

# MASTER of ARTS in ORGANIZATIONAL LEADERSHIP (MAOL) ICF Level 2 Coach Training Micro-Credential

## Frequently Asked Questions

### **What is coaching?**

Professional and Executive Coaching focuses on setting goals, creating outcomes and managing personal change. Coaching is a powerful process uniquely designed to create lasting change. Coaching is also a profession, and one that offers highly qualified experts the opportunity to experience career fulfillment as well as financial security. Because of the extraordinary benefits of the coaching relationship to both client and coach, it's no wonder that the demand has never been greater for strong coaches.



[https://youtu.be/pv\\_pxTm96Pg](https://youtu.be/pv_pxTm96Pg)

### **What is the structure of the coaching courses?**

The courses are conducted synchronously online. This means the Professional and Executive Coaching courses will follow a different structure from the other MAOL courses. Students will need to meet on a designated day of the week, during class time (6-10pm CST), even though the course is offered online. Students cannot miss more than one class meeting per sessions and still meet the requirements for time spent together covering the learning objectives. Weekly attendance during class time is required.

This technology supports interactivity and collaboration while creating a powerful virtual learning experience. Students consistently share that these sessions are one of the most powerful personal and professional learning experiences they have ever participated in!

### **Why a micro-credential in Professional and Executive Coaching?**

While our other micro-credentials in the program support students develop their own leadership skills in industry sought-after areas (e.g., Organizational Consulting, Training and Development, etc.), these courses help prepare students to coach other leaders and help them enhance their leadership skills. Professional and Executive Coaching is a multidisciplinary-based approach that can provide professionals with a distinct advantage in an increasingly competitive marketplace. Within the past decade, coaching has grown rapidly as a profession in businesses, schools, and organizations. This two course micro-credential will explore and research the theory from which coaching has emerged and will teach the skills needed to become an effective internal or independent Professional and Executive Coach.

### **What will this help me to do after I have taken the classes and passed the exam?**

The possibilities of how this micro-credential can support you and your career goals throughout your life are limitless. Organizations are turning to executive coaches for leadership development, succession planning and to help entrepreneurs grow their businesses.

The ICF Level 2 Executive Coaching Micro-credential is ideal for anyone who seeks to become an external executive coach, an internal coach, or a leader who wants to set him or herself apart by consistently bringing out the best in employees.

Graduates work as independent coaches on their own or in small partnerships, or as internal coaches/consultants within HR departments of organizations and corporations. Some graduates stay in current roles, as HR business partners or line managers, for example, and use their coaching skills to find greater fulfillment in their roles. The possibilities of how this micro-credential can support you and your career goals throughout your life are limitless.

### **Who is the Lewis's ICF Training Program Director?**

Our ICF Training Director, Dr. Sheila Boysen, has been the ICF program director of our curriculum since we began offering ICF accredited training in 2010. She is an ICF Master Certified Coach (MCC) with over 3,000 hours of coaching experience. Dr. Boysen has supported over 500 coaches to attain or upgrade to one of the ICF certifications (ACC, PCC, and MCC). Dr. Boysen is also a certified coach mentor, coach supervisor, and ICF coach assessor who has created seven ICF accredited training programs during her career. She is passionate about helping others to become powerful and fulfilled coaches.

### **What if I do not have previous experience in Coaching?**

No prior experience is necessary! Successful coaches come from all walks of life. People bring in all their unique talents and interests and design their coaching around what's important to them (business executives, teams, managers, leaders, human resource professionals, trainers, consultants, therapists, teens, medical conditions to name a few.)

People who are attracted to coaching seem to have a calling. They often feel they've been coaching and want to take their skills to a professional and more effective level. What makes a great coach is someone who is curious, believes in possibilities and has the ability to see the magnificence of others.

Students simply need to be fascinated by human potential, inspired by individual creativity and unwaveringly committed to holding others creative, resourceful and whole. Great coaches are people who are committed to their clients' growth and to their own continuous learning.

