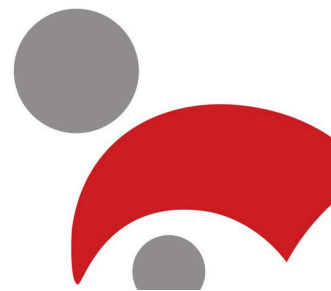


# Earn your Adolescent and Youth Coaching certification with LSCC\*



- Are you a teacher, parent, or youth mentor?
- Are you looking to develop coaching skills to support your engagement with adolescents and young adults?
- Are you looking to begin your journey to becoming a professional coach?
- Are you thinking of setting up a coaching business?
- Do you want to expand your existing coaching client portfolio to include adolescents and young adults?

*If you answered yes to any of these questions, read on.*

## What is the Adolescent and Youth Coaching (CAYC) Course all about?

The Objectives of the LSCC CAYC are to provide robust coach training and business development for coaches of adolescents and young people. By the end of the training, you will be able to:

- Identify the 8 ICF coaching competencies.
- Practice application of the 8 ICF coaching competencies
- Apply professional coaching skills
- Design a coaching business
- Demonstrate awareness of adolescent psycho-social development.

## LSCC Adolescent and Youth coaching Model

Our training model is based on three core concepts - Person, Skills and Principles

### Program design

#### **Module 1: Weeks 1-9 - 22.5 hours**

ICF Core Competencies and Code of Ethics

#### **Module 2: Weeks 10 - 24 37.5 hours**

Coaching Approaches, Coaching Skills and Practicum, Introduction to Group

Coaching

### **Module 3: Weeks 25-28 - 4 hours**

1on1 Mentor coaching, Assessment, Developmental discussion

Plus **10 hours** self-study

10 hours client coaching required for ACC credential.

Total contact hours: **74 includes 7 group mentor coaching hours and 3 individual mentor coaching**

ACC Markers assessment **1 hour** (recorded for submission to ICF to meet performance evaluation requirement)

Completing readings and assignments **10 hours (this work is spread through out the course)**

Individual Developmental planning session **1 hour**

In addition, to meet certification requirements, participants should log 10 coaching hours with (a) real client (s).

The program lasts 7 months and includes readings, role play, practice in class, case studies and coaching a client.

Participants receive an e-workbook, access to the learning management system and credentials to log into the live sessions. A continuing support community will also be developed post-training.

## **Why should you invest in coaching certification?**

The ICF Global Coaching Study (2023) indicates that individuals and organisations expect their coaches to be certified and credentialed. Coach certification is therefore becoming increasingly important. 85% of respondents opted for accredited programs in the 2023 study, up from 69% in 2015.

## **Program start dates**

October 22 2024

## **Fees**

371,200/-

Payment plan available.

## **Enrolment requirements**

1. Post-secondary education
2. Proficiency in English
3. Capacity to access online live sessions (or in-person sessions) and asynchronous materials

You will also receive a Coach qualities checklist to help you validate your interest and commitment.

## Continuous Coach Education Units (CCEUs)

If you are taking this course **before** it receives ICF Level-1 Accreditation (part of the accreditation requirements is to graduate some students first) you can still apply for your ICF ACC credential using the Portfolio Path.

The ACC – Portfolio path supports ACC applicants whose coaching education includes Continuing Coach Education (CCE) courses or coaching education courses that are not accredited by the ICF. ACC – Portfolio applicants are required to submit robust documentation of their coach education, such as program curriculum, with their application to demonstrate alignment with ICF standards. ACC – Portfolio applicants will also submit their mentor coaching and recorded coaching session for the performance evaluation with the application, along with the program certificate(s) and coaching experience hours (ICF, 2023). LSCC will provide necessary documentation and support for this process.

You may choose to receive your certificate post accreditation in which case you can apply using the Level 1-ACTP path.

## Certification requirements

To qualify for the certificate participants must meet the following requirements:

1. Participation is required for at least 21/24 of synchronous sessions (be present and active for at least 80% of the session). Listen-only participation will count as 50% participation.
2. Provide a Coaching log – 10 hours with at least 1 client.
3. Participate in Mentor coaching: 7 hours group mentor coaching, and 3 hours individual mentor coaching.
4. Provide one recording of a coaching session 20-30 minutes which should be assessed as 'pass'.
5. Write a reflective essay, 800-1000 words, on 'The Ethics of Coaching Adolescents' or make a 8-10 minute recording.
6. Complete readings and study questions in the LMS.

*If you opt out of assignments you get a Certificate of Attendance, not a Adolescent and Youth Coaching certification.*

## Faculty



**Course Director/Trainer: Dr Jaki Wasike-Sihanya, PCC**



**Mentor Coach: Britta Wulfekammer, PCC**

Guest facilitators and Mentor coaches may be invited as well.

Virtual program: weekly sessions, 2.5 hours each, 7.00 pm - 9.30 pm EAT

**Go ahead, and begin the process of earning your certification as a coach for adolescents and young adults.**

Email [cayc@lifeskillscoaching.co.ke](mailto:cayc@lifeskillscoaching.co.ke) or WhatsApp 0723960862 to receive updates and for more information.

***\*LSCC - LifeSkills Coaching Consultants***

