

2021 ICF CORE COMPETENCY	NBHWC PRACTICAL SKILLS
<p>#1 Demonstrates Ethical Practice #2 Embodies a Coaching Mindset</p>	<p>Meeting Ethical Guidelines & Professional Standards</p>
<p>#3 Establishes and Maintains Agreements</p>	<p>Ensure the client's agenda, needs, interests and preferences drive the coaching relationship; Invite the client to select focus of the session; Share information (appropriately)</p>
<p>#4 Cultivates Trust and Safety</p>	<p>Establish Rapport; Ensure the client's agenda, needs, interests and preferences drive the coaching relationship; Invite the client to select focus of the session: Share information (appropriately); Confidentiality</p>
<p>#5 Maintains Presence</p>	<p>Be Calm, Present and Emotionally Available; Show Empathy</p>
<p>#6 Listens Actively</p>	<p>Actively Listen; Show empathy; Ask Open- Ended Questions; Facilitate process of self- discovery, learning and insight; Explore broader perspectives and inspire interest in new possibilities</p>
<p>#7 Evokes Awareness</p>	<p>Ask Open-Ended Questions; Facilitate process of self- discovery, learning and insight; Explore broader perspectives and inspire interest in new possibilities; Explore broader perspectives and inspire interest in new possibilities.</p>

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7. Evokes Awareness	Facilitate process of self-discovery, learning and insight; Explore broader perspectives and inspire interest in new possibilities; Share information (appropriately)
7. Evokes Awareness	Explore the client's vision of optimal health and wellbeing; Facilitate process of self-discovery, learning and insight; Explore broader perspectives and inspire interest in new possibilities; Help the clients explore; articulate values, sense of meaning and purpose; Prompt for, and amplify positive resources, past successes, strengths
#8 Facilitates Client Growth	Discuss and honor client's preferences for self- monitoring; Anticipate, plan for, and help client navigate challenges
8.Facilitates Client Growth	Establish long-term goal(s) to be enacted by 3-6 months or by end of coaching agreement; Establish or refine client's short-term SMART goals or action steps for what will be accomplished between sessions. Explore broader perspectives and inspire interest in new possibilities; Anticipate, plan for, and help client navigate challenges; Discuss and honor client's preferences for self-monitoring
8.Facilitates Client Growth	Discuss and honor client's preferences for self- monitoring; Anticipate, plan for, and help client navigate challenges; Discuss and honor client's preferences for self-monitoring;