



Name of Coach:	Carly Anderson	Name of Reviewer:	Carly Anderson
Name of Client &/or Recording Identifier	Christine #1 (56 minutes)	Date of Review:	June 2019

Important Notes: ICF ASSESSORS DO NOT USE PCC MARKERS FOR MCC ASSESSING. I use the PCC Markers, ICF MCC Minimum Skills Requirements “Key Skills Evaluated” as well as my Ten Characteristics of MCC skill level to give you distinctions for ICF MCC skill level.

The scoring outlined is the opinion of **Carly Anderson, MCC** based on years of experience of assessing for the ICF and other coach training organizations and training in the PCC Markers by the ICF. This scoring should not be interpreted as being the scoring you would receive from your official Assessors in the ICF credentialing process. The reason being is there are often competencies being demonstrated on the cusp of PCC to MCC, and ACC to PCC, and that is often the main difference in where scoring can differ. This then effects whether your overall score is at ACC, PCC, or MCC. I will let you know my best understanding of the scoring.

I’ve added MCC skill level scoring from my experience as an MCC Assessor. ICF requires a minimum overall average of 8.0 to pass MCC credential. You may add your scoring, or not. Please always add Strengths and Upgrades at the bottom of this form. You can also comment on any of the 10 characteristics being demonstrated, or maybe not so much.

PCC Markers	For MCC	Please give examples that demonstrate specific evidence of Markers.
Which of these characteristics were consistently demonstrated by the coach throughout the coaching session? Optional: You can highlight with yellow those consistently demonstrated, and/or make comments next to the characteristics.		10 Characteristics of MCC skill level: Connection Presence Partnering Spaciousness Emotional Content, the Light and the Shadow Simplicity Ignore Nothing Trust Vulnerability Expanded Learning
SETTING THE FOUNDATION		
Ethics and Standards		
Did you notice any ethical issues?		Thank you Christine for allowing me to record for learning and mentoring purposes.
Competency: Creating the	8+	

Coaching Agreement		
<p>1. Coach helps the client identify, or reconfirm, what s/he wants to accomplish in the session.</p>		<p>2:35 Hmm. That's a great awareness. Well, we had agreed on three sessions for you to explore and I wondered whether you had some more thoughts on overall what you wanted to accomplish in our three sessions? Or whether you want to start straight away with something for today? Where are you at?</p> <p>4:34 So it sounds like there's something about even though you know what you have to say is right as you said, the challenge is why am I not saying them, or saying them sooner. Is that?</p> <p>4:50 So for today, what would you like to explore around that?</p>
<p>2. Coach helps the client to define or reconfirm measures of success for what s/he wants to accomplish in the session.</p>		<p>12:26 Okay, so you're noticing it in particular situations. However, I get a sense that this is something about your uhm maybe approach in a thought process. You've mentioned a couple of times now, why do I push things away? And when I asked you what would need to talk about, you said, what am I losing by speaking up or saying it? So I'm wondering whether the opportunity for us in this session is to explore more the what you're losing, the belief set or something that's there that is affecting your behavior? How would you describe what the. What would tell you you've made some progress around this in this session?</p> <p>14:02 So it sounds like you want to be able to speak more directly how you're feeling? [Client: yeah]. So if you're okay, it seems like we've got an idea, I've got an idea, but I just. If I check in with you, how you're feeling and being able to speak your mind or speak up and say what's true for you, would that be a good way to check in on progress here or is there another way?</p>
<p>3. Coach explores what is important or meaningful to the client about what s/he wants to accomplish in the session.</p>		<p>7:53 Well, given that you have an awareness around this, what is the ideal image or way of you being that you are striving for? And that may not be the right word either.</p>
<p>4. Coach helps the client define what the client believes he/she needs to address or resolve in order to achieve what s/he wants to accomplish in the session.</p>		<p>10:34 So what do you feel we'd need to talk about in this session for you to be able to have that strength, and courage to be able to speak up in let's say, situations to do with your daughter?</p>

