



TRACK 5: REQUIREMENTS FOR PROFESSIONAL ICF CREDENTIALING

NEXT STEPS

LESSON 3: CORE COMPETENCIES PART 2 Communicating Effectively

1. The Core Competencies covered in this Lesson are Listens Actively, and Evokes Awareness. For each of these, answer the following:

- a. **How would you describe the importance that each competency plays 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.**