**Coaching Hours Tracking Form**

**Rider University**

|  |  |  |  |
| --- | --- | --- | --- |
| **Client Initials** | **Start and End Date** | **Number of Hours** | **Type of Coaching Provided\*** |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

|  |
| --- |
| **Total Fieldwork Hours:** |
| **Job Title when completing hours:** |

|  |
| --- |
| **Signature from coach training provider:** |

**Notes**

* \*Type of coaching provided may include, for example: career coaching, personal/life coaching, executive coaching
* For students who started the Life and Career Coaching Certificate Program at Rider in Spring 2022 or later, hours completed as part of class (e.g., practice sessions) cannot count for the 30 hours of practice).
* For students who started the Life and Career Coaching Certificate Program at Rider in Fall 2021 or earlier, hours completed as part of class (e.g., practice sessions) can count for the 30 hours of practice.
* If a student started the program during Fall 2021 or earlier and has taken a 2-year break or less from classes, they can still count hours they accrued in classes (they can count hours accrued in classes before they took their break from classes and hours accrued in classes when they return to take classes).
* If a student started the program during Fall 2021 or earlier and has taken over a 2-year break from classes, they cannot count any hours accrued in classes (they cannot count hours accrued in classes taken prior to the 2+ year break or after the 2+ year break).