



COACHING ESSENTIALS NEXT STEPS

Lesson 1: The Elements of Coaching

1. Watch the DVD by Samuel R. Chand.

Completed:

2. Review the ICF Code of Ethics.

Completed:

3. Review the ICF Core Competencies.

Completed:

(continued on next page)

4. Identify the coaching essentials that make up the acronym P.L.A.N.S., and discuss how each one is essential to the coaching relationship.

P - _____

L - _____

A - _____

N - _____

S - _____

(continued on next page)

5. Write a 1-page reflection on Part 1 of *The Professional Coaching Handbook* by Dr. Brenda Chand.

If you've completed the assignments, save this PDF and email it to your coach.