

EXPLORERS CLASS

Session Two Handout

www.christiancoachingresources.com

Presented by Linda Hedberg, Certified Life Coach

Pray. Pray. Pray.

Before committing time, money and resources to a career change or coach training, take time to make sure coaching will fulfill the vision you are pursuing.

- Learn how coaching is similar to other helping professions, but distinctly different.
- Make sure becoming a coach fulfills the unique goals you are pursuing.
- Work with a coach to help clarify your vision and make a good plan.

Start by learning how coaching is similar to other helping professions, but distinctly different. Reference **The Life Coaching Comparison Tool**.

As you consider your vision, do you see yourself doing one or more of the following roles? What roles are included in your ideal vision:

Coaching

Counseling

Consulting

Spiritual Direction

Discipleship/Mentoring in a ministry setting

Leading/Mentoring in a business setting

Other:

Question for thought: What are the implications of combining roles?

Advice to consider: If your vision includes counseling, or if you've been trained as a counselor, learn the implications of combining coaching and counseling (or being perceived as such) in your state or country. One way to investigate this is to contact your local ICF chapter.

Navigating the International Coach Federation (ICF) website to find information about credentialing.

Coaches who have been credentialed by the ICF have received coach-specific training, achieved a designated number of experience hours and have been coached by a mentor coach.

Go to www.coachfederation.org.

Notice the ICF home page, with basic info regarding ICF and coaching.

Review page and click on “research and education”

Notice general references to ICF research and education.

Review page and click on “ICF credentials”

Notice basic information on ICF credentialing.

Review page and click on “become credentialed”

Notice the basic definition of the three types of coaching credentials.

Associate Certified Coach (ACC)

The ICF Associate Certified Coach credential is for the practiced coach. It requires completion of a set amount of coach-specific training; a minimum of 100 coaching experience hours; and at least eight clients, among other requirements.

Professional Certified Coach (PCC)

The ICF Professional Certified Coach credential is for the proven coach. It requires completion of a set amount of coach-specific training, a minimum of 750 coaching experience hours, and at least 25 clients, among other requirements.

Master Certified Coach (MCC)

The ICF Master Certified Coach credential is for the expert coach. It requires completion of a set amount of coach-specific training, a minimum of 2,500 coaching experience hours and at least 35 clients, among other requirements.

Notice [The Road to Credentialing Presentation](#)

Notice definitions and terms.

Review page and click on “more information” under the Associate Certified Coach (ACC) heading

Notice the ACTP process and the portfolio process.

- ACC ACTP Application

The ICF accepts ACC ACTP applications year-round. This application is for individuals who have graduated from an Accredited Coach Training Program (ACTP).

- ACC Portfolio Application

The ICF accepts the ACC Portfolio application year-round. The ACC Portfolio application should be used by individuals who have not completed a full Accredited Coach Training Program (ACTP) or have completed coach training with other schools not on the ACTP list.

Notice applications, instructions and resources.

EXPLORERS CLASS

Session Two

Action Step, Assignment and Featured Resources

www.christiancoachingresources.com

presented by Linda Hedberg, Certified Life Coach

Action Step

Go to one or more of the following websites to learn more about coaching.

Christian Coaching Resources – www.christiancoachingresources.com

The International Coach Federation – www.coachfederation.org

The Christian Coaches Network – www.christiancoaches.com

The Christian Coaching Center – www.christiancoachingcenter.org

Explorers Session Two Class Assignment

Read through the training program profiles in *The Complete Guide to Christian Coach Training* and consider which programs might match with your vision.

You are welcomed to email Linda, linda@lifestoriescoaching.com to describe your vision and put into words how the programs you have identified match it. We will discuss training programs in Session Three of this class.

Featured Resource

The Path by Laurie Beth Jones (www.amazon.com)

Use this book for yourself or your clients for help creating mission and vision statements.