

My Credentialing Journey

Chris Coward, PCC and ICF Colorado Co-Membership Director

When I finished my coach training with MentorCoach in 2006, after taking the marathon approach, I didn't think about getting my ACC with the ICF, as I was unclear how it would benefit me. I had left my day job in the summer of 2007 and was working with coaching clients and, of course, not tracking my hours after my certification with MentorCoach.

My coaching mentor and I were involved in a start up wellness company where we were envisioning creating our own coach training company that was credentialed with the ICF. It became clear that I needed to get on board or I wouldn't be very credible. Because I had gotten certified with MentorCoach, which is an ACTP program with the ICF (Accredited Coach Training Program), there was very little to do but turn in my coaching log and pay my fee to the ICF. I was surprised at how great it felt to get my certificate (suitable for framing ☺) and be part of a global organization of coaches, considering how reluctant I was to get my ACC.

Since I was coaching a lot, my hours started getting closer and closer to the 750 required hours for my PCC. At this point we were starting to teach our HabitChange Coach Training Program, and I knew I had to keep up my game. So in April of 2010, I was awarded the PCC credential. I felt even better about my credibility and hard work as a coach in getting this credential. It's opened up doors in coaching in organizations and getting contract work, as well as mentoring other coaches who are working on their skill building and credential.

Currently I'm working on my MCC and wishing I had logged all my hours after I got my PCC. I hadn't thought I'd be interested in getting this credential, but that changed. I'm finding it very challenging to complete two MCC quality recordings, as it's easy to slip into a little consulting when you've been coaching for awhile. But through getting mentored, I absolutely believe in the power of pure coaching, using the ICF Core Competencies and Code of Ethics. Stay tuned . . . I'll be having a big party once I get my MCC!

About Chris Coward, PCC

Christine "Chris" is a credentialed Leadership Coach and Facilitator with a focus on the health of the leader. She partners with individuals and teams in both large and small organizations, using her strengths based approach to improve their communication, productivity, leadership presence, and relationship management. Chris is an experienced seminar facilitator, using experiential learning along with her talent in creating a learning atmosphere of trust, fun, and personal/professional growth. Chris helps her coaching clients create and implement individualized plans to enhance their leadership skills. Some of the areas she has helped clients develop include: leadership courage, confidence, effective communication, team development, emotional intelligence, managing conflict, work-life integration, and stress management. Chris' coaching and facilitation style is supportive and strength based. She uses evidence based positive psychology techniques and works to increase her client's level of self-awareness. Her clients experience lasting behavior change in key areas as a result of working with Chris. Chris is the Vice President of Coaching Services for the HabitChange Company (www.habitchangecoach.com) where she recruits, trains and manages contracted coaches who coach individuals and groups in healthcare and other non-medical programs. She co-developed a 125-hour coach

training program that has been taught at the university level, in organizations and virtually. Chris received her Bachelor's degree from Duke University and her Masters in Social Work from University of North Carolina, Chapel Hill. She earned the Certified MentorCoach (CMC) certification from MentorCoach and received her Professional Certified Coach (PCC) credentialing from the International Coach Federation (ICF). She is trained in the Core Values Index, Emotional and Social Competence Inventory, Conversational Intelligence (C-IQ) and uses other models and assessments as well. Chris is a member of the ICF and served on the board for ICF Philadelphia from 2008-2010. She has served as Board President of the Professional Referral Exchange Philadelphia Center City Chapter, a networking group for entrepreneurs. For fun, Chris plays bass guitar in a local rock band in Denver, CO and loves to be in nature with her husband and dog.