



The Art & Science of Coaching



Frequently Asked *Questions*

What is the difference between Erickson's 3 program paths: Certification, Level 1 and Level 2?

The Art & Science of Coaching program is comprised of 2 components:

- **Component 1:** The Essentials Course (Part 1 and 2)
- **Component 2:** The Advanced Course (Parts 1 and 2)

Additionally, there is a mentoring component that is required, depending on which component(s) you choose to complete, which is outlined below.

The starting point for all three program pathways all begin with The Essentials Course. The table below shows you the components required to complete each program, the qualifications, benefits and recommendation for each pathway.

Program Certification	Components Required	Qualifications	Price US \$
	<p>The Essentials Course (Parts 1 & 2)</p> <ul style="list-style-type: none"> - 16 x 3.15 hr online or - 8 days onsite <p>+</p> <p>The Advanced Course (Parts 1 & 2)</p> <ul style="list-style-type: none"> - 16 x 3.15 hr online or - 8 days onsite 	<p>Erickson Professional Coach (EPC) Designation</p> <p>This does not provide all that is required for an ICF Credential.</p>	<p>US \$ 5,285</p>
Level 1	<p>The Essentials Course (Parts 1 & 2)</p> <ul style="list-style-type: none"> - 16 x 3.15 hr online or - 8 days onsite <p>+</p> <p>The Level 1 Mentor Bundle</p> <ul style="list-style-type: none"> - 2 x 3.45 hr group mentoring and - 3 x 1:1 mentoring and - 1 x oral assessment 	<p>Erickson Accredited Coach (EAC) Designation</p> <p>Should you wish to apply to the ICF, you are eligible to receive an ICF ACC certification (if you have the additional non-instructional requirements).</p> <p>Please note that on completion of Erickson's course you will not receive the ICF certification, you will need to apply directly with the ICF.</p>	<p>US \$ 3,999</p>
Level 2	<p>The Essentials Course (Parts 1 & 2)</p> <ul style="list-style-type: none"> - 16 x 3.15 hr online or - 8 days onsite <p>+</p> <p>The Advanced Course (Parts 1 & 2)</p> <ul style="list-style-type: none"> - 16 x 3.15 hr online or - 8 days onsite <p>+</p> <p>The Level 2 Mentor Bundle</p> <ul style="list-style-type: none"> - 1 x 4.20 hr group mentoring and - 6 x 1:1 mentoring and - 1 x oral assessment 	<p>Erickson Certified Professional Coach (ECPC) Designation</p> <p>Should you wish to apply to the ICF, you are eligible to receive an ICF ACC or PCC certification (if you have the additional non-instructional requirements).</p>	<p>US \$ 7,699</p>

How long will it take to complete the different programs?

Erickson offers both online, onsite and blended learning opportunities

ONLINE Certification Path:

The Essentials Course - Comprised of 16 sessions (8 for Part 1; 8 for Part 2). Each session is 3h 15m in duration and are scheduled for either once or twice a week.

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No Mentoring Component

Will be completed within 16 or 32 weeks, depending if your class is once or twice a week.

ONLINE Level 1 Path:

The Essentials Course - Comprised of 16 sessions (8 for Part 1; 8 for Part 2). Each session is 3h 15m in duration and are scheduled for either once or twice a week.

The Level 1 Mentor Bundle - Comprised of 2 x group mentoring sessions (each 3h 45m in duration) and 3 x 1:1 mentoring sessions (each 1h in duration) and 1 x oral assessment.

Oral Assessment - A recorded coaching session is required to be submitted for review following the Level 1 Mentor Bundle

Will be completed within 8 or 16 weeks, depending if your class is once or twice a week. The Mentoring Component will add between 3-6 months, depending on how often you schedule you 1:1 mentoring sessions

ONLINE Level 2 Path:

The Essentials Course - Comprised of 16 sessions (8 for Part 1; 8 for Part 2). Each session is 3h 15m in duration and are scheduled for either once or twice a week.

The Advanced Course -

Comprised of 16 sessions (8 for Part 1; 8 for Part 2). Each session is 3h 15m in duration and are scheduled for either once or twice a week.

The Level 2 Mentor Bundle - Comprised of 1 x group mentoring session (4h 20m in duration) and 6 x 1:1 mentoring sessions (each 1h in duration) and 1 x oral assessment.

Oral Assessment - A recorded coaching session is required to be submitted for review following the Level 2 Mentor bundle.

