

ICF VS. NBHWC CERTIFICATION COMPARISON

This document is created to support the coaches on their decision making regarding to obtaining their certification from one of the highly respected organizations post their education.

The information below was collected in April of 2020. Please check the official ICF & NBHWC websites for updates.

Temporary changes have been implemented for 2020. Please visit: <https://coachfederation.org/credential-updates>

| | ICF (ACC level) | NBHWC |
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| Why Choose? | https://coachfederation.org/why-icf | https://nbhwc.org/become-an-nbc-hwc/ |
| Financial Commitment for Certification | ICF members: \$100 USD Non-members: \$300 USD https://coachfederation.org/icf-credential/acc-paths | Non-refundable application fee \$100 USD Exam fee \$350 USD https://nbhwc.org/hwc-certifying-examination-application/ |
| Education Requirements | ACC ACTP Path: -completion of ICF Accredited Coach Training Program (ACTP) ACC ACSTH Path & ACC Portfolio Paths: -60 hours documented training -10 hours of mentor coaching: 6 may be in a group setting, 4 must be one-on-one https://coachfederation.org/icf-credential/acc-paths | Certificate of Completion from an Approved Training Program Documentation of an Associates Degree or Higher in any field or 4,000 hours of work experience https://nbhwc.org/individuals/ |
| Coaching Experience Requirements | Minimum of 100 hours (75 paid) with at least 8 clients At least 25 hours must occur within 18 months of application Peer to peer coaching permitted https://coachfederation.org/experience-requirements Download Template Now | 50 Health and Wellness Coaching Sessions of at least 20 minutes in duration with 75% of each session devoted to coaching facilitation and not education Coaching sessions can be retroactively listed up to 7 years prior to taking the exam Peer to peer coaching not permitted NBHWC Coaching Log |
| Performance Evaluation | Performance evaluation (recorded 20-60 min coaching session with transcript) ACC ACSTH & ACC Portfolio Paths only | None |
| Examination | <i>Coach Knowledge Assessment</i> | <i>Health and Wellness Coach Certifying Examination</i> |

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| | <p>155 multiple-choice test items 3 hours to complete take Taken on a personal computer</p> <p>Sent to you once you apply</p> <p>https://coachfederation.org/coach-knowledge-assessment</p> <p>*Focused on coaching competencies.</p> | <p>(HWCCE)</p> <p>150 multiple-choice test items Taken in 2 sections, 1 hr 52 mins each Total time commitment: 4.5-hour Taken at a test center</p> <p>You must apply to sit for the exam months in advance: https://nbhwc.org/hwc-certifying-examination-application/</p> <p>*Focused on coaching competencies as well as health and wellness knowledge.</p> <p>https://www.nbme.org/sites/default/files/2020-01/HWCCE_boi.pdf</p> |
| Recertification Frequency | Renew every three years | Renew every three years |
| Recertification Fee | ICF Members: \$175 USD Non-members: \$275 USD | \$150 USD |
| Continuing Education Requirements for Recertification | <p>10 hours Mentor Coaching</p> <p>40 hours of Continuing Coach Education (CCE)</p> <p>At least 24 of which are Core Competencies</p> <p>https://coachfederation.org/icf-credential/renew-credential</p> | <p>36 Continuing Education Credits</p> <p>https://nbhwc.org/recertification-application/</p> |
| Annual Membership | <p>Member benefits include:</p> <ul style="list-style-type: none"> -Discount on ICF credentials -Access to CCEs for no additional charge -Your name listed in the ICF member directory -Discounts for programs like Zoom & liability insurance -Access to ICF logo <p>*Price for membership: \$245 USD Annually</p> <p>(Non-members who get credentialed through ICF receive ACC, PCC, MCC specific logo and do not receive additional member benefits)</p> | No annual membership |

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