

CoachPro Academy Coach Education Brochure



Your journey to high-impact coaching starts with CoachPro

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Coach People, Not Problems

Ready to embark on a coaching journey?

Meaningful coaching goes deeper than self-care and hand-holding: it unleashes an individual's full potential. Our ADLER ICF-accredited coaching program delivers everything you need to develop a high-impact coaching practice. Learn how to go deep with clients on a journey of exploration and breakthroughs.

Join us to discover the competencies, questions, and practices that help humans thrive alongside a community of like-minded professionals.

Whether you want to become a life coach, leadership coach or more effective manager, this program is designed to help you improve lives, relationships and organizations.



Do you crave environments where people access their full potential?

“ 80% of people who receive coaching report increased self-confidence, and over 70% benefit from improved work performance, relationships, and more effective communication skills.
-ICF Global Coaching Survey



Become A High-Impact Coach

Developed by seasoned leaders and mental health professionals, our program is rooted in thought leadership on human thriving, and organizational development.

Our ICF-certified instructors will help you increase your impact with clients:

- Discover and practice the 8 core competencies of coaching
- Develop a portfolio of tools and approaches that catalyze real change
- Identify a path for growth through customized feedback
- Create opportunities to practice peer coaching
- Get answers that you can't find through google



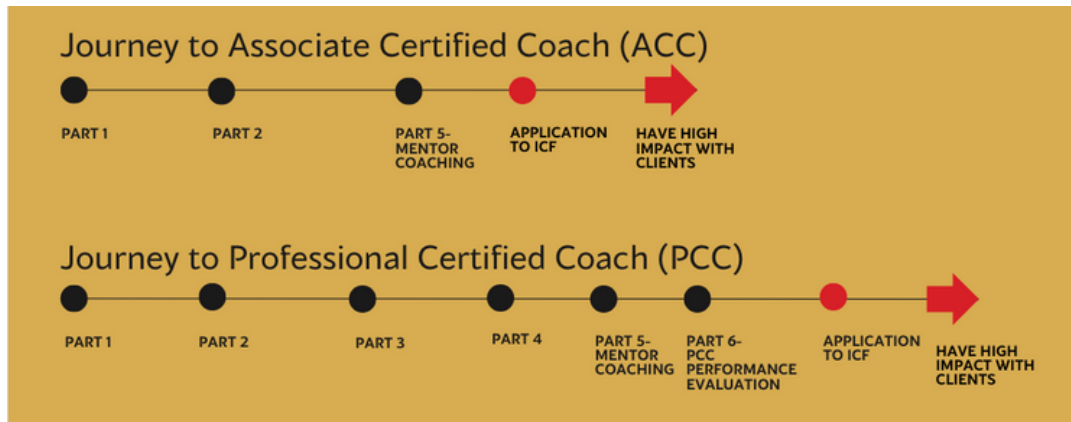
“ This course has really given me confidence and focus for moving forward in developing my coaching method. -2023 Participant



Register at
coachproacademyus.com

ADLER

Your journey to high-impact coaching starts here.



	ICF Credential Requirements for ACC	ICF Credential Requirements for PCC
Who is this for?	People adding a coaching skillset to their current career. With a focus on core mindset and practices, this is great for leaders, managers and business owners.	People distinguishing their career with a coaching approach. With honed skills and a signature presence, this is great for consultants, HR professionals and senior leaders.
Coach Education Hours	60+	125+
Mentor Coaching Hours	10	10
Practice Coaching Hours	100	500
Performance Evaluation	1 Demo Submitted To ICF	2 Demos Submitted To ADLER
Exam	ICF Coach Knowledge Exam	ICF Coach Knowledge Exam
Total Cost with CoachPro Academy	\$6,200	\$11,700

*Prices are subject to change

Part 1

Foundations in Professional Coaching



32 Hours of Coach Specific Education

21 hours of Classroom Study
11 hours of Independent Study



Prerequisite

Must be age 18 or older



Required Reading

- *The Coaching Habit* by Michael Bungay Stanier
(student to supply own copy)
- *Participant Manual: Foundations of Professional Coaching* (provided in PDF format)



Receive customized verbal and written feedback to support your growth as a coach.