<p>5. Coach continues conversation in direction of client's desired outcome unless client indicates otherwise.</p>		<p>33:18 Yeah and I know I said I'd check in with you on how you were feeling about speaking., what did I say? What was your words? I said speaking your truth, but just checking it. How honestly, authentically, this is what's coming to me right now. Honestly or authentically do you feel now, versus when we started this conversation. So how do you feel about where we're at right now, and exploring your, "Why don't I say what I feel?"</p> <p>53:37 [laugh] I like Mediterranean blood. I like your Mediterranean blood. All right, so it sounds like you've got some exploration around that as well. So how are you feeling now about this whole idea of wanting to be, I guess, more expressive and looking at your self-image, and where are you now versus where you started our session?</p>
<p>CO-CREATING THE RELATIONSHIP</p>		
<p>Competency: Creating Trust and Intimacy</p>	<p>8+</p>	
<p>1. Coach acknowledges and respects the client's work in the coaching process.</p>		<p>40:47 Yeah. What great courage you have Christine. You've really moved through, in this short time with us together today some pretty heavy stuff and done some pretty heavy lifting here. That's really. So, uh yea.</p> <p>42:35 Yes you can. You did. You just did with me, you demonstrated that very beautifully.</p> <p>54:44 Hmmm. Well, I feel your energy shift, and the difference in the language you're using about yourself, yeah and it's nice to work with you today. Thank you.</p>
<p>2. Coach expresses support for the client.</p>		<p>1:44 Well your energy is even much different today than when I spoke to you, what I can't remember when a few weeks ago.</p>
<p>3. Coach encourages and allows the client to fully express him/herself.</p>		<p>Yes</p> <p>4:29 Hmm. Did you want to say more?</p>
<p>Competency: Coaching Presence</p>	<p>8+</p>	
<p>1. Coach acts in response to</p>		<p>10:34 So what do you feel we'd need to talk about in this session for</p>

<p>both the whole person of the client and what the client wants to accomplish in the session.</p>	<p>you to be able to have that strength, and courage to be able to speak up in let's say, situations to do with your daughter? 14:40 All right. And you did mention what am I losing by saying it? So I'm wondering what would you be losing if you were speaking directly? 27:50 I got a sense that was disappointing for you and maybe I get even a sense of anger at her for not seeing you? Is that? 34:27 Hmm. So if you said that to her with your feeling involved, how would that impact you? How would that affect you? 35:32 Ironically, how would you feel if the nice and helpful person said your truth to her? 35:50 Well, part of your self-image you told me was about being nice and being seen as being nice, and wanting people to like me. So I want to just poke a little bit here and find out if you say your truth, how does that improve or affect your image of yourself? Or maybe it doesn't? 36:51 What is the quality that you would name and add to your self-image? 37:13 So if I was to ask Christine now what herself self-image is, what does it include? The expanded definition? 38:07 How would you redefine nice for yourself? 38:43 So if you were to have a conversation with this woman now, and you were being respectful, honest, and straightforward, how would that sound? 49:27 What does the confident Christine say is right, for her?</p>
<p>2. Coach is observant, empathetic, and responsive</p>	<p>And yeah it's a few weeks since we've spoken and we had our intake sort of chat, and uhm. I wanted to find out how you've been since then? 1:44 Well your energy is even much different today than when I spoke to you, what I can't remember when a few weeks ago. 1:57 Yeah so something has shifted already. 7:12 Are you saying that this only happens in certain situations, or is it happening in many? 16:12 Yeah there does seem to be some conflict between the image that you want to have, and the truth that you want to speak. At times at least. You know. What would need to happen for your self-image to include speaking your truth? 20:02 [laugh] You put your hand up here. Was this a shhhh? 24:07 Yeah I don't know. Interesting you would want to choose the tough one. Which one is the toughest, let's figure that out. Is it tougher to think about where we are I've done well? Or is it tougher to think about where I'm not doing well or something else? Why are you laughing? [Client: okay uhm]. What was funny?</p>

