



## 400 Essential

The last stop on the ACC Pathway, 400 Essential is designed to ensure that you master the fundamental building blocks for coaching, and have opportunities to practice under the supervision of an experienced coach trainer. In 400 Essential, you will explore the inner make up of a masterful coach from self awareness to your inner monologue to polishing your listening and questioning skills.

The emphasis is on deeper application of the fundamentals of coaching. You'll also work on your coaching presence, assessing a coaching relationship, evaluation for effectiveness, coach development, and boundaries. Includes Performance Evaluation according to ICF Standards.

- This course covers all 11 ICF Core Competencies.
- This class is offered on Wednesdays from Noon-2pm EST or Thursdays from 4-6pm EST.
- 8 - 120 minute sessions plus follow up writing and practice triads.
- 20 coach-specific training hours.

Training Language: English

Instructor: Kevin Weaver, PCC

Contact Kevin at [pkweaver@gmail.com](mailto:pkweaver@gmail.com) for more information.

**400 Essential is delivered online through Zoom in an interactive classroom model.**

**Class Website: <https://www.coachnet.org/400details/>**

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

*400 Essential is designed for the developing coach working on their ACC.*

Unit 1:  
100 Launch

Unit 2:  
200 Lab  
300-303

Unit 3:  
400 Essential

Unit 4:  
Group Mentor  
Coaching



400 Essential is a part of the **ACC Pathway, Unit 3**. 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.