

# COACH PRACTITIONER PROGRAMME

- Develop an essential workplace skill set.
- Study part-time while working full-time.
- Explore tools and models from Psychology and learn how to apply coaching competencies.

This five-month programme will introduce you to fundamental coaching competencies and build your understanding of psychological principles and how to apply them as a coach.

In addition to being trained in the coaching competencies set by the International Coaching Federation (ICF), you will get personalised feedback and mentoring from ICF credentialed mentor coaches, which contributes to your professional development as a coach.

The Coach Practitioner programme is the first of our two non-credit-bearing short learning programmes, which together cover the same content and practical applications as the first year of our Postgraduate Diploma in Coaching.

CPT | DUR | JHB | PTA | ONLINE

[www.sacap.edu.za](http://www.sacap.edu.za) [admissions@sacap.edu.za](mailto:admissions@sacap.edu.za) 0860 77 11 11



A good entry point for working professionals with a view to becoming a professional coach practitioner or internal coach within their organisation.

## BENEFITS AT A GLANCE

This programme is a good choice if you:

- Want to explore what coaching is.
- Want to increase your leadership impact and deepen the engagement of your team members within your position as an HR professional, team leader or manager.
- Want to work as a coach practitioner in helping others reach their potential by actualising their desired goals.
- Want to study towards credentialing as an internationally credentialed coach.
- Have a natural curiosity about how psychology can be applied in effective coaching.
- Have an optimistic outlook and able to identify positives and possibilities.
- Consider yourself to be a self-directed learner who is courageous and willing to engage in self-exploration.
- Want to reflect on your own personal and professional development.
- Want to study part-time while working full-time.


## LEARN MORE


Contact an admissions officer on [admissions@sacap.edu.za](mailto:admissions@sacap.edu.za), call 0860 77 11 11 or visit [www.sacap.edu.za](http://www.sacap.edu.za)





   @sacapedu


## Course Details


 **Coaching students benefit from the best of both worlds. Evening classes are held via Online Live and the 4-day intensives are held face-to-face at the campus at which the student is registered (i.e. Cape Town or Johannesburg).**

 **DURATION:**  
5 months plus mentor coaching

 **MODULES:**  
1 evening module (10 weeks)  
2 intensive modules (4 consecutive days each)

 **ACCREDITATION:**  
Accredited by the International Coaching Federation (ICF) as an Approved Coach-Specific Training Hours (ACSTH) Programme of 115 hours. COMENSA Approved Silver Training Provider Programme

 **PRACTICUM:**  
2 observed sessions with customised feedback from an ICF credentialed coach  
3 hours of individual mentor coaching with ICF credentialed coaches  
7 hours of group mentor coaching with ICF credentialed coaches

 **FACULTY:**  
Management & Leadership

### Admission Requirements:

- A minimum of 3 years' relevant work experience
- Acceptance into the Coach Practitioner Programme is subject to a selection process.

**SACAP**  
The South African  
College of Applied Psychology

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