



TRACK 5: REQUIREMENTS FOR PROFESSIONAL ICF CREDENTIALING

NEXT STEPS

LESSON 4: CORE COMPETENCIES PART 3 Cultivating Learning and Growth

1. The core competency covered in this lesson is Facilitates Client Growth. This competency covers many aspects including creating awareness, designing actions, planning, goal setting, managing progress, and accountability. For each of these, answer the questions on the following pages.

a. How would you describe the importance that the competency plays within the coaching relationship?

b. How confident are you that you can provide the skill set required for each of the aspects discussed through this competency?

- c. **How will you communicate the essence of the competency 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 competency by writing 2-3 descriptive paragraphs.**