

COURSE OUTLINE:

Unleash Your Coaching Power!

Your Blueprint to Coaching Excellence!

Our 60-hour ICF Level 1 aligned training is meticulously crafted to empower you to coach with unparalleled impact, unwavering ethics, and undeniable professionalism across both life and business arenas. You'll master every nuance of the ICF Core Competencies and Code of Ethics, while acquiring practical business development skills to launch and expand your thriving coaching practice.

ICF ACC CREDENTIALING PATH: YOUR RESPONSIBILITIES

As a Level 1 program, Coaching Heroes prepares you for the ICF ACC Credential. Students are responsible for independently completing the following ICF eligibility requirements:

- 60 Hours of Coach-Specific Education (provided by Coaching Heroes)
- 10 Hours of Mentor Coaching (7 Group, 3 Individual - provided by Coaching Heroes)
- 100 Hours of Coaching Experience (minimum 75 paid - student responsibility)
- Completion of a Performance Evaluation (provided by Coaching Heroes)
- Passing Score on the ICF ACC Exam (Student responsibility)

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PROGRAM LEARNING OBJECTIVES

Mastering the Art & Business of Coaching!

Aligned with ICF Core Competencies, Ethics, Core Values, and Professional Standards, while also covering life and business coaching, and foundational business development for new and seasoned coaches.

PROGRAM OVERVIEW

Participants will graduate from this 60-hour ICF-aligned training equipped to coach effectively, ethically, and professionally in both life and business coaching contexts, with a clear understanding of the ICF Core Competencies, Code of Ethics, and foundational business practices for building a coaching business

KNOWLEDGE & UNDERSTANDING

By the end of the program, participants will be able to:

- Explain and apply the ICF Core Competencies and Code of Ethics in real-world coaching situations.
- Differentiate between coaching, therapy, mentoring, consulting, and other helping modalities.
- Understand adult learning principles and how they impact coaching and personal growth.
- Describe the process for ICF credentialing and how to maintain ethical coaching standards.
- Recognize cultural, contextual, and DEI considerations in coaching engagements.

SKILLS DEVELOPMENT

Participants will be able to:

- Establish trust and safety with clients by building a coaching agreement and maintaining confidentiality.

- Listen actively and ask powerful, open-ended questions that evoke insight and forward movement.
- Facilitate client growth by co-creating goals, outcomes, and accountability strategies.
- Manage coaching sessions confidently, using structure, intuition, and presence.
- Demonstrate coaching competencies in real-time through practice, observation, and feedback.

PROFESSIONAL & BUSINESS DEVELOPMENT

Upon completion, participants will be able to

- Develop a personal coaching model that reflects their niche, values, and vision.
- Create foundational marketing materials such as a coaching bio, elevator pitch, and pricing.
- Engage in ethical client enrollment, intake, and onboarding processes.
- Build business infrastructure (e.g., contracts, scheduling, payment systems).
- Begin accumulating coaching hours toward ICF credentialing and confidently speak about their services.

MENTORING & ASSESSMENT

Through mentor coaching and assessments, participants will:

- Receive structured feedback on recorded coaching sessions from experienced, ICF-credentialed mentors.
- Develop increased self-awareness and integrate peer and mentor feedback into their practice.
- Complete a performance evaluation demonstrating competency in ICF's minimum skill requirements for ACC-level coaches.
- Participate in group and individual mentor coaching, gaining exposure to multiple coaching styles and perspectives.

PRACTICE & INTEGRATION

Throughout the program, participants will:

- Log coaching sessions for peer practice and client experience.
- Complete written reflections and integration activities to deepen learning.
- Engage in live labs and role-play simulations to build confidence and skills.
- Demonstrate readiness for ICF ACC credential application and coach independently with competence and integrity.

COMPLETION REQUIREMENTS

Requirements they must meet in order to receive a certificate of completion

- Attend minimum 60 hours of instruction
- Complete 10 hours of mentor coaching
- Pass final assessment (live coaching demonstration + written test)
- Submit all assignments and reflections

PROFESSIONAL DEVELOPMENT FOCUS

Upon completion, participants will:

- Create a coaching model based on their niche and values
- Develop an elevator pitch, coaching bio, and pricing structure
- Learn legal setup, contracts, and onboarding
- Build confidence to begin coaching professionally and accrue paid hours