Will be completed within 16 or 32 weeks, depending if your class is once or twice a week. The Mentoring Component and Oral Assessment will add between 3-6 months, depending on how often you schedule you 1:1 mentoring / oral assessment sessions

ONSITE

The Essentials Course - Part 1 and Part 2 is 4 days each, for a total of 8 days (each day is 8h in duration).

The Advanced Course -

Part 1 and Part 2 is 4 days each, for a total of 8 days (each day is 8h in duration).

If you choose the Level 1 or Level 2 Path, the Mentoring Components will be scheduled for ONLINE following the ONSITE portion.

What are the requirements for me to complete The Art & Science of Coaching?

The Essentials Course:

- 70% attendance
- 2 Reflective Journals
- 1 Coaching Knowledge Assessment
- 3 Documented Triad Practice Sessions
- 1 Audio-Recorded Coaching Session

The Advanced Course:

- 70% attendance
- 2 Reflective Journals
- 1 Coaching Knowledge Assessment
- 3 Documented Triad Practice Sessions
- 2 Audio-Recorded Coaching Session

Are their flexible payment plans and subsidies available?

Yes, Erickson offers payment plans as well as youth subsidies (18 to 25 years old). Should you wish to discuss payment plans further. Please contact your enrollment advisor. <https://www.erickson.edu/en/get-in-touch>

How does Erickson's online training work?

Erickson has a cutting-edge online training academy. Once you are registered for a course you will receive login details to the online learning portal. Here you will be able to access the asynchronous portion of your learning, which is a combination of videos, learner manuals, handouts, quizzes, discussions, as well as links to your LIVE training classes.

Is there a lot of homework to do before online classes?

There is an asynchronous aspect to your prep work for each online session that is beneficial for your learning. It is designed to take approximately 1 hour of your time per session but we suggest blocking 1.5-2 hours for best learning and integration.

What is the size of our online classes?

The average online class size is between 8-15 learners. Online classes are limited to 20 learners to ensure an optimal online learning environment.

When is the next available start date for **The Art & Science of Coaching?**

For our next available start date please visit our website by following this link. <https://www.erickson.edu/en/the-art-and-science-of-coaching>

What is the benefit **of onsite training?**

Erickson originally began as a fully onsite coach training academy in 1980. The experience of onsite coach training has always remained at the heart of Erickson's programs. The Essentials and The Advanced Course are each 8 days onsite vs 16 weeks online (or 8 weeks if 2 classes a week). If you choose to complete a part of your coach training onsite, you will be able to complete your training sooner.

What is **the ICF?**

The ICF stands for the International Coaching Federation. The ICF is the leading global organization for coaches and coach training institutions. The ICF is committed to setting high standards, providing independent certification and building a worldwide network of trained coaching professionals. All Erickson programs are accredited by the ICF, meaning that the hours you spend training with us count towards your ICF certification, should you wish to apply after graduating.

What is the *fastest pathway to* becoming an ICF certified coach?

If you wish to become a ICF certified coach in the least amount of time possible whilst still receiving world-class training, we recommend signing up for the Erickson Level 1 pathway. This includes The Essentials Course and the Level 1 Mentor Bundle Component. This will allow you to apply for the ACC ICF Certification. You can later return to Erickson to further expand your coaching training with our The Advanced Course which will enable you to apply for PCC ICF Certification.

Does Erickson help coaches *to build their own practice?*

Yes, Erickson is proud of their alumni platform called Erickson Plus. Erickson + is a community that provides ongoing support on your coaching journey. We have free and premium offerings. Erickson + offers bi-monthly events that cater to alumni needs including building your coach experience and practice. Our community also encourages engagement with other coaches and opening conversations around their own experiences.

Also, when any Learner is enrolled into The Art & Science of Coaching, they also receive access to the Business Building Center in Erickson's online academy. This includes Masterclass videos on various business-building aspects, as well as multiple coaching template forms needed to begin and sustain any coaching business.

How do I find *my coaching niche?*

The Art & Science of Coaching provides a solid foundation for you to develop as a coach. We strongly believe that this foundation will equip you with the necessary skills to develop your unique coaching niche. Erickson + will also support you in your journey of exploring and discovering your coaching niche. Erickson specializes in content-free coaching, which enable our coaches to bring their learning successfully to any niche they choose.

Got a question? Contact our enrollment advisors to discuss these further.
<https://www.erickson.edu/en/get-in-touch>

Looking for more resources, explore our resource centre.
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