### **What are the benefits of Lewis's ICF Level 2 Accredited Micro-credential?**

- We are one of the only university-based Accredited Coach Training Programs available through the International Coach Federation (ICF).
- Our students hold a 100% pass rate on the ICF credentialing exam!
- Our cohort model allows you to build deep relationships with peers in a tight-knit learning community.
- You will learn from expert instructors and mentors who are ICF-certified and hold Professional Certified Coach (PCC) or Master Certified Coach (MCC) designations.
- Graduates of our program are highly successful and go on to use their coaching skills and knowledge to create and advance coaching cultures within organizations, establish private coaching practices, spearhead coaching-based service projects, and add professional coaching to therapeutic or clinical counseling settings.
- All courses are 8 weeks long and earn 3 hours of graduate credit. The tuition is \$710 per credit hour. The 2 coaching courses are offered one night a week "live" online.
- You could earn your ICF accredited micro-credential in just 7 months.
- Learn coaching strategies based on research and evidence in the field.
- Determine personal coaching styles guided by well-researched models.
- Discover the theory behind effective coaching practices.
- Receive supervision from academically qualified coaching practitioners.
- Learn how to start a coaching practice both inside an organization and as an independent practitioner.

### **What will it be like taking these classes synchronously?**

The ICF Level 2 Coaching micro-credentials courses utilize state-of-the-art synchronous virtual learning methodologies. Students attend live virtual classes delivered through video conferencing. This technology supports interactivity and collaboration creating a powerful virtual learning experience.

### **What are the ICF Level 2 Coaching Micro-Credential courses?**

#### **ORGL-54600 Introduction to Professional and Executive Coaching**

- This course provides an overview of professional coaching and introduces students to the 8 coaching competencies, their significance, and how to apply them in working with coaching clients. It also provides context for coaching credentials, niches and specialties, professional connections, and organizing yourself as a coach.
- This course is a prerequisite for the other three coaching courses.

#### **ORGL-54750 Coaching Methodologies, Assessments and Research**

- This course teaches students how to apply various different coaching models and techniques to real-world coaching scenarios. The models offer a useful, powerful structure and steps to follow in the coaching process. Students will learn how to incorporate systems elements into coaching within organizational settings. Students will learn about qualitative and quantitative research practices and discuss how these are applied to the field of coaching. This course also provides students with an overview of how to use leadership assessments in a coaching relationship. These leadership assessments are often used in coaching to develop the client's awareness, to jump start the initial phase of the coaching, and to provide data for goal setting and return on investment.

### **What if I have to miss a class after the course begins?**

You are able to miss up to one class session per course and still meet the requirements of the ICF education hours toward the ICF level 2 certification.

### **If I choose to take the two classes as a continuing education student/student at large but then decide to complete the Certificate or the MAOL degree how would that work?**

You can make that decision at any time while you are taking the two ICF Level 2 Coaching courses because up to two courses can be transferred for credit toward the program. You can still decide to complete the MAOL program after taking three or four of the certificate micro-credentials courses, but only two will be able to be applied for credit.

### **Can you explain more about the 100 hours of coaching experience I need to attain my ICF certification and how that works?**

A client coaching hour is 60 minutes of actual coaching with a client who has hired the applicant as a coach and not in any other capacity. Client coaching sessions of less than 60 minutes will count as partial client coaching hours (for example, 30 minutes of client coaching will count as 0.5 client coaching hours). Coaching must be done in person or by telephone or other voice-to-voice technology. Twenty-five of the 100 hours can be pro-bono coaching that you are not paid for. Fifty (considered to be paid) hours of the requirement will be received through the Lewis University Professional and Executive Coaching Program.

You are also able to count internal organization hours of coaching. Internal coaching is coaching done as part of the applicant's employment. In order to count as client coaching hours, internal coaching must be part of the applicant's job description. Coaching of direct reports (employees for whom the coach is an immediate supervisor) does not count as client coaching hours.

### **What is the ICF certification process for the ACC level of Certification?**

ICF Level 2 Accredited Coach Training Programs have built into their program the education hours, mentor coaching and performance evaluation required to earn an ICF ACC or PCC Coaching Credential. Once you complete Lewis University's ICF Level 2 Coach accredited Micro-credential, you will receive your ICF Level 2 training program certificate from us. You will submit your certificate and attest to the 100 hours of experience requirement in your credential application. Once the application review process is complete, you will then take the ICF Credentialing Exam.

#### **View Sample Application:**



#### **ICF Level 2 Path Application Price:**

- ICF Member: \$175 USD
- Non-Member: \$325 USD

<https://bit.ly/ICFsampleapplication>