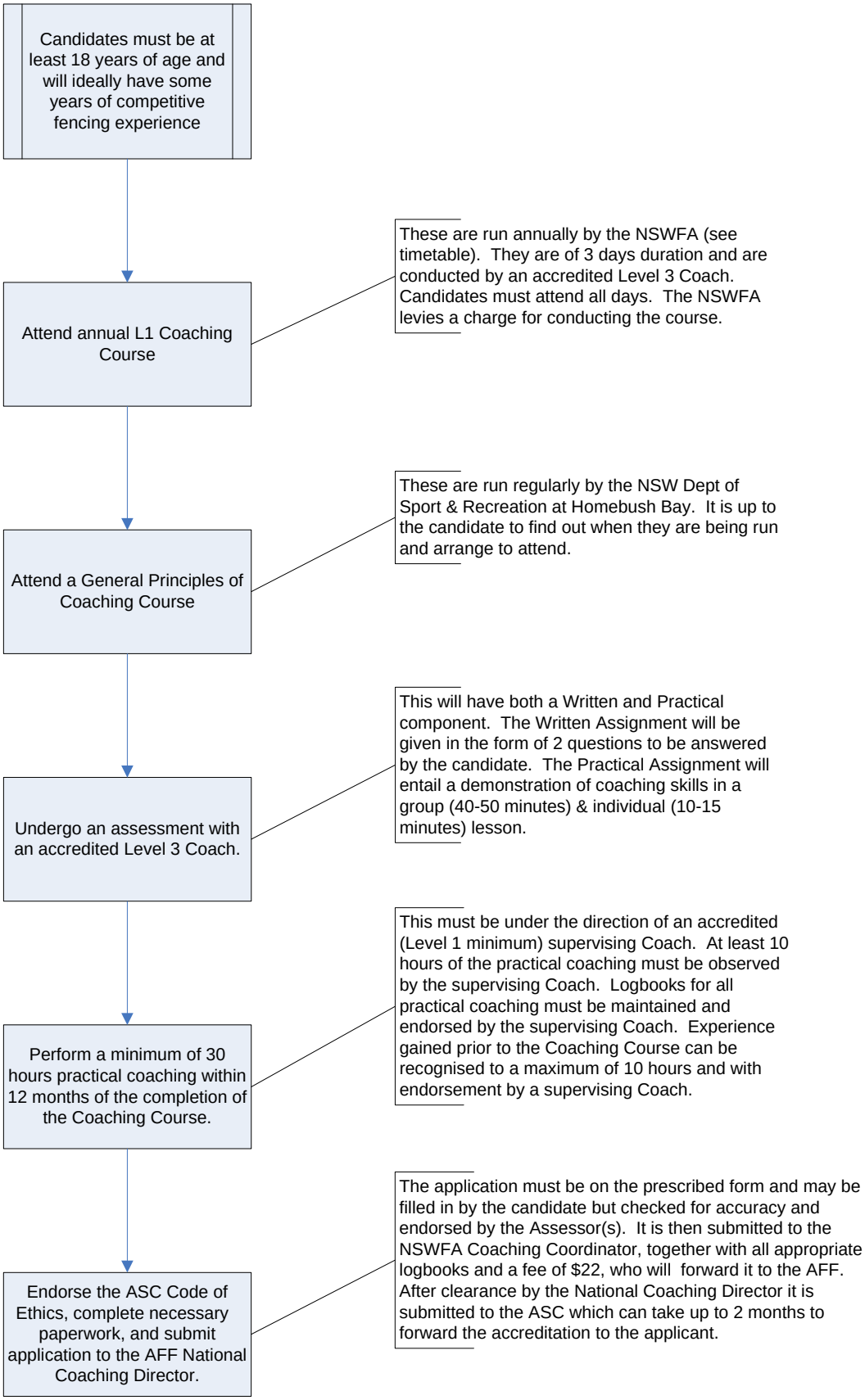Process for Obtaining Level 1 Coaching Qualifications