Course Goals

- Identify the WHY of coaching and become anchored in a coaching mindset
- Discover and practice the core coaching competencies as established by the International Coaching Federation
- Practice active listening, asking open-ended questions, and offering acknowledgments
- Discover frameworks and tools that support the coaching conversation: Exploring Strengths, Coaching for Values, Coaching the Inner Critic, Wheel of Life, ABCDE Model
- Discuss and reflect on the relationship between coaching, privilege and marginalization
- Receive both verbal and written feedback that supports your growth in ICF Competencies:
 - 3: Establishing and Maintaining Agreements
 - 4: Cultivating Trust and Safety



Part 2

Transformational Coaching: Applications to Client Context



30 Hours of Coach Specific Education

20 hours of Classroom Study
10 hours of Independent Study



Prerequisite

Part 1: Foundations in Professional Coaching



Required Reading

- Participant Manual: The Coaching Conversation in the Context of Work (*provided in PDF format*)



Discover a person-centred approach to change by coaching the person, not the problem.



Course Goals

- Enhanced proficiency in using the core coaching competencies with a focus on evoking awareness and facilitating lasting transformation in clients
- Discover tools that allow you to coach for designing work that reduces stress and improves performance (Working Genius)
- Discover and practice tools that help you coach for navigating tough conversations as well as giving effective feedback (Radical Candor)
- Awareness of and reflection on the ethical requirements of coaching as outlined by the International Coaching Federation (ICF)
- Receive real-time feedback that supports your growth in the ICF

Competencies:

- 7: Evoking Awareness
- 8: Facilitating Client Growth



Meets ICF's 60 hour education requirement when combined with Part 1

Part 3

Deep Coaching: The Coach's Signature Presence



30 Hours of Coach Specific Education

20 hours of Classroom Study
10 hours of Independent Study



Prerequisite

Completed Part 1 & 2



Required Reading

- Participant Manual: The Art of Coaching (*provided in PDF format*)



Learn to lead yourself as a coach and develop your signature presence.



Course Goals

- Discover and explore an understanding of self and self-leadership
- Identify and practice approaches that facilitate client-driven change
- Discover and practice tools for supporting client self-expression through metaphors and analogies
- Identify your signature presence and style as a coach
- Enhance and refine your skills to implement the coaching competencies with a focus on remaining present
- Receive real-time feedback that supports your growth in the ICF Competencies:
 - 5: Maintaining Presence
 - 6: Listening Actively

Part 4

Practicum



46 Hours of Coach Specific Education

- 24 hours of Classroom Study
- 22 hours of Independent Study



Required Reading

- “High Performance Habits” by Brendan Burchard
(*student to supply own copy*)



Prerequisite

It is preferred that you have completed Parts 1,2 and 3.



An in depth study of the 8 Core Competencies so you can have greater impact with clients.



Course Goals

- Labs focused on each of the 8 Core Competencies
- Practice and hone your approach through coaching dyads
- Preparation for the Performance Evaluation
- Receive real time feedback on a coaching transcript that supports your growth on all 8 ICF Competencies with a focus on Competency 2:
Embodies a Coaching Mindset



Meets ICF's coach specific education hours for PCC when combined with Parts 1-3

Part 5

Mentor Coaching



10 Hours Mentor Coaching

- 7 hours Group Mentor Coaching
- 3 hours 1:1 Mentor Coaching



Prerequisite

ACC PATH

- Part 1 & 2
- Minimum 50 practice coaching hours

PCC PATH

- Parts 1 through 4
- Minimum 400 practice coaching hours



Build your confidence and competence as a coach through customized feedback from skilled mentor coaches.



Course Goals

- Improve your skill in practicing the 8 core competencies
- Increase your confidence in coaching using your unique style
- Design a customized plan for increasing your impact as a coach
- Receive feedback that will help you prepare to apply for a credential with ICF



Meets ICF's 10 hours of mentor coaching for ACC/PCC applicants

Part 6

ADLER Level 2 (PCC) Exam



Prerequisite

- Part 1
- Part 2
- Part 3
- Part 4
- Part 5
- Part 6
- 500+ hours of coach practice hours



Submission Requirements

- Two audio recordings as well as two word-for-word written transcripts of client coaching sessions where the student is in the role of coach
- The recordings should be 30 - 40 minutes each in length
- The coaching session must be with a regular client who has hired you as a coach and not in any other capacity
- Before recording a client, you must receive their written permission to use the recorded session for performance evaluation purposes.



Meets ICF's PCC application requirements when combined with Parts 1-5, and 500 client coaching hours have been completed



Frequently Asked Questions

1. What is the International Coaching Federation (ICF)?

Answer: This is the body that oversees and manages the credentialing of individual coach practitioners.

