

Coach Training Levels and Costs

COURSE NAME / DESIGNATION	TOTAL INSTRUCTION	TOTAL COST
HabitChange Coach Fundamentals	42 hours	\$1,879
HabitChange Associate Coach	84 hours (Fundamentals plus 42 hrs.)	\$3,794
Coach Residency	126 hours (Associate Coach plus 42 hrs.)	\$5,691
Certified HabitChange Coach (CHCC)	126 hours w/additional requirements*	\$6,416

Coach Training Length by Modality

COURSE NAME / DESIGNATION	VIRTUAL	IN-PERSON	HYBRID
HabitChange Coach Fundamentals	4 ½ months	3 ½ months	2 ½ months
HabitChange Associate Coach	10 months	8 ½ months	6 months
Coach Residency	15 ½ months	12 – 14 months	9 months
Certified HabitChange Coach (CHCC)	Same as above*	Same as above*	Same as above*

- Certification requirements are equal to those of a Coach Residency graduate with the following additional requirements: pass a final oral and written exam, receive 2 hours of additional supervision, conduct 100 hours of coaching clients (75% must be paying clients).

DESCRIPTIONS

The **In-Person Course** is typically taught at a college or university and follows the school's academic schedule. As such, courses typically:

- Begin either in the Fall or Spring semester or during the Summer I or Summer II session;
- Run for 14 weeks, which are consecutive except during school holidays; variations pertain to summer sessions
- Meet for 3 hours per night
- Costs are approximately as stated in the table above but vary somewhat to comply with university cost schedule of three graduate credits per course. For example, if graduate courses cost \$567 per credit hour, then the cost of each course is $\$567 \times 3$ or \$1,701.
- Students will receive a total of 9 graduate credit hours upon completion of all three courses (Fundamentals, Associate Coach and Coach Residency).

The **Virtual Course** is taught over the telephone using advanced phone conferencing technology with web support. Students call in from the comfort of their home or office and are on with other students from across the country or beyond. The conferencing system allows teachers to create breakout rooms in which students can pair up and practice their coaching skills with each other while the teacher can visit each "virtual room" and provide specific feedback to each student. These courses typically:

- Begin at various times throughout the calendar year
- Run for 17 weeks, which are consecutive except for certain holidays
- Meet on the phone 1 time per week for 2 hours (total of 34 hours of phone classes)

The **Hybrid Course** marries the best of the in-person and virtual courses by supplementing weekly training calls with a 14-hour in-person immersion experience. Using this format, students meet each other and immerse themselves in the coach training experience for one weekend then follow up this experience with additional weekly training calls made from the comfort of their home or office. These courses typically:

- Begin at various times throughout the calendar year
- Begin with a 14-hour immersion experience over a weekend
- Run for 10 weeks following the immersion
- Meet on the phone 1 time per week for 2 hours following the immersion (total of 20 hours of phone classes)
- Are the quickest way to complete the requirements for becoming a *HabitChange* Coach, taking as little as 9 months