

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



AC Coach and Executive Coach Accreditation Scheme Overview: Application Requirements Summary

	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			
Insurance	Professional Indemnity Insurance (if applicable in your resident country)			
Coach Training	35+ hours coach-specific training	40+ hours cumulative coach-specific training	60+ hours cumulative coach-specific training	80+ hours cumulative coach-specific training
Coaching Experience	50+ hours	100+ hours	500+ hours	1,500+ hours
Personal Coaching Approach	500 - 1000 words	1000 words	1500 words	2000 words
Coaching Case Study	500 - 1000 words	1000 words	1500 words	2000 words
Coach Standards and Ethics	Adherence to AC Global Code of Ethics for Coaches & Mentors	Ethical dilemmas Q&A		Ethical dilemmas Q&A + personal ethical dilemma
Coach Fitness to Practise	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
Client Reference	1x client reference	2x client references	3x client references	4x client references
Coach Supervision	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
Coach CPD	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
Coach Self-assessment	Coach's self-assessment of practice + coaching development plan			

