Membership	AC Organisational, Corporate, or Third Sector Member							
Total Training hours	Option one	Option two	Option one	Option two	Option one	Option two	Option one	Option two
Class-based training hours (face to face)*	40 hours	21 hours	60 hours	40 hours	80 hours	60 hours	80 hours	60 hours
Self-study hours *	10 hours	33 hours	40 hours	80 hours	70 hours	110 hours	120 hours	160 hours
Coaching practice **	6 hours	20 hours	20 hours	30 hours	40 hours	50 hours	60 hours	70 hours
DESCRIPTORS OF TRAINING COURSE	<ul style="list-style-type: none"> ~ Trains core coaching skills (listening, questioning, raising awareness and designing actions) ~ Includes at least one Coaching Approach or Model ~ Develops participants' ability to carry out basic coaching conversations within the AC's coaching competencies and ethical guidelines ~ Includes reflective practice and in-class supervision ~ AACT Course provides sufficient training hours for coaches wishing to pursue Foundation / Foundation Executive Coach Accreditation with the AC ~ Entry level for those new to and starting out in coaching 		<ul style="list-style-type: none"> ~ Trains comprehensive core coaching skills including skills drawn from a range of theory, models and practice. This might include examples from CBC, NLP, Clean, Behavioural, Neuroscience etc. ~ Further develops coaching skills and practice ~ Includes three or more Coaching Approaches or Models ~ Develops participants' ability to use a broad range of methods and tools to work with clients ~ Includes working with the AC's coaching competencies and ethical guidelines ~ Includes reflective practice based on observation, feedback and in-class supervision ~ ACCT Course provides sufficient training hours for coaches wishing to pursue Coach / Executive Coach or Professional/ Professional Executive Coach Accreditation with the AC 		<ul style="list-style-type: none"> ~ Trains, in-depth, comprehensive understanding of the knowledge, theories, models, skills and practice required to coach to a high standard ~ Further develops coaching skills and practice ~ Includes in-depth study of one or more Coaching Approaches or Models ~ Develops participants' ability to use a broad range of techniques and approaches flexibly in response to coachee/situations ~ Includes working with the AC's coaching competencies and ethical guidelines ~ Includes reflective practice, critical enquiry and group discussion based on observation, feedback and one to one supervision ~ ADCT Course provides sufficient training hours for coaches wishing to pursue Professional / Professional Executive Coach Accreditation with the AC ~ For Coaches with existing training and significant coaching experience looking for more training at an advanced level 		<ul style="list-style-type: none"> ~ An advanced training that develops an expert knowledge and deep understanding of the art and practice of coaching. ~ Further develops coaching skills and practice ~ Includes in-depth study of one or more Coaching Approaches or Models ~ Develops participants' ability to use a broad range of techniques and approaches flexibly in response to coachee/situations ~ Includes working with the AC's coaching competencies and ethical guidelines. ~ Includes reflective practice, critical enquiry and group discussion, plus one to one supervision, observation and feedback ~ AADCT Course provides sufficient training hours for coaches wishing to pursue Professional / Professional Executive Coach or Master / Master Executive Coach with the AC ~ For very experienced Coaches who have already completed basic (and possibly further) training who are looking to develop coaching mastery 	
<i>*See Applicant Guide for further details</i> <i>**In addition to class-based practice undertaken by participants</i>								



2. AC Coach Training Accreditation Scheme Overview: Application Requirements Summary

	Accredited Award in Coach Training (AACT)		Accredited Certificate in Coach Training (ACCT)		Accredited Diploma in Coach Training (ADCT)		Accredited Advanced Diploma in Coach Training (AADCT)	
Membership	AC Organisational, Corporate, or Third Sector Member							
AC Coaching Competencies and Code of Ethics used	Train using the AC Coaching Competency Framework and Global Code of Ethics for Coaches, Mentors & Supervisors Other competency framework and code of ethics can be referenced in addition							
Total training hours	Option one	Option two	Option one	Option two	Option one	Option two	Option one	Option two
Class-based training hours (face to face)*	40 hours	21 hours	60 hours	40 hours	80 hours	60 hours	80 hours	60 hours
Self-study hours *	10 hours	33 hours	40 hours	80 hours	70 hours	110 hours	120 hours	160 hours
Coaching practice **	6 hours	20 hours	20 hours	30 hours	40 hours	50 hours	60 hours	70 hours
Specific coaching approaches and models trained	One or more		Three or more		In-depth study of one or more			
Observed/recorded Coaching Practice	None required		Minimum one		Minimum three			
'In-class' feedback, reflective work (coach development) and supervision undertaken as part of the training course	~ Feedback ~ Learning Logs		~ Observation and feedback ~ Learning logs ~ Reflective journaling ~ Reflective group discussion ~ 1-1 Supervision					
Written assessments undertaken as part of the training course	~ None required		~ Written case study <i>or</i> ~ Personal coaching approach		~ Written case study <i>plus</i> ~ Personal coaching approach			
Course evaluation	Evaluation methodologies to measure the effectiveness of the training must be in place							
References	2 x participant references				3 x participant references		4 x participant references	
Prices	Contact accreditationoffice@associationforcoaching.com							

