

ICF Core Competencies

SETTING THE FOUNDATION

1. Meeting Ethical Guidelines and Professional Standards
2. Establishing the Coaching Agreement

CO-CREATING THE RELATIONSHIP

3. Establishing Trust and Intimacy with the Client
4. Coaching Presence

COMMUNICATING EFFECTIVELY

5. Active Listening
6. Powerful Questioning
7. Direct Communication

FACILITATING LEARNING & RESULTS

8. Creating Awareness
9. Designing Actions
10. Planning and Goal Setting
11. Managing Progress and Accountability

In your feedback, using these competencies, start with the coach, then the coachee and finally the observer:

- *What one thing went well?*
- *What one area could be developed?*

Find out more about the International Coach Federation at www.coachfederation.org.uk

Find out more about coaching at www.3dcoaching.com