



TRACK 5: REQUIREMENTS FOR PROFESSIONAL ICF CREDENTIALING

NEXT STEPS

LESSON 2: CORE COMPETENCIES PART 1 Foundation and Co-Creating the Relationship

Complete the questions on the following pages and submit all to your coach trainer:

1. The core competencies covered in this lesson are Demonstrates Ethical Practice, Embodies a Coaching Mindset, Establishes and Maintains Agreements, Cultivates Trust and Safety, and Maintains Presence. For each of these, answer the following:

- a. How would you describe the importance of each competency in the coaching relationship?**

b. How confident are you that you can provide the skill set required for each of the competencies?

c. How will you communicate the essence of the competencies in a way that your client will understand and be able to collaborate the principles represented within each one?

- d. Summarize the core meaning of the competencies by writing 2-3 descriptive sentences for each one.**

2. Follow [this link](#) to an article listed in the International Coaching Federation blog dated on February 2, 2018 concerning "The Gift of Coaching Presence." From this blog posted by the ICF, what are 3 takeaways that stand out in your mind?