

2023 PCC-Level Credentialing Requirements



PCOC or COLC
Professional Certified Organizer Coach
Certified Organizer Life Coach

CAOC or CAPC
Certified ADHD Organizer Coach
Certified ADHD Productivity Coach

CPLC
Certified Productivity Leadership Coach

	PCOC or COLC	CAOC or CAPC	CPLC	
Coach-Specific Training	<p>CAT Foundation Graduation</p> <p>125 hours CA training incl. these required courses →</p> <p>CAT Foundation Program</p> <ul style="list-style-type: none"> Coaching Essentials Strengths-Based Coaching Brain-Based Coaching Life & ADHD Coaching Coach Integration 	<p>CAT Foundation Graduation</p> <p>These required advanced courses</p> <ul style="list-style-type: none"> Graduate Coach Practicum Holistic Time Coaching Body-Based Coaching Cultivate Coaching Courage 	<p>CAT Foundation Graduation</p> <p>These required advanced courses</p> <ul style="list-style-type: none"> ADHD Education Coaching the ADHD Client Neurodiversity Support & Advocacy CAOC: Body-Based Coaching CAPC: Productivity Coaching or Coaching Effective Leaders 	<p>CAT Foundation Graduation</p> <p>These required advanced courses</p> <ul style="list-style-type: none"> Productivity Coaching Coaching Effective Leaders Graduate Book Analysis: Leadership Cultivate Coaching Courage
Mentor Coaching	<ul style="list-style-type: none"> • Ten mentor coaching hours over no fewer than three months with an ICF-credentialed, CAT-qualified, mentor coach. • Seven of the ten mentoring hours may be from a CAT mentor/lab-style course; at least three hours must be individual mentoring with a CAT-qualified mentor coach. Alternately, all ten hours may be with a CAT-qualified mentor coach. • Mentoring must address the coach’s core competency skills in support of his/her certification recordings. <i>Advanced Group Mentor Coaching</i> is recommended for its exclusive focus on PCC-level preparation. • <i>Core Competency Intensive: ADHD</i> is required for CAOC and CAPC credentials (for mentor coaching or to get to 125 hours). 			
Coaching Experience	<ul style="list-style-type: none"> • 500 Hours of Whole-Session Coaching Experience with these minimums: 450 paid hours, 25 clients, and 50 hours in the last 18 months. • For CAOC and CAPC only – at least 250 hours with clients coached in part on executive function challenges/strengths. 			
Coaching Proficiency	<ul style="list-style-type: none"> • Two Recorded Coaching Sessions, 30-60 minutes each demonstrating PCC-level coaching competency. CAOC, CAPC & CPLC applications must include at least one session that clearly demonstrates the credential specialty. 			
Additional Qualifications in the Relevant Specialty	<ul style="list-style-type: none"> • Requires documentation of organizer, productivity or neurodiversity/ADHD client experience, training and related work. (Proof may have been submitted in the corresponding ACC-level IAC credential (COC/CPC/CNC) and/or CPO, CPO-CD.) 			



Requirements are more specific than this chart allows and subject to change. The annual certification application instructions list the final requirements and are available January 1st for the April 1st application deadline. Previous-year applications are indicative and available year-round. ★ **Coach Approach Training and the Institute for Applied Coaching certification program share joint Accredited Coach Training Program standing**, the highest approval offered by International Coaching Federation. If interested, holders of the above credentials have an expedited and discounted pathway to an ICF Professional Certified Coach (PCC) credential.