



[The Complete Guide to Christian Coach Training](#)

by Linda Hedberg

★★★★★ (5 stars)

Buy this e-book if:

- *You want coach training and need help choosing the right program*
- *You want to get the basic info on a dozen programs without having to search it all down yourself*

Overview

Deciding which Christian coach training program to enroll in is a complicated decision. Different programs have very different objectives, use different training methodologies, and train you for different styles and types of coaching. These differences aren't always obvious in their literature—nor is there much help out there for the prospective coach on why you'd choose one style over another. This E-book steps into the gap and helps you make an informed decision about your coach training without spending hours on the phone and digging around on the internet trying to figure out which program does what.

It begins with a section describing what coaching is (with a helpful table comparing coaching with other disciplines like counseling or spiritual direction), followed by a section that describes some of the factors that separate one program from another. The author discusses topics like what you are getting when you receive a certification and the accreditation standard some schools choose to adhere to (and some don't). There is also a page on the convoluted ICF certification options, which is important reading

The third section discusses how you choose which program is right for you. The author offers 11 key decision-making questions (some of which involve clarifying your own objectives) prospective coaches need to answer. While some are common sense, others are important considerations that probably won't occur to you—and this alone makes the book worth buying.

The heart of the book is section IV, which covers the individual coach training programs. It includes basic info like phone numbers, contact people and web sites for all the programs reviewed. Then a two-page profile of each program is presented, based on info provided by that school. There is some interesting info here that would take literally hours to accumulate on your own (if you knew the questions to ask). The guide covers topics like a program's accreditation status, total training hours, number of grads, required books, program costs, and how the course is delivered. This is an important factor—some schools are all distance ed, some include one-on-one instruction, while

others are built around workshops. The learning style and logistics of getting to the training venues are often important decision factors.

As far as I can tell, the information is accurate—however, at least one school has considerably inflated the number of graduates they claim. Although I understand why the author chose to be objective, and I think it was a good choice, the only thing really missing from this guide is some opinions. Some kind of survey of graduates that would bring out some of the intangibles would round out what is already a fine product.

Summary

This book includes pretty much everything you need to make your coach training decision. It is something I've wished for for a long time (I actually helped talk the author into doing it)—if I had \$19 for every time someone called me up and asked me which coaching school to go through, I'd be a rich man. From now on, I plan to just refer people to this guide. Coaching certification costs \$3000 to \$10,000—before you spend that kind of money, it's just good stewardship to find out all the information. You'll save a lot of research time and do a better job making this important decision with this guide

Reviewed by:

Tony Stoltzfus, Professional Coach & Coach Trainer

www.CoachingPastors.com/stoltzfus.htm