



ICF CORE COMPETENCIES: COACHING PRESENCE AND ESTABLISHING TRUST AND INTIMACY

COACHING PRESENCE

- ABILITY TO BE FULLY CONSCIOUS AND CREATE SPONTANEOUS RELATIONSHIP WITH THE CLIENT, EMPLOYING A STYLE THAT IS OPEN, FLEXIBLE AND CONFIDENT

- a. Is present and flexible during the coaching process, dancing in the moment
- b. Accesses own intuition and trusts one's inner knowing - "goes with the gut"
- c. Is open to not knowing and takes risks
- d. Sees many ways to work with the client, and chooses in the moment what is most effective
- e. Uses humor effectively to create lightness and energy
- f. Confidently shifts perspectives and experiments with new possibilities for own action

ESTABLISHING TRUST AND INTIMACY WITH THE CLIENT

- ABILITY TO CREATE A SAFE, SUPPORTIVE ENVIRONMENT THAT PRODUCES ONGOING MUTUAL RESPECT AND TRUST

- a. Shows genuine concern for the client's welfare and future
- b. Continuously demonstrates personal integrity, honesty and sincerity
- c. Establishes clear agreements and keeps promises
- d. Demonstrates respect for client's perceptions, learning style, personal being
- e. Provides ongoing support for and champions new behaviors and actions, including those involving risk taking and fear of failure
- f. Asks permission to coach client in sensitive, new areas