

PROGRAMMES SUMMARY

YEAR 1

YEAR 2

STUDY PLAN OPTIONS

COACH PRACTITIONER PROGRAMME

COACH PRACTITIONER PROGRAMME

ADVANCED COACH PRACTITIONER PROGRAMME

POSTGRADUATE DIPLOMA IN COACHING (NQF8)

FEATURES

- 5 months, plus mentor coaching
- Coaching Foundations
- Applied Psychology in Coaching
- Facilitating Learning & Results
- 2 observed coaching sessions
- 3 hours of individual mentor coaching
- 7 hours of group mentor coaching

- 6 months
- Coaching Models, Methods & Tools
- Principles of Adult Learning & Change
- Ethics, Values & Diversity
- 4 observed coaching sessions
- Performance Exam

- 1 Year
- Building Your Coaching Model
- Practitioner Research Methods
- Research Paper with research supervision
- 6 month supervised Internship (placement & 100 coaching hours)

ICF CREDENTIALING

ASSOCIATE CERTIFIED COACH LEVEL

60hrs ACSTH training	✓
10hrs Mentor Coaching	✓
Online Questionnaire	SR
Performance Evaluation	SR
100hrs Coaching (75 paid)	SR

PROFESSIONAL CERTIFIED COACH LEVEL

125hrs ACTP training	✓
10hrs Mentor Coaching	✓
Online Questionnaire	SR
Performance Evaluation	✓2
500hrs Coaching (450 paid)	SR

PROFESSIONAL CERTIFIED COACH LEVEL

125hrs ACTP training	✓
10hrs Mentor Coaching	✓
Online Questionnaire	SR
Performance Evaluation	✓2
100hrs Coaching (75 paid) ¹	✓
400hrs Coaching (375 paid)	SR

Notes: SR = Standard Requirement

¹ Graduates of PGDC wishing to credential at ACC Level will already have met ACC coaching hours requirement via PGDC Internship

² Graduates not attaining PCC level pass for performance exam will need to submit 2 coaching session audio recordings and transcripts for ACSTH PCC evaluation by ICF

Near the end of the Coach Practitioner Programme, a student needs to decide whether they want to continue into the Advanced Coach Practitioner Programme. There is no direct progression from the CPP into the PGDC.