



## Graduate & Certification Options<sup>1</sup>

Effective April 1, 2017

	Coach U	Coach U		Corporate Coach U	
	Core Essentials (CEP) or <sup>①</sup> Core Essentials Fast Track (CEFTP)	Advanced Coaching Program (ACP) <sup>③</sup>		Advanced Corporate Coaching Program (ACCP) <sup>③</sup>	
	Basic Graduation Core Essentials Graduate (CEG) <sup>②</sup>	Basic ACP Graduation Coach U Graduate (CUG) <sup>④</sup>	ICF ACTP <sup>2</sup> Program Coach U Certified Graduate (CUCG) <sup>⑤</sup>	Basic ACCP Graduation Corporate Coach U Graduate (CCUG) <sup>④</sup>	ICF ACTP <sup>2</sup> Program Corporate Coach U Certified Graduate (CCUCG) <sup>⑤</sup>
<b>Core Essentials Training Hours - Total</b>	77	--	--	--	--
Required CE hours	77	--	--	--	--
Required CE Self-Tests and Final Exam	Yes	--	--	--	--
<b>ACP or ACCP Training Hours – Total</b>	--	<b>149</b>	<b>149</b>	<b>149</b>	<b>149</b>
Pre-Req: Core Essentials Graduate (CEG)	--	77	77	77	77
Required courses	--	48	48	52	52
Additional elective hours- see checklist	--	24	24	20	20
Pre-Req: Graduate from respective program (Coach U Graduate or Corporate Coach U Graduate)	--	--	Yes	--	Yes
<b>Services provided by Coach U ICF PCC or MCC credentialed coaches (add'l fees required)</b>		Coaching Skill Review:	Mentoring:		
Mentoring	--		6 months (min 10 hrs)		6 months (min 10 hrs)
Reviewed coaching sessions with actual clients	--	One session	Four sessions	One session	Four sessions
Letters of Recommendation (PCC and/or MCC must have observed you coaching)	--	One letter of feedback confirmation	One letter of recommendation	One letter of feedback confirmation	One letter of recommendation
<b>Documented client coaching hours <sup>3</sup></b>					
Minimum of total hours accumulated	20 <sup>4</sup>	200	500	200	500
Minimum number of clients coached	3	10	20	10	20
Number of non-paid hours permitted	100%	Up to 50%	Up to 10%	Up to 50%	Up to 10%
<b>Agree to uphold the ICF's Code of Ethics</b>	Yes	Yes	Yes	Yes	Yes
<b>Cover Letter of Application and Essay</b>	--	--	Yes	--	Yes
<b>Successful completion of Exam, Case Study Questions and Cert. Review Committee Interview</b>	--	--	Yes	--	Yes
<b>Application Fee</b>	No charge	No charge	\$400	No charge	\$400
<b>Time Limit to Complete</b>	CEFTP - 6 months, CEP - 15 months <sup>5</sup>	3 years <sup>5</sup>	None	3 years <sup>5</sup>	None

<sup>1</sup>Coach U and Corporate Coach U reserve the right to modify requirements, including fees, without advance notification. <sup>2</sup>The Coach U Certified Graduate program (CUCG) and the Corporate Coach U Certified Graduate program (CCUCG) are Int'l Coach Federation (ICF) approved Accredited Coach Training Programs (ACTPs) allowing you to apply for ICF credentials via the ACTP application. If you do not have these designations (CUCG or CCUCG) and you have the required coach training hours and client coaching hours, you may apply for ICF credentials through the ACSTH Application at any time. <sup>3</sup>The definition of a client coaching hour can be found on Page 2. <sup>4</sup>CE client coaching hours must be accumulated after coursework has begun. <sup>5</sup>A \$129 monthly fee will apply for extensions.

## Fee Structure for Certification Applications

- Coach U Certified Graduate (CUCG): Non-refundable application fee of \$400 USD
  - Corporate Coach U Certified Graduate (CCUCG): Non-refundable application fee of \$400 USD
- All application fees are non-refundable. Fees may change without prior notice.*
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## Definition of a Client Coaching Hour

For purposes of individual credentialing for Coach U designations, a client coaching hour is 60 minutes of coaching time with a person who has hired you as a coach, with whom you have a formal coaching agreement, and who you *coach* rather than provide any other service such as consulting, training or therapy. If you perform coaching and other services for a client, you may log only the *actual* time spent coaching; you may not record the time in providing other services. Additionally, time spent coaching during Coach U courses or in conversations with coaching colleagues (such as buddies and peers) will not apply towards graduation and certification. Only submit hours for graduation and certification purposes for professional coaching relationships where there is a formal coaching agreement. *When submitting an application for ICF credentialing, please refer to their current definition of a client coaching hour.*

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## Professional Mentor Coaching Program™

Coach U and Corporate Coach U students are eligible to participate in our Professional Mentor Coaching Program. To learn more about this program and the two options offered (Initial Mentor Coaching option and Mentor Coaching with Supervision option), please log on to your respective student-only area, click on the “*Coach U Professional Mentor Coaching Programs*” link on the right side.

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## Recommended Path from Core Essentials to MCC Credential

*(See also the Coach U Graduation and Credentialing Flowchart)*

- ① Enroll in either the Core Essentials Program (CEP) or Core Essentials Fast Track Program (CEFTP)
- ② Graduate from the CEP/CEFTP and receive your Core Essentials Graduate (CEG) designation
- ③ Next, enroll in Coach U's Advanced Coaching Program (ACP) or Corporate Coach U's Advanced Corporate Coaching Program (ACCP) to accumulate additional required coach training hours *while* accumulating client coaching hours.
- ④ Graduate from the ACP and receive your basic Coach U Graduate (CUG) designation or graduate from the ACCP and receive your basic Corporate Coach U Graduate (CCUG) designation. The advanced programs will support you in further developing your core coaching competencies, business/practice skills and personal foundation to attract and retain clients.
  - (a) Once you have 100 client coaching hours, you may be ready to apply for the ICF's Associate Certified Coach (ACC) designation using the ICF's ACSTH Application
- ⑤ Next, after accumulating more client coaching hours and completing other requirements, apply for the Coach U Certified Graduate (CUCG) or the Corporate Coach U Certified Graduate (CCUCG) designation and get tested at the PCC level.
  - (b) Once you receive your CUCG or CCUCG designation, apply for your PCC via the ACTP Application to more efficiently submit for the ICF's Professional Certified Coach (PCC) designation
  - (c) Continue accumulating at least a total of 2500 client coaching and 200 coach training hours to apply for the ICF's Master Certified Coach (MCC) designation