

What you can expect from The Life Coaching Academy.

Our programs are fully online, presented via live streamed, interactive, and downloadable webinar technology & Zoom sessions that are at various times and days so you can make it fit in with you. You have 24 months to complete the Professional Coach ICF (Cert IV in Life Coaching) course at your own pace and in the comfort of your own home or office. On average our students have completed the program in 7-12 months consistently applying themselves for around 6hrs per week.

All practical coaching is conducted using a digital platform like Skype/ Zoom/ Microsoft Teams whereby a group of 3 students (called a triad) coach each other under the guidance of an ICF credentialed Mentor Coach. This is conducted several times during the course to ensure you are able to actually conduct a coaching session professionally. In every instance the Mentor Coach will give feedback during and after each session and then submit that feedback to you in writing within 48 hours of the session.

All our trainers are ICF credentialed coaches who own their own coaching practices so not only will you gain knowledge and skills but also industry experience.

We recommend you commence your Life Coach training by enrolling for and completing the **Professional Coach ICF ACTP (LVL2)** program and then you are able to decide if you wish to pursue any further training e.g. upgrade to the Master Coach program which includes the Diploma of Coaching or even the Executive Master Coach which has it all and more.

This will ensure the following:

- You gain the necessary knowledge and skills in the shortest possible time i.e. if you are able to commit 6-8 hours per week consistently you will be able to complete the program in 7-12 months comfortably
 - You are able to start coaching clients once you have completed the initial practical components which is generally within 4 months
 - You are able to obtain Professional Indemnity Insurance for your Coaching Practice as the Insurance industry in Australia will only give you if you have a Nationally Recognised Certificate IV.
 - You are able to credential as an ICF Coach once you have logged 100 hours of coaching (75 paid hours and 25 pro bono hours). Please see more detail of this below.
-
- We have been leaders in virtual online training since 2001 and have a very well supported and structured program in place to help you achieve your Coaching goals and set yourself up for a flexible and lucrative future. We have students in 44 countries and successfully accommodate time zones, interaction, and support.
 - Our programs are all fully online meaning you can enrol at any time that suits you and complete the entire program from the comfort of your home/office by attending live streamed interactive zoom sessions & webinars that are offered at different times of the day on different days of the week. These webinars are also recorded and uploaded

into the student portal where you can attend them at your convenience as many times as you like.

- These programs are all very practically oriented where you will complete numerous practical coaching sessions (called triads) with two other students overseen by a Mentor Coach who will give you feedback and guidance, both orally and in writing. These sessions are conducted using a similar digital platform to simulate the real world where coaching is mainly completed in this manner. These practical sessions occur throughout your training and the meeting times are determined by the group but generally are for three hours per week.

All of this means you can complete your chosen program at a pace that suits you. You have 24 months to complete the program. If you are able to apply yourself to your studies for around 6-8 hours per week consistently you will be able to complete the program comfortably within 12 months.

As you will see below we are a Registered Training Organisation - RTO 31275, our programs are Nationally Recognised and also carry the International Coach Federation's (ICF) highest level of accreditation, the ACTP (LVL2).

What does the International Coach Federation Accreditation mean to you:

- Industry body accreditation by the International Coach Federation (ICF) at the ACTP level is what we have.
- The ACTP program is the ICF's highest level of accreditation and requires a minimum of 125 Coach Specific Training Hours to be completed. We have 189 Coach Specific Training Hours built into our program.
- It provides an accelerated pathway to becoming a credentialed ICF Coach at the ACC or PCC level by logging your paid hours.
- It offers the highest coaching industry credibility globally.
- It provides you with industry relevant training and credentialed trainers who own their own successful Coaching Practices
- It provides a continuous pathway through ongoing personal and professional development to further credentialing- from ACC (Associate Certified Coach) through PCC (Professional Certified Coach) to ultimately the pinnacle MCC (Master Certified Coach)
- Global networking with likeminded people and local chapters to join in your closest capital city
- www.coachfederation.org

As this industry is not currently regulated there are a few things you need to ensure when selecting a training provider:

- They must be a Training Organisation registered with the Australian Skills Quality Authority, the regulatory body. Simply ask them for their RTO number. Ours is 31275.

- Ensure the program is Nationally Recognised. You can confirm these details on the www.training.gov.au website.
- The program must be accredited by the ICF at the ACTP (LVL2) level, which ensures all inclusive training. Mentoring hours and Pro-bono hours included. No additional training or fees

If they are unable to tick any one or more of these three boxes, you should not consider them as a training provider as this means they are not monitored by any external body and are able to tell you one thing and give you another with no recourse.

