



# Final Exam Scoring Form

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**COACH TRAINING PROGRAM**

Student:

Current Mentor Coach:

Student email:

Student phone number:

Mod I Date:

Mod II Date:

Mod III Date:

Exam code:

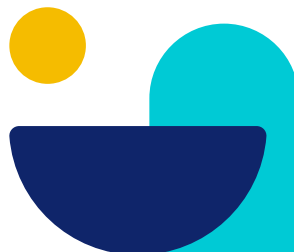
## ICF Core Competencies Observed

### 1. Demonstrates Ethical Practice

Familiarity with the ICF Code of Ethics and its application is required for all levels of coaching. Coach remains consistently in the role of coach and not that of a mentor, consultant, teacher, etc.

### 2. Embodies a Coaching Mindset

Coach embodies a mindset that is open, curious, flexible and client-centered. Coach has processes that ensure ongoing learning and development, reflective practice, and preparation for sessions.



### 3. Establishes and Maintains Agreements

- 3.1 Coach partners with the client to identify or reconfirm what the client wants to accomplish in this session.
- 3.2 Coach partners with the client to define or reconfirm the measure(s) of success for what the client wants to accomplish in this session.
- 3.3 Coach inquires about or explores what is important or meaningful to the client about what they want to accomplish in this session
- 3.4 Coach partners with the client to define what the client believes they need to address to achieve what they want to accomplish in this session.

### 4. Cultivates Safety and Trust

- 4.1 Coach acknowledges and respects the client's unique talents, insights, and work in the coaching process.
- 4.2 Coach shows support, empathy, or concern for the client.
- 4.3 Coach acknowledges and supports the client's expression of feelings, perceptions, concerns, beliefs, or suggestions.
- 4.4 Coach partners with the client by inviting the client to respond in any way to the coach's contributions and accepts the client's response.

### 5. Maintains Presence

- 5.1 Coach acts in response to the whole person of the client (the WHO).
- 5.2 Coach acts in response to what the client wants to accomplish throughout this session (the WHAT).
- 5.3 Coach partners with the client by supporting the client to choose what happens in this session.
- 5.4 Coach demonstrates curiosity to learn more about the client.
- 5.5 Coach allows for silence, pause or reflection.

## 6. Listens Actively

- 6.1 Coach's questions and observations are customized by using what the coach has learned about who the client is and the client's situation.
- 6.2 Coach inquires about or explores the words the client uses.
- 6.3 Coach inquires about or explores the client's emotions.
- 6.4 Coach explores the client's energy shifts, nonverbal cues or other behaviors.
- 6.5 Coach inquires about or explores how the client currently perceives themselves or their world.
- 6.6 Coach allows the client to complete speaking without interrupting unless there is a stated coaching purpose to do so.
- 6.7 Coach succinctly reflects or summarizes what the client communicated to ensure the client's clarity and understanding.

## 7. Evokes Awareness

- 7.1 Coach asks questions about the client, such as their way of thinking, feeling, values, needs, wants, beliefs or behavior.
- 7.2 Coach asks questions to help the client explore beyond the client's current thinking or feeling to new or expanded ways of thinking or feeling about themselves (the WHO).
- 7.3 Coach asks questions to help the client explore beyond the client's current thinking or feeling to new or expanded ways of thinking or feeling about their situation (the WHAT).
- 7.4 Coach asks questions to help the client explore beyond current thinking, feeling, or behaving toward the outcome the client desires.
- 7.5 Coach shares—with no attachment—observations, intuitions, comments, thoughts or feelings, and invites the client's exploration through verbal or tonal invitation.
- 7.6 Coach asks clear, direct, primarily open-ended questions, one at a time, at a pace that allows for thinking, feeling or reflection by the client.
- 7.7 Coach uses language that is generally clear and concise.
- 7.8 Coach allows the client to do most of the talking.

## 8. Facilities Client Growth

- 8.1 Coach invites or allows the client to explore progress toward what the client wanted to accomplish in this session.
- 8.2 Coach invites the client to state or explore the client's learning in this session about themselves (the WHO).
- 8.3 Coach invites the client to state or explore the client's learning in this session about their situation (the WHAT).
- 8.4 Coach invites the client to consider how they will use new learning from this coaching session.
- 8.5 Coach partners with the client to design post-session thinking, reflection or action.
- 8.6 Coach partners with the client to consider how to move forward, including resources, support or potential barriers.
- 8.7 Coach partners with the client to design the best methods of accountability for themselves
- 8.8 Coach celebrates the client's progress and learning.
- 8.9 Coach partners with the client on how they want to complete this session.

Date Assessed:

Result:

### Comments:

# Additional Comments

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