

# THE INTEGRATED PATHWAY

## The Integrated Pathway

The Integrated Pathway gives you 140 hours of coach-specific training and at least 10 hours of mentor coaching. The process culminates when you submit two recordings and transcripts of your coaching.

These recordings are evaluated against the PCC Markers as a part of the ICF Performance Evaluation. Once you pass, applying for your PCC as a graduate of an Accredited Coach Training Program is a simple and fast process!

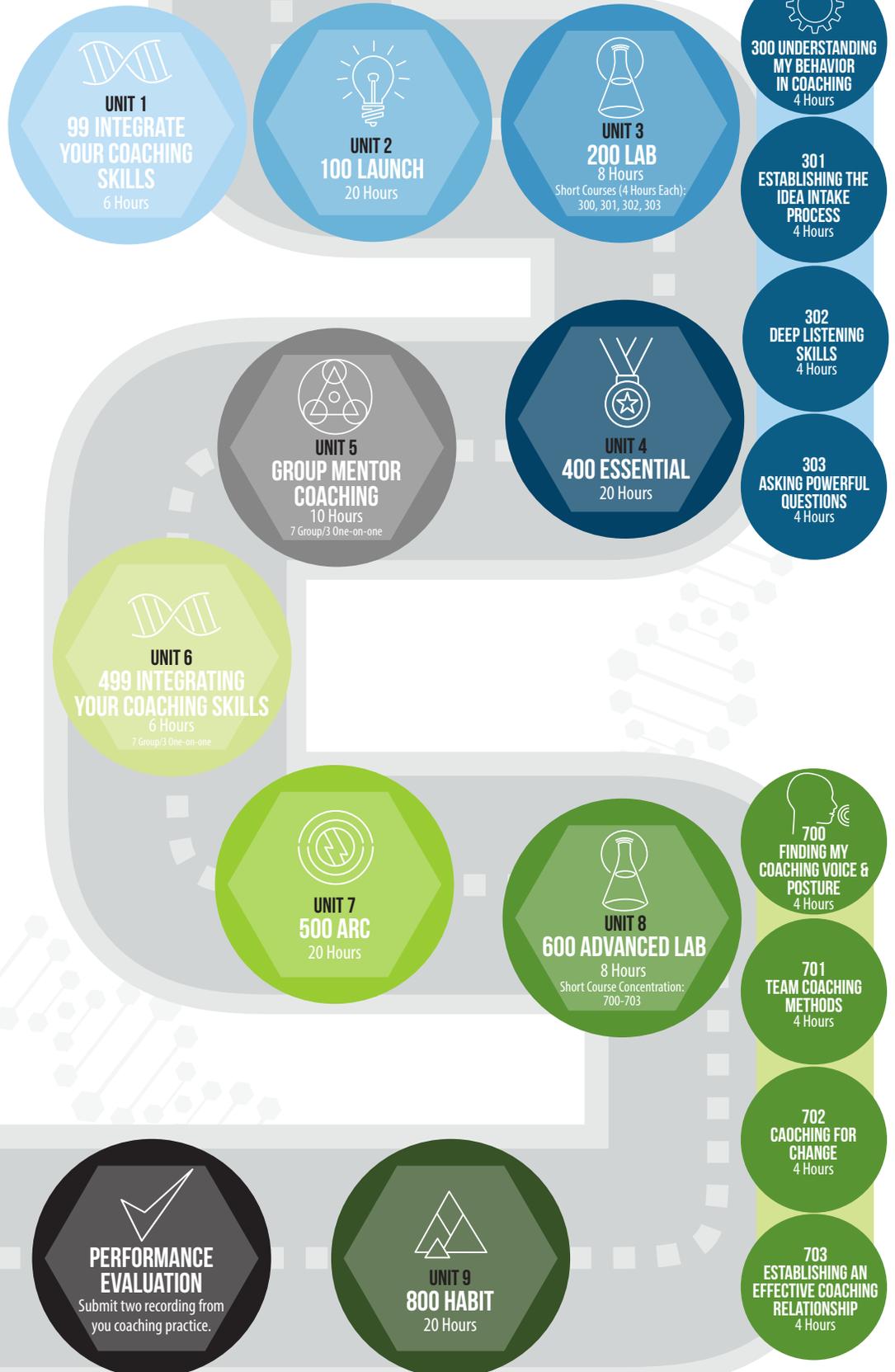
You start with the ACC Pathway, which is 70 hours of coach-specific training, and 10 hours of mentor coaching (7 hours in a mentor group, followed by three sessions of individual coaching). The Integrated Pathway also includes 70 hours of coach-specific training on the PCC Pathway for a start-to-finish experience qualifying you for a Professional Certified Coach (PCC) credential. You will apply for your credential as a graduate of an Accredited Coach Training Program (ACTP)!

[www.coachnet.org/integrated](http://www.coachnet.org/integrated)

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Integrate Your Coaching Skills!

# The Integrated Pathway from COACHNET





## 99 INTEGRATING YOUR COACHING SKILLS

**Unit 1:** 99 Integrating Your Coaching Skills is six hours of coach-specific training focused on understanding the kind of coach you want to be and developing the unique skills you will need to serve your ideal client.



