

Level 1 Coach Training - Information

Cohort 9A

3D's Level 1 Coach Training Programme includes the training hours and mentor coaching that you need to be ready to apply for ACC accreditation with the International Coaching Federation through their portfolio route.

- All the training is delivered online with a mix of live facilitated learning and pre-recorded video or audio recording.
- There will be 6 - 24 students on each module.

Training Programme Definitions

Level 1 or ACC (Accredited Certified Coach) - this is the first level of accreditation with the International Coaching Federation. It demonstrates to future clients that you are serious about coaching, quality and ethics. To achieve the ACC, you need to apply through the ICF portfolio route after you have completed the required 60 training hours and 10 mentor coaching hours with 3D; and 100 logged coaching hours.

Live training - live online training where a group of students will be present in the Zoom room, learning together with a 3D trainer.

Pre-recorded training - we will send you links to a set of pre-recorded videos or audio tracks to engage with in your own time. You can listen to these as many times as you like.

Written/audio reflection - We ask you to write a short written/audio reflection for the pre-recorded training and send these to us so we know you have engaged with the learning. This is a paragraph or voice recording of your own thoughts on the content - *what does this make you think? So what difference will this make to your practice? Now that you know that, what do you want to do next?* Once you have completed these reflections, we can confirm you have completed the training and can issue a certificate for all of your training hours. These reflections will also need to be submitted to the ICF as part of your portfolio application.

Training Programme Schedule | 3 Phases

Our Level 1 programme is split into 3 phases. It will take you about a year to complete the first 2 phases. You will start Phase 3 when you have around 50 coaching hours and can apply for your accreditation once you have 100 hours. We expect the whole journey to take you between 18 months- 3 years.

Phase 1

Transforming Conversations | 30hrs | 28hrs Live Online & 2hr Pre-recorded

This is our foundation coaching training. It is about 1-1 conversations. You will work less hard and your conversations will have more impact.

Tuesdays 09.00 - 11.00 (UK)

3rd March, 10th March, 17th March, 24th March, 31st March, 21st April, 28th April, 5th May, 12th May, 19th May, 2nd June, 9th June, 16th June and 23rd June 2026

Phase 2

These dates are subject to availability. Once these dates have been filled, a new set of dates will be scheduled.

Cohort Community Session 1 | 1hr Live Online

A chance to get to know the other members of the cohort, to reflect on your learning so far and establish practicalities on the Accreditation process and your learning, including coaching logs.

Tuesdays 09.00 - 11.00 (UK)

14th July 2026

The Coaching Lab | 10hrs | 3 x 2hrs Live Online & 4hrs Pre-recorded

This is our place to practise, observe and listen to coaches coach and thinkers think. We will make mistakes and learn together in this intensive learning laboratory.

Tuesdays 09.00 - 11.00 (UK)

8th Sept, 15th Sept, 22nd Sept 2026

1-1 Check In Call | 15 mins | Live

A personal 1:1 session to check in with 3D Coaching along your Level 1 journey, reflecting on your coaching practice and thinking about your progress.

To be booked in May 2026

Action Learning Set Facilitation Training | 10hrs | 3 x 2.5hrs Live Online & 2.5hrs Pre-recorded

This is many-to-one coaching. You will put your coaching into practice by learning how to facilitate an Action Learning Set: an effective method of transforming people and organisations.

Tuesdays 09.00 - 11.00 (UK)

3rd Nov 2026, 10th, 17th Nov 2026

Cohort Community Session 2 | 1hr | Live Online

A chance to reflect on your learning together as a cohort at the end of Phase 2, to ask questions and decide your next steps for your coaching journey.

Tuesdays 09.00 - 11.00 (UK)

15th Dec 2026

You need to be present at all the live sessions to receive the Level 1 certificate. By enrolling onto the programme you are committing to these dates,. We ask that you contact info@3dcoaching.com immediately if there is an issue.

Please see our [terms and conditions for more details](#).

Phase 3

Mentor Coaching | 18hrs | inc. 7 x 1hr Group Live Online, 3 x 1-1 Sessions & 8hrs Pre-Recorded Masterclasses

The ideal time to start mentor coaching is when you have logged at least 50 coaching hours. You may already know when that's likely to be. Let us know when you're going to be ready and we get you signed up! We encourage you to have completed this within 3 years of starting Level 1.

Programme Overview

This is an overview of when the modules will take place.

	2026
Jan	
Feb	
March	Transforming Conversations
April	
May	
June	
July	Cohort Community Session 1
Aug	
Sept	The Coaching Lab
Oct	1:1 check in call
Nov	ALSFT
Dec	Cohort Community Session 2

3D Team

You will meet a variety of trainers and 3D team members along the way - if you want to find out more you can read about us [here](#)! Some key names for Level 1:

Ruth Bennett - *Level 1 Liaison* - along with you for the ride, Ruth will be checking in with you along the way and is there for general support and questions as you journey towards accreditation.

Ness Callis - *Office Manager* - guru for all things admin and payment, Ness will be in touch with specific module details and is your go-to person about money questions.

Rebi Hedger - *Level 1 Co-ordinator* - working behind the scenes, Rebi will make sure the programme runs smoothly and has oversight over all our cohort logistics.

Useful information

- Find more information about all of the modules can be found on our website through the [For Coaches](#) page
- Check out our [Terms and Conditions](#)
- [Information about the accreditation process](#)

Your next steps after completing Level 1:

- Pay ICF application fee (ICF Member: \$475 USD, Non-Member: \$625 USD)
- Submit recording of a coaching session (you and your mentor will already have agreed which session this is and have listened to it together)
- Once your application has been approved you will need to complete the [ICF Credentialing Exam](#) - this is a series of questions to check that your understanding of coaching fits with the ICF coaching competencies.