Using Your Time To Complete The Accreditation

If you have minimal time (around 1.5h a week) do this:-

- 30 min Pre-recorded Session + 15 min Learning Log
- 30 min Live Session (either come to the live for half the session or only watch half the replay) + 15 min Learning Log
- Complete your Coaching Practice, Reflective Journal and Self-study during the Review Weeks.
- 5 min Action Plan can be updated weekly if needed with any actions added or removed
- The case study can be done in the Review Week Sessions or at the end of the course. Allow 1-2 hours to complete using the reflections as prompts.

If you have more time (3-4h a week) do this:-

- 30 min Pre-recorded Session + 15 min Learning Log
- 1 hour Live Session (either live or replay) + 15 min Learning Log
- 1 hour of Coaching Practice and up to 1 hour of Reflective Journal a week or up to 1 hour of Self-Study a week (and log your learning)
- Complete a combination of the Reflective Journal and 3-5 Coaching Diaries for more in-depth reflective practice.
- Either attend the Review Week Sessions or do additional Self-study
- 5 min Action Plan can be updated weekly if needed with any actions added or removed
- The case study can be done in the review week sessions or at the end of the course. Allow 1-2 hours to complete it using the reflections as prompts.

If you have more time (8h + per week) do this:-

- 30 min Pre-recorded Session + 15 min Learning Log + 15 min Reflective Journal
- 1 hour Live Session (Tuesday) + 15 min Learning Log + 15 min Reflective Journal
- 1 hour Live Session (Thursday) + 15 min Learning Log + 15 min Reflective Journal
- 1 hour or more of Coaching Practice + 1 hour or more Reflective Discussion in student groups + 1 hour or more either completing the Reflective Journal or the Coaching Diary for more in-depth reflective practice
- 1 hour or more Self-study
- Attend all the Review Week Sessions
- 5 min Action Plan can be updated weekly if needed with any actions added or removed
- The case study can be done any time. Allow 1-2 hours to complete it using the reflections as prompts.

You do not need to complete the Learning Log or Action Plan provided within FWM. Any format evidencing your learning is welcome, e.g. voice notes, photographs, handwritten notes, your own logbook, video diary etc.