

Component	Hours	Max Time	Min Time
Financial Fitness Coach Certification Program	166.00	24 mos.	7 mos.
Coaching Foundations – Building the Skills	29.00	6 mos.	2 mos.
Orientation	2.00		
Skills Assessment (Pre-training)	0.00		
Self-Discovery Pre-Work Assignments	2.00		
Core Training – Session 1	6.00		
Core Training – Session 2	6.00		
Core Training – Session 3	6.00		
Practicum Coaching Session 1	1.00		
Practicum Coaching Session 2	1.00		
Practicum Coaching Session 3	1.00		
Practicum Coaching Session 4	1.00		
Mentor Coach Session 1	1.00		
Mentor Coach Session 2	1.00		
Coaching Session Submission 1	1.00		
Skills Assessment Checkpoint 1	0.00		
Coaching Applications – Deepening the Learning	15.00	6 mos.	2 mos.
Learning Lab 1 – Demonstrating Ethical Practice	2.00		
Learning Lab 2 – Co-Creating the Coach/Client Relationship	2.00		
Learning Lab 3 – Communicating Effectively	2.00		
Learning Lab 4 – Cultivating Growth & Learning	2.00		
Practicum Coaching Session 1	1.00		
Practicum Coaching Session 2	1.00		
Practicum Coaching Session 3	1.00		
Practicum Coaching Session 4	1.00		
Mentor Coach Session 1	1.00		
Mentor Coach Session 2	1.00		
Coaching Session Submission 2	1.00		
Skills Assessment Checkpoint 2	0.00		
FFC Certification – Focusing on Mastery	122.00	12 mos.	3 mos.
Coaches Circle 1	1.50		
Coaches Circle 2	1.50		
Coaches Circle 3	1.50		
Coaches Circle 4	1.50		
Mastery Milestone Training Pre-Work Assignments	2.00		
Mastery Milestone Session 1	6.00		
Mastery Milestone Session 2	6.00		
100 Experience Hours Submission	100.00		
Coaching Session Observation	2.00		
Skills Assessment (Post-Training)	0.00		