

## AC COACH TRAINING ACCREDITATION SCHEME OVERVIEW: CHOOSING YOUR APPLICATION LEVEL

<b>ELIGIBILITY</b> <i>Training course must be run at least once prior to application</i>	<b>Accredited Award in Coach Training (AACT)</b>	<b>Accredited Certificate in Coach Training (ACCT)</b>	<b>Accredited Diploma in Coach Training (ADCT)</b>	<b>Accredited Advanced Diploma in Coach Training (AADCT)</b>
<b>Membership</b>	AC Organisational, Corporate, or Third Sector Member			
<b>Class-based training hours (face to face)*</b>	40 hours	60 hours	80 hours	80 hours
<b>Self-study hours *</b>	10 hours	40 hours	70 hours	120 hours
<b>Actual hours of Training Course *</b>	<b>50 hours</b>	<b>100 hours</b>	<b>150 hours</b>	<b>200 hours</b>
<b>Coaching practice **</b>	6 hours	20 hours	40 hours	60 hours
<b>DESCRIPTORS OF TRAINING COURSE</b>	<ul style="list-style-type: none"> <li>~ Trains core coaching skills (listening, questioning, raising awareness and designing actions)</li> <li>~ Includes at least one Coaching Approach or Model</li> <li>~ Develops participants' ability to carry out basic coaching conversations within a specific set of coaching competencies and ethical guidelines</li> <li>~ Includes reflective practice and in-class supervision</li> <li>~ AACT Course provides sufficient training hours for coaches wishing to pursue Foundation / Foundation Executive Coach Accreditation with the AC</li> <li>~ Entry level for those new to and starting out in coaching</li> </ul>	<ul style="list-style-type: none"> <li>~ 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.</li> <li>~ Further develops coaching skills and practice</li> <li>~ Includes three or more Coaching Approaches or Models</li> <li>~ Develops participants' ability to use a broad range of methods and tools to work with clients</li> <li>~ Includes working with a specific set of coaching competencies and ethical guidelines</li> <li>~ Includes reflective practice based on observation, feedback and in-class supervision</li> <li>~ ACCT Course provides sufficient training hours for coaches wishing to pursue Coach / Executive Coach or Professional/ Professional Executive Coach Accreditation with the AC</li> </ul>	<ul style="list-style-type: none"> <li>~ Trains, in-depth, comprehensive understanding of the knowledge, theories, models, skills and practice required to coach to a high standard</li> <li>~ Further develops coaching skills and practice</li> <li>~ Includes in-depth study of one or more Coaching Approaches or Models</li> <li>~ Develops participants' ability to use a broad range of techniques and approaches flexibly in response to coachee/situations</li> <li>~ Includes working with a specific set of coaching competencies and ethical guidelines</li> <li>~ Includes reflective practice, critical enquiry and group discussion based on observation, feedback and one to one supervision</li> <li>~ ADCT Course provides sufficient training hours for coaches wishing to pursue Professional / Professional Executive Coach or Master / Master Executive Coach Accreditation with the AC</li> <li>~ For Coaches with existing training and significant coaching experience looking for more training at an advanced level</li> </ul>	<ul style="list-style-type: none"> <li>~ An advanced training that develops an expert knowledge and deep understanding of the art and practice of coaching.</li> <li>~ Further develops coaching skills and practice</li> <li>~ Includes in-depth study of one or more Coaching Approaches or Models</li> <li>~ Develops participants' ability to use a broad range of techniques and approaches flexibly in response to coachee/situations</li> <li>~ Includes working with a specific coaching set of competencies and ethical guidelines.</li> <li>~ Includes reflective practice, critical enquiry and group discussion, plus one to one supervision, observation and feedback</li> <li>~ AADCT Course provides sufficient training hours for coaches wishing to pursue Professional / Professional Executive Coach or Master / Master Executive Coach with the AC</li> <li>~ For very experienced Coaches who have already completed basic (and possibly further) training who are looking to develop coaching mastery</li> </ul>
<p><i>*See Applicant Guide for further details</i></p> <p><i>**In addition to class-based practice undertaken by participants</i></p>				

## 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)
<b>Membership</b>	AC Organisational, Corporate, or Third Sector Member			
<b>Insurance</b>	Professional Indemnity Insurance			
<b>Coaching Competencies and Code of Ethics used</b>	Must train using a specific competency framework and code of ethics			
<b>Class based training hours and coaching practice</b>	40 hours	60 hours	80 hours	80 hours
<b>Specific coaching approaches and models trained</b>	<b>One</b> or more	<b>Three</b> or more	In-depth study of <b>one</b> or more	
<b>Self-study hours</b>	10 hours	40 hours	70 hours	120 hours
<b>Actual hours of training course</b>	<b>50 hours</b>	<b>100 hours</b>	<b>150 hours</b>	<b>200 hours</b>
<b>Participants' coaching practice hours (in addition to class-based practice)</b>	6 hours	20 hours	40 hours	60 hours
<b>Observed/recorded Coaching Practice</b>	None required	Minimum <b>one</b>	Minimum <b>three</b>	
<b>'In-class' feedback, reflective work (coach development) and supervision undertaken as part of the training course</b>	~ Feedback ~ Learning Logs	~ Observation and feedback ~ Learning logs ~ Reflective journaling ~ Reflective group discussion ~ 1-1 Supervision		
<b>Written assessments undertaken as part of the training course</b>	~ None required	~ Written case study <i>or</i> ~ personal coaching approach	~ Written case study <i>plus</i> ~ Personal coaching approach	
<b>Course evaluation</b>	Evaluation methodologies to measure the effectiveness of the training must be in place			
<b>References</b>	2 x participant references		3 x participant references	4 x participant references
<b>Prices</b>	For UK prices click <a href="#">here</a> For Ireland prices, click <a href="#">here</a>		For International prices, click <a href="#">here</a>	