

# ICF ACC PCC MCC PEER COACHING

## WHAT IS PEER COACHING?

This is when ACC PCC MCC coaches coach each other on a reciprocal basis, often as part of building experience and hours.

### **ACC (Associate Certified Coach) :-**

- 60 hours of coaching training – You need to undergo for 60 hours of coaching training by attending classroom training or online training or both.
- 10 hours of mentoring – As per ICF, 10 hours of mentoring should be spread in the length of 3 months and covered as 7 hours as group mentoring and 3 mentoring.
- 100 hours of coaching experience – You need to acquire 100 hours of coaching experience, 75% of these hours should be paid coaching experience hours.

### **PCC (Professional Certified Coach) :-**

- 125 hours of coaching training – You need to undergo for 60 hours of coaching training by attending classroom training or online training or both.
- 10 hours of mentoring – As per ICF, 10 hours of mentoring should be spread in the length of 3 months and covered as 7 hours as group mentoring and 3 mentoring.
- 500 hours of coaching experience – You need to acquire 100 hours of coaching experience, 75% of these hours should be paid coaching experience hours.

### **MCC (Master Certified Coach) :-**

- 200 hours of coaching training – You need to undergo for 60 hours of coaching training by attending classroom training or online training or both.
- 10 hours of mentoring – As per ICF, 10 hours of mentoring should be spread in the length of 3 months and covered as 7 hours as group mentoring and 3 mentoring.
- 2500 hours of coaching experience – You need to acquire 100 hours of coaching experience, 75% of these hours should be paid coaching experience hours.

For example, for a 60 minute session

Option1: 2 sessions - for 60mins session I coach you and for future 60mins you coach me.

Option2: 1 session - for 30mins session I coach you and for the next 30 mins you coach me.

## WHAT ARE MY EXPECTATIONS?

I am an experienced coach. I will only offer Peer Coaching where people have completed their 60 hours of coaching training and have at least 50 hours of coaching experience after the completion of coaching training.

If you are new to coaching and do not meet the able criteria you may be better seeking paid-for training, supervision and mentoring.

Finally, where coaching is on-line we need to understand Data Protection, Technology and Information Security issues, particularly where providing services outside of Europe and the reach of GDPR.

In some cases this may mean I am unable to provide on-line Peer Coaching, typically for example where Zoom, Teams or other platform do not offer the quality or security required.

## WHAT ARE THE TERMS AND CONDITIONS?

See my STANDARD TERMS AND CONDITONS the key point is that Peer Coaching follows the ICF Model Coaching Contract.

The Coach engages in training and continuing education pursuing and/or maintaining ICF (International Coach Federation) credentials. All coaching conversations are confidential and the abbreviated case above has been amended so as to protect the anonymity for the client whilst providing evidence of coaching practice, reflection and learning, for the purposes of ICF education, supervision, or oversight.

For Peer Coaching I will record the Zoom and send you audio or you can use <https://otter.ai/> to record and keep the transcript for your records

Please reflect on these questions for each coach session.

*PLEASE COMPLETE THE FOLLOWING PRIOR TO EACH SESSION:-*

*This is what I have accomplished since our last call (i.e. my actions and achievements):-*

*This is what I did not get done, but intended to:-*

*What can your coach do to improve your coaching for your particular needs?*

*NEXT SESSION:*

*What is your main focus for your next coaching session:-*

*These are the challenges that I now face:-*

*What else do I want to tell you*

*PLEASE COMPLETE THE FOLLOWING AFTER EACH SESSION*

*These, to me, were the most useful aspects of the coaching session:-*

*The benefits, to me, of accomplishing the actions to which I have committed are:-*

*The costs, to me, of not accomplishing them are:-*

## CONTACT

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