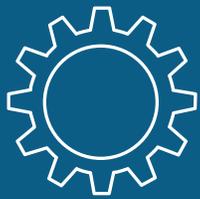
## 100 LAUNCH

**Unit 2:** 100 Launch is 20 hours of coach-specific training, delivered online in group cohorts under the guidance of a trained instructor. The eight live sessions take place in live online learning sessions.



## 200 LAB

**Unit 3:** 200 Lab is eight interactive online sessions including coaching practice and feedback. In these one-hour sessions, you'll coach, receive coaching and learn to listen for what makes an excellent session. (These three approaches add up to a masterful coaching skill set!) You'll learn to apply the ICF Competencies as an evaluation tool.



## 300 UNDERSTANDING MY BEHAVIOR IN COACHING

Once you've finished 100 & 200, your next target is the four short courses that are a part of the ACC Pathway. (Some coaches start these short courses before completing 200 Lab.)

- **300 Understanding My Behavior in Coaching** is four online sessions where you'll use the Harrison Assessment to focus on WHAT you do naturally and how those behavioral patterns support effective coaching. You'll walk away understanding what you do as a coach (and what your client does), so you can make the most of your coaching calls.
- **301 Establishing the Ideal Intake Process** is four online sessions focusing on the coaching relationship BEFORE it begins.
- **302 Deep Listening Skills** is four hours of coach-specific training to develop your listening skills, so you hear not only what the client is saying, but connect the dots about what the client is NOT saying.
- **303 Asking Powerful Questions** delivers four hours of coach-specific training focused on high-level skills for asking powerful questions that dig beneath the surface to discover what's going on.



## 400 ESSENTIAL

**Unit 4:** 400 Essential is the final training component of the ACC Pathway—20 hours delivered in an online cohort, taking a deep dive into the internal makeup of a masterful coach. This class meets in 8 two-hour sessions, typically offered in one session per week.



## GROUP MENTOR COACHING

**Unit 5:** In Group Mentor Coaching, you can expect 10 hours of coaching to help you become an even more effective coach. Of the 10 hours, seven hours will be in a group setting, and the remaining three hours are one-on-one in individual sessions. To get the most out of mentor coaching, you should be actively coaching at least two people, have accumulated at least 30 hours of coach specific training and have a minimum of 50 hours coaching experience. You can start anytime during the ACC or PCC Pathway, when you meet the criteria.



## 499 INTEGRATING YOUR COACHING SKILLS

**Unit 6:** 499 Integrating Your Coaching Skills is six hours of advanced coach-specific training focused on taking your coaching skills to the level of a Professional Certified Coach (PCC). This one-on-one training experiences pushes into who you are and how you coach. You'll discover your uniqueness and how you serve your dream client.



## 500 ARC

**Unit 7:** 500 Arc is 20 hours of coach-specific training, delivered online in group cohorts under the guidance of a trained instructor. The eight scheduled sessions take place in a live online training environment. 500 Arc focuses on the entire duration of the coaching engagement, including the peaks and valleys you can expect with all types of clients!



## 600 ADVANCED LAB

**Unit 8:** 600 Advanced Lab is eight interactive online sessions including coaching practice and feedback. Eight one-hour sessions where you'll coach, receive coaching and learn to listen for what makes an excellent coaching session. You'll learn to use the PCC Markers as an evaluation tool.



## 700 FINDING MY COACHING VOICE & POSTURE

Once you've finished 500 & 600, you target the four PCC Pathway short courses. (Some coaches start these short courses during the ACC Pathway or before they pass 600 Advanced Lab.)

- **700 Finding My Coaching Voice & Posture** uses the MCore (Motivational Core) and the Harrison Assessment to explore your motivation to coach and develop strong behavioral patterns that serve your clients. You will capitalize on your unique vocabulary and coaching style!
- **701 Team Coaching Methods** is four hours of coach-specific training focused on the strategy, process and methods for coaching teams.
- **702 Coaching for Change** offers four hour-long sessions focused on equipping you to coach your clients toward change, even when it's painful.
- **703 Establishing An Effective Coaching Relationship** is four hours of coach-specific training focusing on key concepts to ensure your coaching relationships hit their potential.



## 800 HABIT

**Unit 9:** 800 Habit is the final training component of the PCC Pathway—20 hours delivered in an online cohort—taking a deep dive into the critical habits of a masterful coach. This class meets in 8 two-hour online sessions, typically offered in one session per week. You'll also participate in three coaching triads where you'll test your coaching habits.



## PERFORMANCE EVALUATION

**Unit 10:** When you've finished your course work and mentor coaching, the final step in the Integrated PCC Pathway is submitting two recordings and transcripts from your coaching practice. The CoachNet assessor team evaluates these recordings against the ICF's PCC Markers. Once you pass, you receive a certificate that allows you to apply for your PCC credential without having the ICF evaluate your coaching as a part of the PCC application.

Completing the entire Integrated Pathway satisfies two of the four requirements for the ICF's Professional Certified Coach credential. You'll need to accumulate 500 hours of coaching experience, pass the Coach Knowledge Assessment and pass CoachNet's Unit performance evaluation (using two recorded coaching sessions).

*For more information about the Integrated Pathway, contact Amy Glazer at CoachNet. You can reach her at [amy@coachnet.org](mailto:amy@coachnet.org) or call 330.936.3768.*