



## **100 Launch**



**100 Launch (Unit 1) is the first course in the ACC Pathway, designed to cover the requirements for an Associate Certified Coach credential (ICF). 100 Launch introduces the fundamentals on which the entire Integrated Coach Training approach is built.**

- 20 Coach Specific training Hours, delivered fully online; 8 weeks of sessions, 2 hours in each online session. 100 Launch runs on Wednesdays from 4-6pm Eastern Time or Thursdays from 12pm-2pm Eastern Time.
- Emphasis on the basics of coaching: Listening, Powerful Questions, and Action Steps.
- Receive feedback on recorded coaching conversations from experienced coaches to learn what to do (and sometimes what NOT to do). Includes Performance Evaluation according to the ICF Standards.
- Practice coaching triads in live sessions 4 and 8, plus one final triad after session 8 that is recorded and reviewed by a CoachNet Trainer. You will also complete writing assignments in between sessions.
- All 11 ICF Core Coaching Competencies are covered.
- There are no prerequisites for taking 100 Launch.

Training Language: English

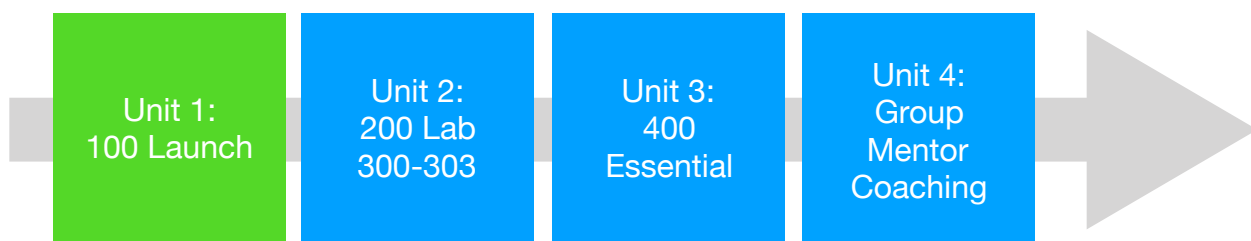
Instructor: Amy Glazer, ACC

Contact Amy at [amy@coachnet.org](mailto:amy@coachnet.org) for more information.

**100 Launch is delivered online through Zoom in an interactive classroom model.**

**Class Website: <https://www.coachnet.org/100details/>**

**Cost: \$997.00, if taken individually. Also included in the ACC Pathway.**



100 Launch is a part of the **ACC Pathway, Unit 1**. Learn the Essential Skills for coaching and a repeatable road map for more effective conversations! Everything you need to earn an Associate Certified Coach Credential (ICF).