



3D Coaching

3D Coaching Training for ACC

Payment and Booking

Last update May 2021

Outline

If you would like to get a great start to this part of your coaching journey, we recommend that you externally validate your coaching using the ICF Accreditation process (International Coaching Federation). ICF are the only professional coaching body which assess your skills – rather than your knowledge – against their [core competencies](#).

All the coach specific training offered by 3D can be used for ICF Accreditation using their **PORTFOLIO ROUTE**. You can also bring in Face to Face or Voice to Voice coach specific training from other providers if it fulfils the ICF criteria.

Accreditation is a gateway on your journey, not a badge to achieve before you can start coaching. The first level is [Associate Certified Coach](#). By the time you apply for ICF Accreditation you will need

- 60 training hours (starting with a solid foundation like **Transforming Conversations - TC**)
- 100 [logged coaching hours](#) after you completed TC
- 10 hours working with a coach mentor

We would love you to travel this journey with us. Our training will stretch you beyond the standards at ACC and is exceptional value. You can choose whether you

- commit to doing all your coach training with 3D and pay up front or in installments
- or sign up to individual courses and pay as you go

**3D has chosen not to become an ICF Accredited Coach Training Programme because once you have completed our training we would like your coaching skills to be assessed by someone independent of 3D Coaching. All our training can be used as part of a portfolio application to ICF and we provide the documentation you need to do that including a catch all certificate for the whole programme which you will receive when you have completed everything you need*

Cost

We price this training in three phases.

1. Foundation: **Transforming Conversations** (you may have been funded to do this by your employer)
2. Phase 1: **Going Deeper** - the additional 30 hours you need to apply for ACC
3. Phase 2: **Mentor Coaching** - the 10 hours you need with an accredited coach mentor

The only additional costs you need to cover are the ICF accreditation fees. [At the moment](#) that is \$400 for members or \$600 for non-members.

Over fees are competitive. And we have a fair pricing policy, ensuring that our fees respect your income or your L&D training budget.

Clicking the links here enables you to book immediately. If you would prefer to pay in installments, we ask you to talk to ness@3dcoaching.com and set up a direct debit. If you are outside the UK, you can pay by credit card. Talk to Ness about the cost.

Example costs (May 2021)

- If your organisation is paying, we charge a fee that is fair in your market.
- If you are already professional coach who charges £150 per hour to their customers, the total cost for the entire programme is £3180 inc VAT plus ICF fees
- If you work for a not for profit which is poorly funded, the total cost for the entire programme is £1905 inc VAT plus ICF fees

Foundation: Transforming Conversations

Prerequisite

- There is no expectation that you done any coaching
- Some very experienced coaches join us for the foundation programme

Cost (Foundation):

- Corporate paying £1800 + VAT
- Public sector paying £1400 + VAT
- Individuals paying for themselves, church and charity workers £840 inc VAT

	Autumn 2021	Spring 2022	Summer 2022	Hours
<p><u>Transforming Conversations</u> is our foundation course for new and experienced coaches.</p>	<p>Wednesdays 16.00-18.00 (UK) Starting 8th September 2021 Book Now</p> <p>If your employer is paying, please contact the office.</p>	<p>Tuesdays 08.30-10.30 (UK) Starting 1st March 2022 Book Now</p> <p>If your employer is paying, please contact the office.</p>	TBA	30 hours

Start logging your coaching hours now!

Phase 1: Going Deeper

Phase 1 completes the training hours you will need to apply for your ACC credential.

Prerequisite

- You need to have completed Transforming Conversations (30 hours) or equivalent

Cost (Going Deeper):

- Corporate paying £1200 + VAT
- Public sector paying £730 + VAT
- Individuals paying for themselves, church and charity workers £565 inc VAT

What you need to do now:

- Email ruth@3dcoaching.com to say **Yes, I'm in!** Ruth will suggest a route through Phase 1 - if it works for you, we will book you onto every module

How it works

- The ICF need at [least 48 of your 60 training hours](#) to be live training hours based on the ICF Core Competencies. The other 12 can be live or pre-recorded.
- We will send you a welcome email. This contains a shared folder where you will find our pre-recorded training. Feel free to listen at your own pace.
- You will need to submit a short paragraph about what you're learning from each recording. You need this evidence to demonstrate that you did listen!
- Although ICF don't set a time limit on how long the journey will take you, we recommend that you get the training done within two years which guarantees that you can attend 3D Training at our current prices

