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

ELIGIBILITY	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	If not an AC Member, please give details of your Professional Membership Body, Membership Number and Expiry date of your Membership							
Total Training hours	Option 1	Option 2	Option 1	Option 2	Option 1	Option 2	Option 1	Option 2
Class-based training hours and coaching practice*	35 hours	21 hours	60 hours	40 hours	80 hours	60 hours	80 hours	60 hours
Self-study hours *	15 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 PROGRAMME	~ 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 our coaching competencies and ethical guidelines ~ Includes professional reflective practice and in-class supervision ~ AACT Programme provides sufficient training hours for coaches wishing to pursue Foundation / Foundation Executive Coach Accreditation with the AC ~ Entry-level for those new to coaching		~ Teaches comprehensive core coaching skills, including skills drawn from a range of theory, models and practice (may 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 our coaching competencies and ethical guidelines ~ Includes professional reflective practice based on observation, feedback and in-class supervision ~ ACCT Programme provides sufficient training hours for coaches wishing to pursue Coach / Executive Coach or Professional/ Professional Executive Coach Accreditation with the AC		~ 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 our coaching competencies and ethical guidelines ~ Includes professional reflective practice, critical enquiry and group discussion based on observation, feedback and one to one supervision ~ ADCT Programme provides sufficient training hours for coaches wishing to pursue Professional / Professional Executive Coach or Master / Master Executive Coach Accreditation with the AC ~ For Coaches with existing training and significant coaching experience looking for more training at an advanced level		~ Advanced training that develops expert knowledge and a 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 our coaching competencies and ethical guidelines. ~ Includes professional reflective practice, critical enquiry and group discussion, plus one to one supervision, observation and feedback ~ AADCT Programme 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 primary (and possibly further) training who are looking to develop coaching mastery	

See Applicant Guide for further details
****In addition to class-based practice undertaken by participants***

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	If not an AC Member, please give details of your Professional Membership Body, Membership Number and Expiry date of your Membership							
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 frameworks and Codes of Ethics can be referenced							
Total training hours	Option one	Option two	Option one	Option two	Option one	Option two	Option one	Option two
Class-based training hours and coaching practice*	35 hours	21 hours	60 hours	40 hours	80 hours	60 hours	80 hours	60 hours
Self-study hours *	15 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**			
As part of the training Programme, class-based feedback, reflective work (coach development) and supervision undertaken	~ Feedback ~ Learning Logs		~ Observation and feedback ~ Learning logs ~ Reflective journaling ~ Reflective group discussion ~ 1-1 and/or Group Supervision					
As part of the training Programme, written assessments undertaken	~ None required		~ Written case study ***or*** ~ Personal coaching approach		~ Written case study *plus* ~ Personal coaching approach			
Programme 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	Please see the AC website for details							

** If the Coach Training Programme has yet to run, please submit your application for assessment and then provide relevant participant references once the first programme has been delivered.*