	<p>32:40 Wow, that feels so very. I mean phew, I got a different feeling when you said that. How did you feel saying that?</p> <p>37:36 Is she nice?</p> <p>42:35 Yes you can. You did. You just did with me, you demonstrated that very beautifully.</p> <p>48:53 Are you asking me? What are you asking me for? And what do you want from me? I'm not sure.</p> <p>51:04 Okay. I will let you choose how you do that. I have one of the things that it's just sort of sitting with me that you said that I want to ask you about if there's anything you want to do about this. You said you wanted to possibly keep the anger within you instead of expressing it? I got a sense that once you said your truth the anger went, so I'm not sure whether it's a language thing, or whether there's something how to process your anger, that you feel before you get to the honesty and the respectful communication. I'm wondering if there's anything you want to do with that anger when you feel it?</p> <p>54:44 Hmmm. Well, I feel your energy shift, and the difference in the language you're using about yourself, yeah and it's nice to work with you today. Thank you.</p>
<p>3. Coach notices and explores energy shifts in the client.</p>	
<p>4. Coach exhibits curiosity with the intent to learn more</p>	<p>8:58 [crosstalk] What stopped you?</p> <p>18:02 Hmm. When you say that it seems like you've got something. Did you, or was that just confirming what you already knew, what is your intention is important, to think about?</p> <p>20:03 What was that?</p> <p>20:18 What happened?</p> <p>43:21 I see your smile go there too. What did you gain?</p>
<p>5. Coach partners with the client by supporting the client to choose what happens in the session.</p>	<p>2:35 Hmm. That's a great awareness. Well, we had agreed on three sessions for you to explore and I wondered whether you had some more thoughts on overall what you wanted to accomplish in our three sessions? Or whether you want to start straight away with something for today? Where are you at?</p> <p>4:34 So it sounds like there's something about even though you know what you have to say is right as you said, the challenge is why am I not saying them, or saying them sooner. Is that?</p> <p>4:50 So for today, what would you like to explore around that?</p> <p>14:02 So it sounds like you want to be able to speak more directly how you're feeling? [Client: yeah]. So if you're okay, it seems like we've got an idea, I've got an idea, but I just. If I check in with you, how you're feeling and being able to speak your mind or speak up and say what's</p>

	<p>true for you, would that be a good way to check in on progress here or is there another way? 14:29 Alright, well what would you like to explore first? 47+ mins What would you. Well, we can either, there's two ways. Go straight to designing actions, which it seems to be where you're at now. Or talk about what you've learned and then how to put that into action. What feels right for you?</p>
<p>6. 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.</p>	<p>9:54 Yeah. Well again, your self-awareness is very high, and I know you've done a lot of previous work. We talked about that last time, you are very aware of conscious consciousness. And interesting as you're talking a lot of what I hear you saying so far is what I don't want. You do mingle it in with what you do want around being stronger, being more courageous. I think you mentioned courage already, that you have courage, but maybe it's also courageous as well as to just speak up and say these things? Is that resonating or not with you? [Client: Yeah yeah].</p> <p>18:14 It seems like that was very clear when you said that is that "I need to think what my intention is for speaking my honesty." What does that bring to you when I say that?</p> <p>21:00 Yeah and it's okay to. Again I noticed I would call it maybe overly sensitive about what you may not be doing right. So far in this conversation many times so far you've said, I don't do this, I don't, I don't, I don't. And there's nothing wrong with that. And just noticing that you're very aware of what you don't do. And uh, when I say that, what comes to mind? Anything?</p> <p>46:19 Interesting when you spoke just then, I think there was a difference. I sense that you were talking from I don't feel I cannot versus before I should be able to, you didn't see me, you didn't recognize me. And now you're going, I didn't, I can't, very different. Felt different. And it seemed very clear when you said that. And you seem to be lighter as I'm looking at you as well in your energy. What's your sense of what I just said there? Did you notice it?</p>
<p>7. Coach partners with the client by playing back the client's expressed possibilities for the client to choose from.</p>	<p>22:26 So far what this brings to me is a couple of opportunities for where to go next. So I want to offer them to you and maybe you have another option. You let me know what feels right for you. One is exploring what these high expectations mean to you. One is exploring situations where you have been really happy with the way you communicated, and learning from that, what did you do differently, or how were you behaving differently?</p>

