



COACHING RESOURCES

Certification as a Self-belief Coach



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Introduction

Certifying as a Self-belief Coach is designed to give you the opportunity to demonstrate your understanding of the subject matter for your own development and learning.

You'll have evidential experience of having met the standard required.

Certification gives legitimacy to your work as a Self-belief coach and confirmation that you have mastered the Academy methodology.

You'll also get a fancy certification and digital badges you can use on your website and socials.

THINGS TO KNOW:

The certification process is included as part of your tuition. There is no additional fee required.

There is no limit on how long it takes you to complete the requirements for certification.

We recommend you set a goal of submitting your application within six months of your class completing.

Certification Requirements

There are five elements to your submission:

1. During the curriculum: attend 15 SBCA Group Calls. Participate in 10 Practice Pod sessions.
2. Provide evidence of 20 hours of coaching (paid or unpaid) using approaches from the Academy programme.
3. Submit a recording of one 30-minute coaching session.
4. Write an essay (up to 2000 words) or create a presentation (20 minutes in length) exploring an aspect of the programme. Your work should answer:
 - How did this particular aspect of the programme develop your working knowledge of supporting clients through self-doubt?
 - How can you incorporate this approach/tool/information in your current coaching practice?

- Please elaborate on what you found most valuable and explain why?
 - When would this information have been useful in previous coaching sessions?
5. After you have submitted your coaching evidence and your written work, you will be invited to an interview with Sas Petherick.

SUBMITTING YOUR APPLICATION:

- Please submit all application requirements in one email to sas@selfbelief.school
- Please use the email subject: **Your Name: SBCA Certification Submission**
- Please complete the SBCA Certification Submission form and save the file as: **Your Name_SBCA Certification Submission** and attach this to your email.
- Please attach your essay as a .pdf, including your name on every page and please number each page.
- If you choose to create a presentation, please save as an .mp4 and include a downloadable link.
- Please save your 30-minute coaching session recording as an .mp3 and include a downloadable link.

ALL CERTIFIED COACHES WILL RECEIVE:

- Diploma stating you are a certified Self-belief Coach.
- Certified Self-belief Life Coach logo for marketing materials and your website.
- International Coach Federation (ICF) accreditation of Continuing Coach Education (CCE) 40 Core Competency credits, 11.5 Resource Development credits.
- Certified Self-belief Coach listing at the Self-belief Coach Match with a higher payment rate for clients you are matched with.

Support for you

Following the completion of your SBCA class, you will be invited to join the SBCA Graduate Site. This is a hub for all things SBCA and is designed to support you as you integrate your learning into your practice.

You'll find:

- Access monthly Graduate Support Calls. These calls are designed to support your client work as you integrate the SBCA tools and approaches into your practice and gather your certification requirements.
- A wider discussion forum with all SBCA Coaches – ask questions, seek support for your client work, building your business, share you wins, feel less alone in all of this!
- All of your SBCA learning modules, all the tool templates and the recordings of your SBCA Class Group Calls.
- A growing library of Masterclasses.

NOTES:

A class will be dedicated to discussing certification and any questions you have, towards the end of your SBCA Class.

Appendix: Self-belief Coach Certification Application

Please note this is an example form. Please submit your application using the separate word document.

SUBMITTING YOUR APPLICATION FILES:

- Please submit all application requirements in one email to sas@selfbeleif.school
- Subject: Your Name: SBCA Certification Submission
- Please attach your essay as a .pdf, including your name on every page and please number each page.
- If you choose to create a presentation, please save as an .mp4 and include a downloadable link.
- Please save your 30-minute coaching session recording as an .mp3 and include a downloadable link.

NAME:

SBCA CLASS:

ATTENDANCE RECORD FOR 10 PRACTICE POD SESSIONS:

DATE:

ATTENDEES:

1

2

3

4

5

6

7

8

9

10

EVIDENCE OF 20 HOURS OF COACHING:

Hour: Client Name/Initials: SBCA Tools or approaches used:

1

2

3

4

5

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