

# AC Coach and Executive Coach Accreditation Scheme Overview: Choosing your Application Level

Application Requirements	Foundation Coach / Foundation Executive Coach	Coach / Executive Coach	Professional Coach / Professional Executive Coach	Master Coach / Master Executive Coach
Membership*	AC Member or a Member of a Professional Body			
Coach training*	<ul style="list-style-type: none"> <li>35+ hours</li> </ul>	<ul style="list-style-type: none"> <li>40+ hours</li> </ul>	<ul style="list-style-type: none"> <li>60+ hours</li> </ul>	<ul style="list-style-type: none"> <li>80+ hours</li> </ul>
Coach experience*	<ul style="list-style-type: none"> <li>50+ hours</li> </ul>	<ul style="list-style-type: none"> <li>100+ hours</li> </ul>	<ul style="list-style-type: none"> <li>500+ hours</li> </ul>	<ul style="list-style-type: none"> <li>1500+ hours</li> </ul>
Coach Supervision*	<ul style="list-style-type: none"> <li>Minimum 3 supervision sessions</li> </ul>	<ul style="list-style-type: none"> <li>Minimum 6 supervision sessions</li> </ul>	<ul style="list-style-type: none"> <li>Minimum 6 supervision sessions</li> </ul>	<ul style="list-style-type: none"> <li>Minimum 6 supervision sessions</li> </ul>
CPD*	<ul style="list-style-type: none"> <li>10+ hours over 3 years</li> </ul>	<ul style="list-style-type: none"> <li>30+ hours over 3 years</li> </ul>	<ul style="list-style-type: none"> <li>35+ hours over 3 years</li> </ul>	<ul style="list-style-type: none"> <li>40+ hours over 3 years</li> </ul>
<b>DESCRIPTORS OF COACHING PRACTICE</b>	<ul style="list-style-type: none"> <li>A core level of knowledge and understanding of coaching practice</li> <li>Some coaching tools and techniques</li> <li>Use of coaching tools in a functional way</li> <li>A commitment to further growth and development</li> <li>Knowledge and understanding of working with organisations and leaders (Executive applications)</li> </ul>	<ul style="list-style-type: none"> <li>Good knowledge of coaching practice</li> <li>A broader range of tools and techniques</li> <li>A cohesive coaching model</li> <li>Some evidence of application of coaching approach through case study and coach recording</li> <li>Evidence of coach development over time</li> <li>Knowledge and understanding of working with organisations and leaders (Executive applications)</li> </ul>	<ul style="list-style-type: none"> <li>A depth of understanding of coaching practice, with a solid theoretical and practical framework</li> <li>Flexible use of a range of techniques and approaches in response to client/situation</li> <li>A coaching approach with breadth and depth that is well-articulated and demonstrated in action in the application</li> <li>Ability to work on more complex, demanding and ambiguous issues with clients</li> <li>Evidence of coach development over time</li> <li>Systemic work with organisations and leaders (Executive applications)</li> </ul>	<ul style="list-style-type: none"> <li>Expert knowledge and deep understanding of coaching practice, a solid theoretical and practical underpinning and awareness of coaching related disciplines (e.g. psychological models, coaching supervision, mindfulness etc.)</li> <li>A coaching approach that draws on a broad range of models, tools and techniques, tailored to individual requirements and demonstrated in action</li> <li>Targeted coaching interventions used with great refinement</li> <li>Knowledgeable and confident yet working from the mindset of knowing little</li> <li>Effective working on complex, demanding and ambiguous issues</li> <li>Evidence of coach development over time</li> <li>Systemic work with organisations and leaders (Executive applications)</li> </ul>
<i>*Please read the Applicant Guide to find out more detailed explanations of these criteria</i>				



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	Foundation Coach / Foundation Executive Coach	Coach / Executive Coach	Professional Coach / Professional Executive Coach	Master Coach / Master Executive Coach
<b>Membership</b>	AC Member or a Member of a Professional Body			
<b>Insurance</b>	Professional Indemnity Insurance (if applicable in your resident country)			
<b>Coach Training</b>	35+ hours coach-specific training	40+ hours cumulative coach-specific training	60+ hours cumulative coach-specific training	80+ hours cumulative coach-specific training
<b>Coaching Experience</b>	50+ hours	100+ hours	500+ hours	1,500+ hours
<b>Personal Coaching Approach</b>	500 - 1000 words	1000 words	1500 words	2000 words
<b>Coaching Case Study</b>	500 - 1000 words	1000 words	1500 words	2000 words
<b>Coach Standards and Ethics</b>	Adherence to AC Global Code of Ethics for Coaches & Mentors	Ethical dilemmas Q&A		Ethical dilemmas Q&A + personal ethical dilemma
<b>Coach Fitness to Practise</b>	500 - 1000 word reflective statement on coaching practice	Audio recording of a live coaching session with transcript + 1000 word critical reflection	Audio recording of a live coaching session with transcript + 1500 word critical reflection	Audio recording of a live coaching session with transcript + 2000 word critical reflection
<b>Client Reference</b>	1x client reference	2x client references	3x client references	4x client references
<b>Coach Supervision</b>	Minimum 3 supervision sessions Ratio 1:15 (1 hour Supervision: 15 hours Coaching)  Supervision log, learning record and Coach Supervisor's reference	Minimum 6 supervision sessions Ratio 1:15 (1 hour Supervision: 15 hours Coaching)  Supervision log, learning record and Coach Supervisor's reference	Minimum 6 supervision sessions Ratio 1:30 (1 hour Supervision: 30 hours Coaching)  Supervision log, learning record and Coach Supervisor's reference	Minimum 6 supervision sessions Ratio 1:40 (1 hour Supervision: 40 hours Coaching)  Supervision log, learning record and Coach Supervisor's reference
<b>Coach CPD</b>	10 hours CPD record from initial coach training	30 hours CPD/year from coach training/3 years+ critical reflection on key learning	35 hours CPD/year from coach training/3 years + critical reflection on key learning	40 hours CPD/year from coach training/3 years + critical reflection on key learning
<b>Coach Self-assessment</b>	Coach's self-assessment of practice + coaching development plan			