		Another is that we could in fact go into a situation that you're facing, and you could practice how you might say directly and then notice what you, what happens when you say that and we can work with that. Uhm I don't know there are a couple of thoughts. I'm not sure does one resonate with you or does that bring something else that you want to explore?
8. Coach partners with the client by encouraging the client to formulate his or her own learning.		41:32 All right yeah. What have you learned about yourself in this 40 minutes or so?
COMMUNICATING EFFECTIVELY		
Competency: Active Listening	8+	
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.		<p>8:58 [crosstalk] What stopped you?</p> <p>16:12 Yeah there does seem to be some conflict between the image that you want to have, and the truth that you want to speak. At times at least. You know. What would need to happen for your self-image to include speaking your truth?</p> <p>21:00 Yeah and it's okay to. Again I noticed I would call it maybe overly sensitive about what you may not be doing right. So far in this conversation many times so far you've said, I don't do this, I don't, I don't, I don't. And there's nothing wrong with that. And just noticing that you're very aware of what you don't do. And uh, when I say that, what comes to mind? Anything?</p> <p>35:32 Ironically, how would you feel if the nice and helpful person said your truth to her?</p> <p>35:50 Well, part of your self-image you told me was about being nice and being seen as being nice, and wanting people to like me. So I want to just poke a little bit here and find out if you say your truth, how does that improve or affect your image of yourself? Or maybe it doesn't?</p>
2. Coach inquires about or explores the client's use of language.		<p>37:13 So if I was to ask Christine now what herself self-image is, what does it include? The expanded definition?</p> <p>38:07 How would you redefine nice for yourself?</p>
3. Coach inquires about or		27:50 I got a sense that was disappointing for you and maybe I get

<p>explores the client's emotions.</p>	<p>even a sense of anger at her for not seeing you? Is that? 32:40 Wow, that feels so very. I mean phew, I got a different feeling when you said that. How did you feel saying that? 39:27 How do you feel saying that? 51:04 Okay. I will let you choose how you do that. I have one of the things that it's just sort of sitting with me that you said that I want to ask you about if there's anything you want to do about this. You said you wanted to possibly keep the anger within you instead of expressing it? I got a sense that once you said your truth the anger went, so I'm not sure whether it's a language thing, or whether there's something how to process your anger, that you feel before you get to the honesty and the respectful communication. I'm wondering if there's anything you want to do with that anger when you feel it?</p>
<p>4. Coach inquires about or explores the client's tone of voice, pace of speech or inflection as appropriate.</p>	<p>20:02 [laugh] You put your hand up here. Was this a shhhh? Why are you laughing? [Client: okay uhm]. What was funny?</p>
<p>5. Coach inquires about or explores the client's behaviors.</p>	<p>31:37 Yeah even when you're speaking then I felt some anger or, ah I even saw on your face a little bit of like a tightening of your. And I'm sure if you delivered that to her, she would possibly notice your words, and then notice your maybe the emotion, but that's not being said. I am wondering if, coz you wanted to be able to speak honestly and just say it. Is the whole honesty of what you would want to say to her? If there's more than this what you told me? 38:43 So if you were to have a conversation with this woman now, and you were being respectful, honest, and straightforward, how would that sound? 49:27 What does the confident Christine say is right, for her?</p>
<p>6. Coach inquires about or explores how the client perceives his/her world.</p>	<p>7:53 Well, given that you have an awareness around this, what is the ideal image or way of you being that you are striving for? And that may not be the right word either. 14:40 All right. And you did mention what am I losing by saying it? So I'm wondering what would you be losing if you were speaking directly? 16:12 Yeah there does seem to be some conflict between the image that you want to have, and the truth that you want to speak. At times at least. You know. What would need to happen for your self-image to include speaking your truth? 34:27 Hmm. So if you said that to her with your feeling involved, how would that impact you? How would that affect you?</p>

7. Coach is quiet and gives client time to think.		Yes
Competency: Powerful Questioning	8+	
1. Coach asks questions about the client; his/her way of thinking, assumptions, beliefs, values, needs, wants, etc.		8:58 [crosstalk] What stopped you? 38:07 How would you redefine nice for yourself? 43:21 I see your smile go there too. What did you gain?
2. Coach's questions help the client explore beyond his/her current thinking to new or expanded ways of thinking about himself/herself.		10:34 So what do you feel we'd need to talk about in this session for you to be able to have that strength, and courage to be able to speak up in let's say, situations to do with your daughter? 14:40 All right. And you did mention what am I losing by saying it? So I'm wondering what would you be losing if you were speaking directly? 16:12 Yeah there does seem to be some conflict between the image that you want to have, and the truth that you want to speak. At times at least. You know. What would need to happen for your self-image to include speaking your truth? 32:40 Wow, that feels so very. I mean phew, I got a different feeling when you said that. How did you feel saying that? 34:27 Hmm. So if you said that to her with your feeling involved, how would that impact you? How would that affect you? 35:32 Ironically, how would you feel if the nice and helpful person said your truth to her? 36:51 What is the quality that you would name and add to your self-image? 37:13 So if I was to ask Christine now what herself self-image is, what does it include? The expanded definition? 38:43 So if you were to have a conversation with this woman now, and you were being respectful, honest, and straightforward, how would that sound? 42+ mins And what did you lose by saying your truth, your honesty to me? 49:27 What does the confident Christine say is right, for her?
3. Coach's questions help the client explore beyond his/her current thinking to new or expanded ways of thinking about his/her situation.		28:46 And what did you really want to hear from her? 29:55 Hmm. Yeah so a lot of the qualities you're describing are about what you do, and they certainly do speak to your maybe dedication and commitment. When you're talking these are the words I get as well and, yeah. I'm wondering if there were no consequences in this moment, if you could say anything to her, what would you want to

