Example Log for Accreditation Hours

This is an example of a way to record your hours for accreditation, including course content, self-study and coaching hours. You can create your own log if you prefer.

If you fill in all the columns for the course content and self-study, you would not need to also complete the learning logs that are currently part of the coaching reflection document (as previously requested by course participants).

Course Content (60h):

Date	Title	Key Learning / Takaways	Actions (SMART)	Done	Hours
28/10/24	Session 31 Connecting With Ourselves Pre-recorded and Live	How can you make/give someone a cup of tea if you haven't got the resources to make one? Developing a sense of your own inner child and how to nurture and provide for them will increase your capacity to support your own children as a parent.	Find research on parents experiencing inner child issues at the same age/stage as their child - google/YouTube 28/11/24.	☑	1.5h

Self Study (40h):

Date	Title	Key Learning / Takaways	Actions (SMART)	Done	Hours
24/11/24	Brene Brown 'Dare To Lead' Part 2: Living Into Our Values.	"A value is a way of being or believing that we hold most important" p186 "Integrity - choosing courage over comfort...it's practising our values not just professing them" p189	Recreate the list of values on p188 by 28/11/24 (for use with Coachee 1 on 29/11/24).	☑	2h

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Coaching Practice (20h):

Date	Title	Key Learning / Takaways	Actions (SMART)	Done	Hours
24/11/24	Coachee 1, 2 and 3 (Action Learning Set)	Feeling rushed over time keeping. Questions on a post-it technique - updated to Questions in the What'sApp chat experiment.	Research developments in AL questioning techniques which are used on Zoom by the next session (27/11/24) - how do people do Goldfish Bowl online?	☑	1h