

2024 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

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| <p>Coach-Specific Training 125 hours CAT training incl. these required courses →</p> <p>CAT Foundation Program Coaching Essentials ★ Strengths-Based Coaching ★ Brain-Based Coaching ★ Life & ADHD Coach ★ Coach Integration</p> | <p>CAT Foundation Graduation and These advanced courses <i>Graduate Coach Practicum</i> <i>Holistic Time Coaching</i> <i>Body-Based Coaching</i> <i>Cultivate Coaching Courage</i></p> <p>And the Identity Module (self-study)</p> | <p>CAT Foundation Graduation and These advanced courses <i>ADHD Education</i> <i>Coaching the ADHD Client</i> <i>Neurodiversity Support & Advocacy</i></p> <p>CAOC: Body-Based Coaching CAPC: Productivity Coaching or Coaching Effective Leaders</p> | <p>CAT Foundation Graduation and These required advanced courses <i>Productivity Coaching</i> <i>Coaching Effective Leaders</i> <i>Graduate Book Analysis</i> <i>Cultivate Coaching Courage</i></p> <p>And the Identity Module (self-study)</p> |
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Mentor Coaching

- ♦ All ten mentor coaching hours must be completed with an ICF-credentialed, CAT-qualified mentor coach.
- ♦ All mentor coaching hours may be individual (one-on-one sessions). Up to seven hours may be from a group mentor-lab course and at least three hours must be individual. [CAT-IAC offers mentor-lab courses with this combination.]
- ♦ The ten mentor coaching hours must extend over no less than three months.
- ♦ **Ten mentor coaching hours over no fewer than three months** with an ICF-credentialed, CAT-qualified, mentor coach.
- ♦ Mentoring must address the coach's core competency skills in support of strong certification recordings. *Advanced Group Mentor Coaching* is recommended for its exclusive focus on PCC-level preparation.
- ♦ *Core Competency Intensive: ADHD* is required for **CAOC** and **CAPC** credentials (for mentor coaching **or** to get to 125 hours).

Coaching Experience

- ♦ **500 Hours of Whole-Session Coaching Experience** Minimums: 450 paid hrs., 25 clients, and 50 hrs. in the last 18 months.
- ♦ For **CAOC** and **CAPC** only – at least 250 hours with clients coached in part on executive functioning challenges and strengths.

Coaching Proficiency

- ♦ **Two Recorded Coaching Sessions**, 30-60 minutes each demonstrating PCC-level coaching competency. **CAOC, CAPC** and **CPLC** applications must include at least one session that demonstrates the credential specialties.

Additional Qualifications in the Relevant Specialty

- ♦ Requires documentation of organizer, productivity or neurodiversity/ADHD client experience, training and related work (unless proof was submitted in the corresponding ACC-level IAC credential (COC/CPC/CNC)).



Our program is created, presented and administered by Coach Approach Training (coach curriculum) and the Institute for Applied Coaching (coach credentialing). CAT-IAC is an International Coaching Federation *Level 2 Accredited Coach Training Organization*. As a result, our courses have *Approved Coach-Specific Training Hour* status and, as part of the approved curriculum, qualify as *Continuing Coach Education*. ★ **Requirements, subject to change, are more specific than this chart allows.** The application packet for each certification cycle is available by January 1st before the spring application deadline (typically April 1st). Previous-year applications are indicative and available year-round.