

ILS COACH LOG



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INTRO

Keeping a coaching log is a valuable exercise for many reasons. A log reflects the experience of the coach and is also required should you wish to apply for international accreditation. Please refer to the ICF log for latest details.

5 Sessions
BUDDY coaching

In order to meet the assessment requirements for ILS Coach, you will need to complete a minimum of 15 coaching hours. 5 of these hours may be "**BUDDY**" coaching" sessions, where you work with fellow ILS students.

10 Sessions
OUTSIDE coaching

The other 10 hours are "**OUTSIDE**" sessions. These are non-buddy sessions with a minimum of 3 different people being coached. You can complete more than the required amount of sessions.

	BUDDY	Coachee Name	Coachee email address	Date of Session	Duration
PRACTICE					
PROFICIENT (Optional)					
	OUTSIDE	Coachee Name	Coachee email address	Date of Session	Duration
COMPETENCE					
CONFIDENCE (Optional)					