What	Summer 2021	Autumn 2021	Spring 2022	Summer 2022	Hours
Ethics: Safeguarding in Coaching	<i>Recording (asynchronous)</i>				1
Ethics: Coaching and Unconscious Bias	<i>Recording (asynchronous)</i>				1
Using Coaching in Transition	<i>Recording (asynchronous)</i>				1
Coaching Practicum: practicing and noticing (Live: Core Competencies)	<i>Mondays from 14th June 09.00-11.00 (UK)</i>	<i>Thursdays from 28th September 09.00-11.00 (UK)</i>	<i>Thursdays from 13th January 16.00-18.00 (UK)</i>	<i>Mondays from 25 April 09.00-11.00 (UK)</i>	8

<u>Punctuation: Using Silence in Coaching</u>		Monday 18th October - 17.00-18.00 (UK)		Wednesday 18th May - 08.30-9.30 (UK)	1
<u>Mental Health Aware</u> An essential insight into ethics for anyone working with people. And vital for coaches.	Wednesday 16th June - 09.00-13.00 (UK)	Monday 1st November - 09.00-13.00 (UK)	Monday 28th February - 09.00-13.00 (UK)	Wednesday 8th June - 09.00-13.00 (UK)	4
<u>Virtual Action Learning Set Facilitator</u> <u>Training</u> : Many to One Coaching (Live: Core Competencies)	Mondays from 23rd June 09.30-12.00 (UK)	Mondays from 4th October 09.30-12.00 (UK)	Mondays from 14th March 14th 09.30 – 12.00 (UK)	Fridays from 10th June 09.30 – 12.00 (UK)	7.5
3D Coaching 2.0 Masterclasses	<i>Recording (asynchronous)</i>				8

Other 3D Training

Here are some other modules we run which may be of interest and will take you beyond ACC! They will also begin to accumulate your training hours for PCC! Book direct through the links.

<u>Coaching with Presence</u>	<i>No dates set at the moment</i>	<i>No dates set at the moment</i>	<i>No dates set at the moment</i>	<i>No dates set at the moment</i>	7
<u>Masterclass and Practicum</u>	<i>A 24 hour live Masterclass programme that includes 8 hours of learning and 16 hours of coaching practice over 2 years</i>				24
<u>Business of Coaching</u>	<i>Asynchronous recording (resource development)</i>				3

Phase 2: Mentor Coaching

Prerequisite:

You need to have completed

- Transforming Conversations (30 hours) or equivalent
- Completed the Coaching Practicum
- Have logged 50 logged coaching hours

Cost (Group Mentor Coaching):

The cost for this is based on the principle of fair exchange. We will talk to you about what's fair, starting with asking who is paying and whether you are employed or doing coaching as part of your role. A ballpark idea is

- Executive Coaches **5 x your corporate hourly rate**
- Corporate paying £1900 + VAT
- Public sector paying £950 + VAT
- Church workers £500 inc VAT

What you need to do now:

- Email ruth@3dcoaching.com to say **I'll be ready to start soon!** Ruth will agree the money with you and talk about speed. This depends on how often you are coaching.

How it works:

All of our mentor coaching groups include

- 3 one hour 1-1s at the beginning, middle and end of the programme.
- We listen with you to a recording of you working with a thinker. Together, we explore your strengths and areas to develop.
- In your last session, you will both listen to the recording that you will submit in your credential application.
- 7 one hour group sessions. The learning comes from coaching, observation and feedback. Your 3D mentor will pause and give feedback against the ICF Core Competencies. This practical work is where people do their greatest development.

Now what?

By now you have

- 60 hours coach specific training
- 10 hours mentor coaching

As soon as you have 100 coaching hours logged, you're ready to apply for your ACC through the [ICF Portfolio Path](#)

1. Set up a folder on your computer for your application and put everything in it!
2. Make sure you have listened to all the pre-recorded training. For every recording, submit a couple of paragraphs summarising your learning for that module. Keep these documents. You will need to upload to ICF as evidence that you did the programme. Also send to 3D so we can add those to your certificate.
3. Now ask ness@3dcoaching.com for a catch all certificate for **all your training with 3D**
4. Ness will email the certificate with all the materials the ICF will require - keep them in your folder!

Finally

1. [Read the ICF blurb](#)
2. Have your coaching recording and a transcript (we recommend www.temi.com)
3. Upload everything to the ICF portal - **portfolio route**
4. Do the Coach Knowledge Assessment (This is a multiple choice test to ensure that your definition of coaching agrees with the ICF definition - that means you're not counselling or advising or accidentally doing therapy. If you have done this journey with us and have your coaching head on, you should be OK with this. If you want to revise, the masterclasses will help.)

Done!

And celebrate! Congratulations - you are almost an accredited ICF coach!

And finally - let us know how you get on so we can celebrate with you!

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ruth@3dcoaching.com