



# ICF CREDENTIAL FAQS

## THE COACHING REVOLUTION

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## When does the next course start?

It's a rolling programme. You can join at any point, there is no official start date, simply the date you want to start.

## Is there a timeframe for the course?

No. Our course is unique in that you undertake it at your own pace. You can, if you wish, complete the course in circa 3 months. Or you can take 12 months. It's up to you.

## Do you have weekly calls?

Our course tutor Rachel Wade (MCC) schedules classes most weeks. They are usually on a Thursday. If you need some flexibility with this, you can speak to Rachel, she does her utmost to be accommodating.

## How long can I access the material?

You have lifetime access to the material.



## Do I have to take exams?

Yes, there's a Coach Knowledge Assessment (CKA). This is something that ICF run and which you will pay them for directly. The CKA is the only aspect of the ICF accreditation that's not included in our fee.

A mock exam is included in our fee.

## What about peer coaching, practicums and mentor coaching?

**Peer Coaching:** The Coaching Revolution has a coaching circle made up of our mentees which all students have access to. This is in addition to the peer coaching of other students.

**Practicums:** All students have 2 practicums to attend. The recording you will need to submit to ICF will come from these practicums.

**Mentor coaching:** 10 hours of mentor coaching from Rachel (MCC) are included in the course fee. As our course is split between individual and group coaching, so are the mentor coaching sessions. By the time you reach the end of our programme, you will have coached 1:1 and groups and you will have been coached 1:1 and in a group.

## What time to I need to commit to this course?

The total number of hours study is 63. 21 of these are classroom hours and 42 are self-study. All of these hours are graded.

As the course is completely self-paced, it is difficult for us to say how many hours per week you need to spend on it.

What usually happens is that most students find that they have more time to spend on the course in some weeks than others. This is completely normal and why we have such a flexible approach.

Students also tend to find that they enjoy the course so much that they find that they are able to commit more time to the course than they originally anticipated.

In addition to the study hours, in order to be able to apply for the ACC credential, each coach needs to log 100 hours of coaching. The hours you spend coaching others from the cohort and the (optional) coaching circle count towards these hours.