		say?
4. Coach's questions help the client explore beyond current thinking towards the outcome s/he desires.		7:53 Well, given that you have an awareness around this, what is the ideal image or way of you being that you are striving for? And that may not be the right word either.
5. Coach asks clear, direct, primarily open-ended questions, one at a time, at a pace that allows for thinking and reflection by the client.		
6. Coach's questions use the client's language and elements of the client's learning style and frame of reference.		Yes
7. Coach's questions are not leading, i.e. do not contain a conclusion or direction.		Yes
Competency: Direct Communication	7	
1. Coach shares observations, intuitions, comments, thoughts and feelings to serve the client's learning or forward movement.		27:50 I got a sense that was disappointing for you and maybe I get even a sense of anger at her for not seeing you? Is that?
2. Coach shares observations, intuitions, comments, thoughts and feelings without any attachment to them being right.		<p>9:54 Yeah. Well again, your self-awareness is very high, and I know you've done a lot of previous work. We talked about that last time, you are very aware of conscious consciousness. And interesting as you're talking a lot of what I hear you saying so far is what I don't want. You do mingle it in with what you do want around being stronger, being more courageous. I think you mentioned courage already, that you have courage, but maybe it's also courageous as well as to just speak up and say these things? Is that resonating or not with you? [Client: Yeah yeah].</p> <p>18:14 It seems like that was very clear when you said that is that "I need to think what my intention is for speaking my honesty." What does that bring to you when I say that?</p>

		<p>21:00 Yeah and it's okay to. Again I noticed I would call it maybe overly sensitive about what you may not be doing right. So far in this conversation many times so far you've said, I don't do this, I don't, I don't, I don't. And there's nothing wrong with that. And just noticing that you're very aware of what you don't do. And uh, when I say that, what comes to mind? Anything?</p> <p>31:37 Yeah even when you're speaking then I felt some anger or, ah I even saw on your face a little bit of like a tightening of your. And I'm sure if you delivered that to her, she would possibly notice your words, and then notice your maybe the emotion, but that's not being said. I am wondering if, coz you wanted to be able to speak honestly and just say it. Is the whole honesty of what you would want to say to her? If there's more than this what you told me?</p> <p>35:50 Well, part of your self-image you told me was about being nice and being seen as being nice, and wanting people to like me. So I want to just poke a little bit here and find out if you say your truth, how does that improve or affect your image of yourself? Or maybe it doesn't?</p> <p>46:19 Interesting when you spoke just then, I think there was a difference. I sense that you were talking from I don't feel I cannot versus before I should be able to, you didn't see me, you didn't recognize me. And now you're going, I didn't, I can't, very different. Felt different. And it seemed very clear when you said that. And you seem to be lighter as I'm looking at you as well in your energy. What's your sense of what I just said there? Did you notice it?</p>
<p>3. Coach uses the client's language or language that reflects the client's way of speaking.</p>		<p>Yes</p>
<p>4. Coach's language is generally clear and concise.</p>		
<p>5. The coach allows the client to do most of the talking.</p>		<p>Yes</p>
<p>6. Coach allows the client to complete speaking without interrupting unless there is a stated coaching purpose to do so.</p>		<p>Yes</p>

