

# A.C.T. Graduation Requirements Table

\*The A.C.T. curriculum has been designed so that individuals with NO prior training will have completed all training requirements for ICF certification at the PCC level upon graduation. \*\*Those WITH prior training may use A.C.T. hours toward MCC certification. Our Supplemental Curriculum is designed to provide a place for ANY coach to accumulate training hours toward additional Certifications or Recertification.

AREA of Requirement	Available Content Hours	TOTAL Hours Required (including makeups)	Minimum Live Contact Hours Required for class credit	COMMENTS
<b>Required to graduate: 136 Curriculum Hrs</b>				<b>Minimum Graduation Requirements: 136 Curriculum Hours (minimum 110 Live Contact Hrs) : 48 hrs CORE Modules 58 hrs Supplementals &amp; at least 30 hrs Coaching Lab</b>
<b>TOTAL Curriculum Hours:</b>	more than 350	136	110	<b>Tuition includes:</b> <b>Core Modules, unlimited Associate Labs, 78 hrs Supplementals (20 hrs beyond grad reqs free!), as well as 33 hrs of C Supplementals</b>
<b>approx. months to graduation</b>				<b>Tuition ALSO includes</b> the right to attend ANY Associate Lab & audit ANY Core Module - BEFORE you begins the Core Modules or AFTER you graduate <b>\$4,000*</b>
@ 6 hrs/mo (i.e., 4 Class hrs + 2 Lab hrs/mo)	23	--	--	
@ 9 hrs/mo (i.e., 7 Class hrs + 2 Lab hrs/mo)	15	--	--	
@ 11 hrs/mo (i.e., 9 Class hrs + 2 Lab hrs/mo)	12	--	--	

**\*That's LESS THAN \$19 an hour if you take advantage of everything your tuition covers!**

Less than \$29/hr if you only take the minimum required to graduate

\*INTRODUCTORY PRICE ONLY -- Limited to ACT12

<b>12 Core Modules</b>	48	48	36	<b>48 Core Module Hours:</b> you must attend or make up ALL Core sessions (no more than one makeup session per module)
INTRODUCTIONS	4	4	3	Distance Learning & Modalities, Community Building & Referral-based Marketing Intro
5 ADD CORE MODULES	20	20	15	<b>EACH</b> of the 5 ADD CORE Modules must be supplemented by a 2-hr Associate Coaching Lab, concurrent with module
6 COACHING CORE MODULES:	24	24	18	<b>EACH</b> of the 6 Coaching Core Modules must be supplemented by at least 1 Lab per month (any lab)
<b>TOTAL COACHING LABS Required:</b> <b>[NOTE:</b> 4 hours of Associate Labs will be available monthly, in addition to various Supplemental Labs]	[see NOTE]	30	30	<b>30 Lab hours TOTAL</b> are required to graduate: <b>18</b> Associate Lab Hours plus <b>12</b> elective Lab hours of any type. <b>ALL Coaching Labs are Live Contact Hours by definition.</b>
ASSOCIATE LAB REQUIREMENT	[see NOTE]	16	16	<b>16</b> of your <b>30 Total Hrs Coaching Lab</b> requirement must be <b>2-hour ASSOCIATE LABS - 8</b> Assoc Labs in total: <b>5 during ADD CORE modules;</b> remaining 4 ANY time (for 3 yrs after enrollment)
<b>CORE MODULE Lab Requirement</b>	[see NOTE]	26	26	<b>16 Hours of CORE LAB:</b> monthly Coaching Lab MUST accompany CORE CLASSES for ALL Core Module ( <b>ADD CORE must be 2-hr Associate Labs</b> )
ADD CORE Labs	[see NOTE]	(10)	(10)	At least one 2-hour ASSOCIATE LAB must be attended <b>monthly</b> during the ADD CORE Modules
COACHING CORE Labs	[see NOTE]	(16)	(16)	<b>EACH</b> of the 6 Coaching CORE Modules must be supplemented by at least 1 Lab per month (any lab) - 6 to 12 hours total, depending on Labs attended
<b>ELECTIVE Labs</b>	[see NOTE]	14	14	<b>14 Lab Hours/ANY type,</b> additional to required 16 hours of Associate Lab -may be taken for credit at any time after enrollment (concurrent with CORE, before or after)
<b>SUPPLEMENTALS</b>	78 with tuition	58	44	<b>For credit toward graduation:</b> you must ATTEND at least 75% of EACH Supplemental Module (taped makeups do not fulfill this requirement)
Required ADD Supplementals		19	14	<i>see above</i>
" COACHING Supplementals		13	10	<i>see above</i>
" Prac Mgmt Supplementals		10	8	<i>see above</i>
Non-Required Supplementals (Electives)		16	12	CORE plus Required Supplementals plus Required Labs plus all electives (Supplementals or Labs)

**The Supplementals provide a place for ANY coach to accumulate additional Certification or Re-certification training hours.**

<b>TOTAL Coaching Hrs Required</b>	n/a	84	n/a	See comments below
<b>PARTNER COACHING</b> -- 48 total Partner Coaching Client-hours over at least 12 months	n/a	48	n/a	<b>FOR CREDIT toward graduation:</b> partner coaching hours in months with fewer than 1.5 ttl hours may NOT be included in this total (i.e., for credit you must include at least 3 30-minute sessions; 2 45-min sessions; a 1-hr session plus a 30-minute session, etc.)
<b>ADD COACHING</b> -- 36 total ADD Coaching Client-hours covering a period of at least 12 months (i.e., 3 hrs/mo for 12 mo)	n/a	36	n/a	<b>To Graduate:</b> you must document <b>36</b> ADD Coaching Hrs (including at least 5 clients over a period of <b>5 mos</b> )

**OFI is committed to graduating ADD MASTER COACHES.** We believe strongly that, no matter how high the quality of your classes, it is IMPOSSIBLE to learn much about ADD Coaching without COACHING. The required coaching hours are the barest minimum that will allow you to integrate the curriculum ONLY IF your coaching hours accompany your training hours. **Our graduation requirements have been established to reflect that belief.**

**We URGE you to include as many additional coaching hours as your schedule will permit WHILE you are taking classes.**

**Attending classes listening for client challenges makes the single biggest difference between a good coach and a MASTER coach!**