



Association of Coach Training Organizations

A dynamic community of peers on the leading edge of training excellence and innovation

Institute for Life Coach Training

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What specific theorists have contributed to your coach training philosophies?

Carl Rogers, Roberto Assagioli, Robert Kegan, Abraham Maslow, Solution-Focused Theorists, and Milton Erickson, Martin Seligman, Carol McClelland, Alfred Adler, and Carl Jung among others.

What delivery method does your program use?

Most of our courses are taught over the phone as teleconferences; we also have a number of self-directed courses done entirely on the computer.

How many participants are in a program?

We keep our classes small so students have greater opportunities to not only learn the theories behind coaching, but also applying that learning through coaching their peers and through mentor coaching, beginning with the first class, our Foundational class, which has no more than 12 students. With more than 40 electives, class sizes vary, usually between 6 – 10 students.

What are the foundational core competencies that your program supports?

ICF core competencies

Who are your students?

Our students come from a wide range of areas. Many are graduate degreed helping professionals (therapists, counselors, psychologists) as well as teachers, human resource professionals, pastors, and in a special program military spouses.

What philosophy(s) does your program use for the personal development of coaches?

Our flagship Coaching from the Inside Out is half of our foundational class and focuses on development of the coach. Then subsequent practicum and supervision includes that as well. The better developed the coach the more successful they will be.

What do you do to support your students to determine the ROI of a coaching relationship?

Ask the client and learn from what worked :) we do give them access to ROI research as well

What kind of support, if any, does your program offer to your learners in developing a coaching business or managing an internal coaching program?

We have basic marketing in our Foundations class and a number of elective classes in business development. We also provide tools such as contracts, welcome packets, and assessments students can use to begin their business in the Foundations class. ILCT host free monthly teleconferences in a variety of areas of interest to coaching, including using social media for marketing, branding, etc.

What, if any, are the prerequisites for a student to enter your program?

Bachelor's degree or life experience and a passion for working with others and strong communications skills.

What else do you want us to know about your program?

Aside from being able to learn alongside our incredible faculty and students, other advantages of training with ILCT include:

- Learn a coaching model that has been proven successful in producing results with clients. This state-of-the-art coaching model is one that employs the whole person paradigm, powerful questions and purposeful inquiry, empowering tools, and results-producing psychological principles.
- Our program combines theoretical and experiential learning – you're not just learning about the skills coaches use, but actually gaining practice coaching in our classes and peer groups, helping you to transition to being a competent and confident coach.
- We keep our classes small so that you will have many opportunities to coach and be coached by your classmates, to really learn to be a great coach.
- All of our courses can be used to pursue [credentialing](#) with the ICF, the Board Certified Coach credential, or both.
- ILCT's administrators are committed to providing you with the support, training and tools you need to achieve your dream to become a professional credentialed coach and work with our students.
- For those who hold licenses in most helping professions, those same courses can be used to maintain your license through NBCC continuing education clock hours.
- Our professionally recognized faculty work directly with you throughout your journey to become a professional coach, with some classes providing formal mentor coaching hours which can be used for credentialing, as well as taking your coaching skills to a higher level.
- Monthly [informational teleconferences](#), providing you with the tools necessary to support your growth as a professional coach.
- A Coaches Community where you can interact with other ILCT students and alumni.
- No travel – you never have to fly through crowded airports, wait for delayed flights or stay at expensive hotels. Learn via the phone – simply pick up your phone once or twice a week and enjoy learning with others from around the globe.