**Description of coaching hours for training provider signature:**

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| --- | --- |
| **Student Name** | **Date started Rider Coaching Cert. Program** |
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**Have you taken a break from classes? \_\_\_\_\_\_\_\_\_\_\_\_\_**

**If so, how long was this break? \_\_\_\_\_\_\_\_\_\_\_\_\_\_**

* 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).

**Description of how you attained your 30 hours of practice. Do not provide client names or confidential information—just provide a description of where/how you attained hours and type of coaching provided (e.g., career, life/personal, executive).**

* *If you started the program Fall 2021 or earlier and are counting hours accrued in a class, please note the classes in which you accrued hours (see list below):*

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| * COUN 501 Principles and Practices of Coaching |
| * COUN 500 Introduction to Counseling and Helping Professions |
| * CNPY 502 Theories of Counseling and Helping Professions |
| * COUN 505 Vocational/Career Development * COUN 504 Vocational/Career Development in Educational Settings |
| * COUN 550 Counseling and Helping Techniques Laboratory |