2. Do I have to register with the International Coaching Federation (ICF) to practice coaching?

Answer: No. Coaching is currently an unregulated profession, however programs such as ours meet the ICF's stringent educational requirements in order to pursue ACC/PCC designation. If you are in a position (such as a manager) where you are looking to hone your leadership skills, you are in no way obligated to pursue ICF Certification. We simply recommend that you register for Part 1 & 2 Foundations.

3. Why get an ICF Credential?

Answer: Earning an International Coaching Federation (ICF) Credential provides you with instant credibility and increased visibility to prospective clients.

4. Can I meet all of the ICF's requirements to pursue my ACC or PCC credential through ADLER?

Answer: Yes. ADLER's Level 2 coach education program has all the coach education and mentoring components required for application to ICF. Your coach practice hours are completed outside the education hours. For those pursuing their ACC credential, they follow the ACSTH path and for those seeking their PCC credential, they follow the ACTP path.

5. Can I switch from ACC to PCC?

Answer: Yes, you can move from the ACC to the PPC path at any time in your coach education journey. You are also welcome to switch from PCC to ACC whenever you like. You will retain any certificates received for coach-specific education hours.



Registration Terms & Conditions

To register for courses,
please visit coachproacademyus.com

Enrollment: All course offerings are listed for the calendar year, so registration for any course can happen at any time prior to the enrollment close date.

You can register for one course at a time or multiple courses.

Should you wish to register for multiple courses we ask that you ensure that you meet the requirements for each course, as many need to be taken sequentially.

Package Deals: Discounts are offered when registering for at least three (3) courses or more. Contact coaching@adler.ca for the necessary promo codes.

Enrollment Close Date: If the course is listed online you can register.

Minimum Requirements To Run A Course: All courses require a minimum number of participants to ensure dynamic classroom engagement.

Course Cancellations: Should the minimum number of enrollments not be reached, registered students will be notified of the cancellation 30 days prior to the first day of class. They will be given the option to select another set of course dates OR to request a full refund.

Course Refunds: Students are free to unenroll and receive a full refund should they provide a written request to be removed from the course at least 30 days prior to the first day of the course.

Course Deferral: Students may defer their course participation if they submit a request to defer in writing 14 days prior to the first live day of the course.

Registration Confirmation: Students will receive a confirmation email that their payment and course enrollment has been received successfully.



Registration Terms & Conditions

Course Details: About 30 days prior to the first day of class, students will receive a welcome email outlining the following:

- Class dates and times
- Instructors & Assistants
- Zoom details or Location
- Required readings and/or textbooks
- Timeline and details for accessing the course materials on the learning platform Brightspace

Course Curriculum & Assignments: All pre-work, curriculum and final assignments can be found on our online learning platform, Brightspace. Please review all course requirements prior to the first day of class. All assignments are submitted through this learning platform and are due four (4) weeks after the last day of class.

Reminders sent will include the following:

- Online access to materials expires 30 days after the last day of class
- A reminder of the submission of assignments
- Certificates of completion are emailed to students 60 days after the completion of their course

Missed Classes & Late Assignments: Students can miss up to 1 hour of live instruction. Students who miss up to three hours will be given an extra assignment in order to fulfill course requirements. Students who miss a full day will need to attend that specific day in a future class in order to get their certificate of completion.

- **Late Assignments:** Students will be charged \$250 + HST if they wish to submit their assignments after the deadline and receive a certificate of completion.
- **Mentor Coaching:** Students who do not complete their mentor coaching hours by the 6-month deadline will need to pay extra if they wish to complete them. The charge for each hour is \$250 + HST. The final meeting with a mentor coach requires 3 hours of instructor time; two hours to receive the demo and create the written feedback and one hour to meet with the student to discuss the feedback.

Have Questions About Registration?
Contact us at coaching@adler.ca



Contact Information

Courses and Registration:

Please contact the *Intake Coordinator* at leah@coachproacademyus.com or visit coachproacademyus.com to register for courses.

Billings or Payments:

Please contact the *Operations & Accounting Officer of Student Services* at Chayala@coachproacademyus.com.

Schedule your ADLER - Level 2 Performance Evaluation

OR

Certificates of Completion:

Please contact the *Coaching Program Director* at ncortes@adler.ca.

Director of Education:

Please contact raechel@redmaplecoaching.com.

Coach Education Program Coordinator:

Please contact Leah@coachproacademyus.com

