

In order to achieve your ACCT qualification, you are required to write a 1000 word (+/- 10%) that describes your Personal Coaching Approach.

What You Need to Do

- Identify and explain your unique style of coaching
- Demonstrate how your coaching is informed and influenced by theoretical models

What Will be Assessed

The following are the Coaching Competencies that will be assessed within this written submission.

Competencies: 1, 2, 3, 4, 6, 7, 8 plus Executive Coaching Competency 11 if you work in that arena.

Do....

- Demonstrate your use of theoretical models and how you have incorporated and adapted them into your coaching practice as you have gained coaching experience
- Describe how you approach your coaching from beginning through middle to end
- Ensure your description reflects how you coach in practice

Do not....

- Merely replicate a standard coaching model without describing how it is reflected in your overall practice

Additional Guidance

The following are questions to consider when looking for the salient aspects of your coaching approach that you would like to describe:

Purpose

- Why do you coach? (e.g., change, performance, leadership development etc.)
- What is the intention behind your coaching?
- What are the key assumptions that underpin your approach to coaching?
- What is your passion for coaching?
- What are your strengths when coaching?
- What's the most important thing in your coaching? • What are the inputs to your coaching?
- What are the outputs/outcomes/results from your coaching?
- What will be the achievements and measures of these?

Perspective

- What perspectives underpin the purpose of your coaching?
- What is your definition of coaching?
- Where do you coach?
- What are your values and beliefs?
- What models and theory underpin the purpose?
- What evidence underpins it? How do you know it works?
- What science and art informs your coaching?
- What are the boundaries and limits to your coaching? Who decides them? Are these always the same?

Process and tools/techniques

- What existing models that you use reflect your view of coaching?
- What are the typical stages/parts of your coaching – that you can identify in advance?
- How do you select an intervention to use with a client?
- How do you choose what to do next in your coaching?
- What school/philosophy/method do your tools and techniques fall into?