



ICF ACC Level 1 Accredited Program

HANDBOOK

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COACHING OUTSIDE THE BOX



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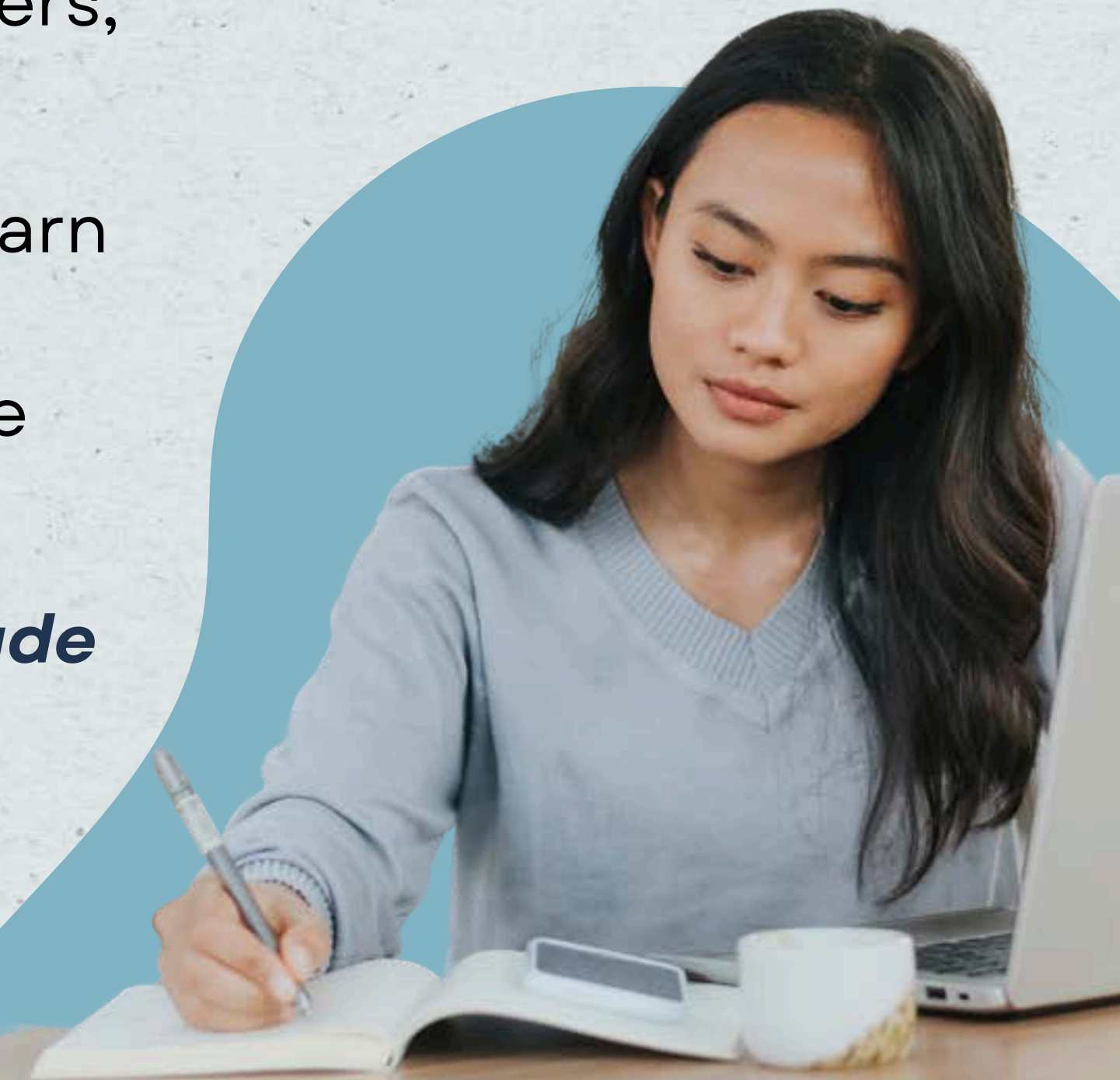
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What is our Level 1 program all about?

Our program is built for anyone with ***a strong desire to help others succeed***: facilitators, leaders, HR professionals and coaches.

