



Suggested Coaching outline for International Coach Federation credential recording

Thriving Coaches!

We strongly suggest that the recording you will send to International Coach Federation has the following questions/ guidelines, with your own style, language and words. These reflect parts of the new core competencies, applied from January 2021.

- 1) Before we begin, would you like to ask me any questions regarding the coaching contract, the International Coach Federations code of ethics? Are you clear on the coaching relationship and the process we use? Part of core competency 1 and 3
- 2) Would you like to share with me your wins? Part of core competency 8 and 2
- 3) What would you like us to work on today? Part of core competency 3

SOS

Reflect back in client's words at least 2 times during the session. Part of core competency 4 and 6

Use silence and give space to the client. Part of core competency 5, 7

When you use exercises always ask if the client wants to, get permission. Part of core competency 8

- 4) Are there action points you would like to do? Part of core competency 8, and 7
- 5) What are you getting from the session today? Part of core competency 7 and 8 and 2
- 6) I admire your willingness to work with yourself and I am so grateful to be your coach. Thank you! Part of core competency 4

Again, it's important to use your own style and wordings on the above.



The middle part of the session needs to be focused on the client's needs and all core competencies.

Wish you great success Coach!

Keep Thriving!

Jill Douka Master Certified Coach