



FAQs

**for Maxwell Leadership
Certified Team members**

**You've got an amazing
foundation.**

Is attending the Coach
Training Intensive the right
next step for you?

At the Coaching and Positive Psychology (CaPP) Institute, we love hosting our friends who are members of the Maxwell Leadership Certified Team (MLCT). We're frequently asked questions from MLCT members like you about the difference between our coach training programs and the training you access as a member of the Maxwell Leadership Certified Team. We hope this information will help answer your questions and determine if enrollment with the CaPP Institute is the right step for you.

Q: What is the difference between the training offered by the Maxwell Leadership Certified Team (MLCT) that was developed by Coaching and Positive Psychology (CaPP) Institute founder Valorie Burton and the training offered by the CaPP Institute?

A: MLCT members are trained by an excellent group of mentors to develop knowledge of a variety of leadership development disciplines, including speaking, training, consulting, and coaching. CaPP Institute founder Valorie Burton is honored and thrilled to serve as the Coaching Mentor for Maxwell Leadership. She was invited to serve in this capacity because of her longstanding and extensive experience in the coaching industry and as founder of the CaPP Institute. In a succinct and powerful 14+ hour training available on demand in the ML platform, you have access to core foundational principles of coaching. We hope you have thoroughly enjoyed the training, and are actively using it to coach.

Here are some of the key differences between the training you receive there and the training available at the CaPP Institute:

MLCT

MLCT training provides a self-paced, on-demand digital format that allows you to access training anywhere, any time you are ready. The training is "asynchronous," the term the International Coaching Federation (ICF) uses to describe trainings that are not presented in a live, interactive format.

The CaPP Institute

At the CaPP Institute, participants can earn up to 66 hours of coach-specific training rooted in the scientific research of applied positive psychology, core coaching competencies, and a business development framework to build a successful coaching practice. The CaPP Institute programs are “synchronous” live, interactive coach training programs, which include small cohorts that allow you to coach in real time, interact with instructors, and is accredited by the ICF for coach-specific training hours.

Our current programs include:

The **Coach Training Intensive (CTI)**, a live, three-day interactive coach training program that consists of 22 coach training hours. While there are some foundational concepts that may overlap, the training experience is an energizing and engaging multi-day program you enjoy with a group of like-minded new and experienced coaches.

The **Certified Personal and Executive Coach (CPEC)** program is a live, six-month, structured online coach certification program that equips you with 60+ hours of ICF-accredited coach training and prepares you in three specific critical areas for coaching success: Advanced coaching skills, Applied positive psychology, and Business development skills. You will complete essential coaching labs, evidence-based knowledge of well-being and performance, and critical tasks to build a professional coaching practice.

The **Mentor Coaching Experience (MCE)** will take you deeper as a professional coach, elevating your ability to incorporate the Core Coaching Competencies into your coaching sessions every time you coach and giving you the group and one-on-one evaluation and support you need to attain an ICF coaching credential with mentor coaching hours with an ICF-credential coach at the PCC or MCC level.

While the MLCT curriculum provides a solid foundation for individuals interested in coaching, the CaPP Institute coach training programs are specifically designed to help those who want live, interactive coaching education with a team of experienced, certified coaches in a structured environment that guides you to professional certification, and if desired, the necessary training and mentor coaching to apply for an ICF credential.

Q: If I attend a CaPP Institute training program, will I learn something different than what I learned in the MLCT Online Coach training?

A: Yes! MLCT training provides a foundation of coaching skills in a downloadable self-paced format, but what you learn with CaPP will build on and take you deeper into the coaching topics you learn inside the 14-hour MLCT program. The profession of coaching is deep and wide, and there is no way to teach everything in 14 hours. Critical learning occurs as a coach when you practice what you've learned so far, then come back and learn more. This happens over time. This happens powerfully in connection with passionate, experienced coaches - and a cohort of coaches who are as committed as you are - walking with you through the process.

With structured, live classes that build on one another, an interactive platform that allows you to get all of your questions answered, and an encouraging community of coaches collaborating with you, we have created a program that sets you up to grow and achieve your greatest potential as a coach

Q: Do I still need to complete CTI if I have already done the MLCT training?

A: Yes. The first step in the CaPP Institute coach training journey is the Coach Training Intensive (CTI). This is a live, three-day intensive course that is taught online in real-time. Not only will you learn our proprietary coaching model that you won't learn anywhere else, but you will also coach live within breakout sessions, learn coaching concepts rooted in positive psychology, and have a full-day business development workshop where you walk away with an individualized business development action plan. CTI is also a prerequisite for our six-month certification program, CPEC.

Q: Can the CaPP Institute enable me to receive credentials from the International Coaching Federation (ICF)?

A: Yes. All of our coach training programs are aligned with ICF core competencies and have been accredited through the ICF since 2010. A large percentage of your training must be live synchronous training, which is why our programs are always hosted live and in real-time. For a full list of credential requirements, check the ICF website at coachingfederation.org.

Q: Does CTI count as my coaching certification?

A: When you graduate from the CTI, you will receive a certificate in personal development coaching. The certificate is not a certification, but it is a recognition of your hours of training in professional coaching - and it is a vital step towards certification because it is the prerequisite to enter our professional coach certification program. Once you've completed CTI, you will be eligible to enroll in our Certified Personal and Executive Coach Program (CPEC). Upon successful completion of all requirements, you will be awarded your certification from the CaPP Institute. CPEC is a live, online, six-month training program with an examination component and an evaluation of your actual coaching skills.

Learn more information, see upcoming training dates, or register for the Coach Training Intensive at cappinstitute.com/cti.