Through a blend of theory and practice, you'll learn to develop skills in ***listening, asking questions, empathising, and build your confidence*** to have transformational conversations.

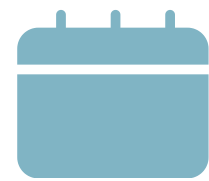
You will learn to ***embody the mindset and attitude of a coach*** to be able to handle any situation.



ICF ACC Level 1 program in a nutshell



ICF accredited
Course



weekly sessions
1.5 hours each



Fully Online
training



Interactive
live sessions



10 hours
of mentoring



1:1 Feedback
from experts



10 hours
of video content



Competitive
pricing

Program Structure

We offer two targeted courses designed to build your coaching practice and elevate your skills to the ICF ACC standards.

Each module contributes to the educational hours required for Level 1 (ICF ACC) accreditation.

Step 1 Unlocking Conversations course

- Take your first steps towards being a professional coach.

Step 2 Deepening Conversations course

- Develop a strong partnership and a confident presence to deepen your connection with clients and enhance their progress.

Step 3

Group Mentor Coaching

- Partner with Lucia Baldelli, an ICF Master Certified Coach with over two decades of experience.
- Receive personalised feedback on your coaching recordings to exceed the ICF ACC bar.

Step 4

Earn your ICF ACC Certification

- Upon completion, we will grade one of your recorded coaching sessions demonstrating the required skills and award you the Level 1 certificate
- Apply for your ICF ACC credentials – a significant step forward in your coaching journey.

You can also take these courses independently if you are not interested in the whole program!

Learning outcomes from our introductory course Unlocking Conversations

Take your
first steps
towards
being a
**professional
coach.**



01 **Build the mindset & skills** needed to become the coach all your clients need

02 Learn to **partner with your clients** to define & achieve their idea of success

03 Help clients **overcome barriers and limiting beliefs** to achieve goals more effectively

04 Experience how you can **unlock people's potential** at work and in their private lives

05 Grow your **listening capabilities** and **deepen trust** in your interpersonal relationships

Learning outcomes from our advanced course Deepening Conversations

Learn to **nurture a relationship** to support your client's growth and development

01

Understand **the role of presence** in deepening conversations

02

Learn to **partner with your client to identify and overcome** common roadblocks

03

Learn **advanced techniques to deepen your conversations**, such as metaphors

04

Explore how to **navigate common challenges** in coaching relationships

05

Develop a **strong partnership** and a **confident presence** to deepen your connection with clients and enhance their progress.



Learning outcomes from our Group Mentor Coaching

Increase your **self-confidence** and **amplify your impact** as a coach.



- 01 Increase your understanding on how to **get a successful ACC recording**
- 02 Get a clear picture of the **bar you need to exceed** for your ICF ACC certification
- 03 Gain insights to **demonstrate ICF markers** in your recording to pinpoint your gaps
- 04 Take away **actionable tips** from an **ICF Master Certified Coach**
- 05 Join our **simulation** of the **ICF Credentialing Exam**

The starting point to becoming an ICF Associate Certified Coach (ACC)

This program the quickest and most streamlined path to earn the ICF Associate Certified Coach (ACC) credential.

An ACC credential isn't just a badge of honour - it's a recognition of excellence. It shows your clients that your practice is aligned with a rigorous code of ethics set by a renowned international accrediting body: the International Coaching Federation (ICF).

The ICF ACC accreditation is ***ideal for those embarking on their coaching journey as an entry point to establish foundational coaching skills*** and understanding ICF Core Competencies.



Participation Requirements



Preparation

Watch short videos before class for deeper discussions during live sessions



Attendance

Attend 80% of live classes for optimal engagement with your peers



Make-Up Sessions

If you miss a session, watch the recording and share your reflections



Homework

Spend 30- 60 minutes every week on your assignments to develop your skills



Practice

Coach real clients or peers to apply your learning practically

These requirements are integral to the learning process to ensure maximum benefits from the program and prepare you well for your ICF ACC.

Your journey to the ICF ACC Credential



In order to earn the ICF ACC certification through our Level 1 path, in addition to completing our Level 1 program, you also have to:

- complete **100+ coaching hours** from the start of your coaching education
- record **one coaching session** that demonstrates your skills and exceeds the ACC bar
- pass the **ICF Credentialing Exam**.

