

ACC-Level Re-Certification Requirements 2024



COC
Certified
Organizer Coach

CPC
Certified
Productivity Coach

CNC
Certified
Neurodiversity Coach

Coaching Core Competency ('coach-specific') Training → at least 24 hours (minimum)

Include at least one of these advanced coaching courses.

- ◆ Must include at least one of these advanced coaching courses:

ADHD Education (AE) ★ *Body-Based Coaching (BoBC)* ★ *Coaching the ADHD Client (CAC)* ★
Cultivate Coaching Courage (CCC) ★ *Graduate Coach Practicum (GCP)* ★
Holistic Time Coaching (HTC) ★ *Neurodiversity Support & Advocacy (NSA)*

OR nine seminar hours from either *Fostering Mindful Change (FMC)* OR *Coaching in Action (CIA)*

- ◆ Your ten required mentor coaching hours (see below) count as core competency training. (This is only true for **RE**-certification applications.)
- ◆ You may earn full core competency credit hours by repeating a CA course (foundation or advanced) which you completed in an earlier certification cycle.
- ◆ CAT courses (incl. mentor-lab courses and monthly seminars) meet all criteria for coaching core competency training. However, it's unnecessary to stay within the CAT program for all training hours.

40 Hours
of Coach
Training

Resource Development ('optional') Training → no more than 16 hours (maximum), for example:

- ◆ Personal development, marketing or other professional training applicable to a coaching business.
- ◆ Training in ADHD (or other brain-based conditions), organizing, productivity, leadership or other subjects which directly or indirectly relate to client populations.
- ◆ (Non-Coaching) Communication training.
- ◆ *Self-Study Hours* on topics directly related to core coaching competencies (reading, research, audio books, self-paced distance learning).
- ◆ Creating and presenting a workshop or course based on core coaching competencies.

Ten hours of Mentor Coaching (following ICF mentor coach guidelines) meeting these requirements:

- ◆ The 10 hours must extend over a minimum of three months.
- ◆ The mentor coach must be fully qualified and trained as a mentor coach and be ICF-credentialed: a PCC or MCC – or if an ACC the coach must have earned that credential one cycle (3 years) before you.
- ◆ At least three hours must be from individual mentor coaching sessions. Up to seven of the ten mentoring hours may be from a group mentor course with no more than ten students.
- ◆ CAT graduate-level mentor-lab courses (e.g., any *Core Competency Intensive*) fully meet these mentoring criteria. However, are free to go outside Coach Approach Training for your mentor coaching hours. This is true for **RE**-certification applications only.

Mentor
Coaching

Our program is created, presented and administered by Coach Approach Training (the curriculum) and the Institute for Applied Coaching (the credentialing). CAT-IAC is an International Coaching Federation *Level 2 Accredited Coach Training Organization*. As a result, our courses have ICF's *Approved Coach-Specific Training Hour* status and, as part of the approved curriculum, qualify as *Continuing Coach Education*.

Requirements are subject to change – and are more specific than this chart allows. The application packet for each certification cycle is available several months before the spring application deadline (typically April 1st). Current-year applications and instructions are indicative and available year-round.