Boldly create the ICF Core Competencies in your coaching!

Competency 6: Listens Actively

Real Coaching Formula:

1. Practice listening intently to the tone of voice your client is using. Then see if you can tune in to any energy shifts in your client. Then switch to focusing on the words. Strengthen your ability to listen to multiple forms of communication.
2. When you feel like asking a question, practice waiting for a few seconds before you begin. You might even count to 5. Let the silence fill the space. Do you notice a difference in the depth of your listening?
3. Strengthen your capacity to take in multiple sources of information (client identity, experience, beliefs, etc.) to gain greater ability to fully understand your client's context.
4. Practice synthesizing what you understand of your client's communication into concise reflections.

Sheri Boone, MCC and Jamee Tenzer, PCC

Real Coaching Sessions Unplugged

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