**Meeting these requirements is your responsibility and is not covered by our program.*

More info on [ICF Credential Paths](#).

This program is for you if..



You are looking for exceptional ways to **amplify your impact**



You want to **unlock full potential** of your teams or individual clients



You want to have more **transformative conversations**



You're seeking new ways of being a more **effective coach or leader**



Meet Your Instructors

An **ICF Master Certified Coach** and **Advanced Certified Team Coach**, Lucia is the **founder of Coaching Outside the Box**. She has trained & mentored *hundreds of coaches worldwide*. She also has *20+ years of experience* coaching multicultural and distributed organisations.

Lucia Baldelli

ICF Master Certified Coach



An **ICF Professional Certified Coach, Team Coach,** and **Mindfulness Teacher** on a mission to foster more conscious businesses and workplaces. She has 10+ years of experience in the organisational world and has been a **faculty member at Coaching Outside the Box** since 2019.

Maria Chietera

ICF Professional Certified Coach



Resources Included

WITH THE COURSE



Course Materials

In-depth course materials that guide you throughout the training and beyond



Exclusive Resources

Exclusive access to an extensive library of coaching demos, video courses and practical exercises



Community Access

Become a part of our vibrant community of fellow coaches



Ongoing Access

Continue development with access to updated materials and support post-course



Expert Support

Invaluable insights from seasoned experts in the field of mindfulness & coaching



Testimonials

“

Whether you want to get certified or you just want to learn, you will never look at the world the same way again. It's like one of those optical illusion games. Once you have seen it, you cannot unsee it!



**Vegar Hatlevick,
Romania**

**Agnieszka
Grodzka,
Poland**



“

In my personal life, it has opened for me the space, where I learn to better understand myself and others. I know it has been an amazing start towards the journey, that coaching surely is.

“

I had no idea how much this course would augment my learning. I have been stretched in my prior knowledge of coaching. I would recommend this course to anyone currently coaching, or interested in coaching.

**Jude McCrea,
Pennsylvania**

“

I went through an entire year of wonderful experiences. Today I am different, personally and professionally; I am truly a better version of myself. Thank you from the bottom of my heart for the beautiful gift of coaching.

**Ionut Bejenaru,
Romania**



Testimonials

“

If you want to bring your communication skills to the next level and learn more about yourself, join this program. It's an incredible opportunity to grow with the professional support of amazing and inspiring mentors.

**Eric Kühne-Herzog,
Germany**



“

**Daniela Latorre,
Luxembourg**

I developed a coaching mindset thanks to an effective balance between theory & practice, accompanied by professional, open, & enlightening feedback! It has been an amazing journey of discovery of my own potential as a coach.



“

The coaching skills I have learned, through mentorship and practice in a safe place, have been a great catalyst to being an effective coach and a better person all around. Thank you Coaching Outside the Box!

**Kate Worden,
California, USA**



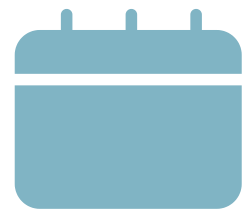
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**Allan McPike,
United Kingdom**

My perception and approach to coaching completely shifted. It unlocked a part of me that I never knew existed or needed.



Upcoming programs



2025 cohorts

#1 starts 24th Feb
#2 starts 24th Sept



33 sessions

90 minutes
each week



time

17:00 - 18:30 CET
10:00 - 11:30 CT

Pricing

Module 1: Unlocking Conversations

Early Bird / One-
Time Payment

€900

Full Payment

€1000

Module 2: Deepening Conversations

Early Bird / One-
Time Payment

€1250

Full Payment

€1400

Module 3: Group Mentor Coaching

Early Bird / One-
Time Payment

€1400

Full Payment

€1550

Full ICF ACC Level 1 Program

One-Time
Payment

€3350

In 10 Installments

€355 each

Full ICF PCC Level 2 Program

One-Time
Payment

€5900

In 15 Installments

€450 each

Registration

Get a streamlined pathway to becoming an ICF Associate Certified Coach.

Register for the upcoming cohort [here](#).

JOIN US

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