<p>FACILITATING LEARNING AND RESULTS</p>		
<p>Competency: Creating Awareness</p>	<p>8</p>	
<p>1. Coach invites client to state and/or explore his/her learning in the session about her/his situation (the what).</p>		
<p>2. Coach invites client to state and/or explore his/her learning in the session about her-/himself (the who).</p>		<p>41:32 All right yeah. What have you learned about yourself in this 40 minutes or so?</p>
<p>3. Coach shares what s/he is noticing about the client and /or the client's situation, and seeks the client's input or exploration.</p>		<p>21:00 Yeah and it's okay to. Again I noticed I would call it maybe overly sensitive about what you may not be doing right. So far in this conversation many times so far you've said, I don't do this, I don't, I don't, I don't. And there's nothing wrong with that. And just noticing that you're very aware of what you don't do. And uh, when I say that, what comes to mind? Anything?</p> <p>35:50 Well, part of your self-image you told me was about being nice and being seen as being nice, and wanting people to like me. So I want to just poke a little bit here and find out if you say your truth, how does that improve or affect your image of yourself? Or maybe it doesn't?</p> <p>39:43 It felt much more clean in terms of the. When you said that I felt the first time the energy of blame. This time I felt the energy of just clarity, and straightforward, and certainly it's going, it's like okay. It was very clear, and clean and powerful. What do you want to do with that?</p> <p>42:35 Yes you can. You did. You just did with me, you demonstrated that very beautifully. And what did you lose by saying your truth, your honesty to me?</p> <p>46:19 Interesting when you spoke just then, I think there was a difference. I sense that you were talking from I don't feel I cannot versus before I should be able to, you didn't see me, you didn't recognize me. And now you're going, I didn't, I can't, very different. Felt different. And it seemed very clear when you said that. And you seem to be lighter as I'm looking at you as well in your energy. What's your sense of what I just said there? Did you notice it?</p>
<p>4. Coach invites client to</p>		

<p>consider how s/he will use new learning from the coaching.</p>		
<p>5. Coach's questions, intuitions and observations have the potential to create new learning for the client.</p>		<p>14:40 All right. And you did mention what am I losing by saying it? So I'm wondering what would you be losing if you were speaking directly? 31:37 Yeah even when you're speaking then I felt some anger or, ah I even saw on your face a little bit of like a tightening of your. And I'm sure if you delivered that to her, she would possibly notice your words, and then notice your maybe the emotion, but that's not being said. I am wondering if, coz you wanted to be able to speak honestly and just say it. Is the whole honesty of what you would want to say to her? If there's more than this what you told me? 32:53 What was different? 34:27 Hmm. So if you said that to her with your feeling involved, how would that impact you? How would that affect you? 35:32 Ironically, how would you feel if the nice and helpful person said your truth to her? 36:51 What is the quality that you would name and add to your self-image? 37:13 So if I was to ask Christine now what herself self-image is, what does it include? The expanded definition? 38:07 How would you redefine nice for yourself? 38:43 So if you were to have a conversation with this woman now, and you were being respectful, honest, and straightforward, how would that sound? 49:27 What does the confident Christine say is right, for her? 51:04 Okay. I will let you choose how you do that. I have one of the things that it's just sort of sitting with me that you said that I want to ask you about if there's anything you want to do about this. You said you wanted to possibly keep the anger within you instead of expressing it? I got a sense that once you said your truth the anger went, so I'm not sure whether it's a language thing, or whether there's something how to process your anger, that you feel before you get to the honesty and the respectful communication. I'm wondering if there's anything you want to do with that anger when you feel it?</p>
<p>Competency: Designing Actions, Planning And Goal Setting, And Managing Progress And Accountability</p>	<p>8+</p>	
<p>1. Coach invites or allows</p>		<p>33:18 Yeah and I know I said I'd check in with you on how you were</p>

<p>client to explore progress towards what s/he want to accomplish in the session.</p>	<p>feeling about speaking., what did I say? What was your words? I said speaking your truth, but just checking it. How honestly, authentically, this is what's coming to me right now. Honestly or authentically do you feel now, versus when we started this conversation. So how do you feel about where we're at right now, and exploring your, "Why don't I say what I feel?"</p> <p>53:37 [laugh] I like Mediterranean blood. I like your Mediterranean blood. All right, so it sounds like you've got some exploration around that as well. So how are you feeling now about this whole idea of wanting to be, I guess, more expressive and looking at your self-image, and where are you now versus where you started our session?</p>
<p>2. Coach assists the client to design what actions/thinking client will do after the session in order for the client to continue moving toward the client's desired outcomes.</p>	<p>44:06 Hmmm. Yeah. And it seemed to me that the qualities you brought forward where honesty, straight forward, respectful, and courage. Courage to say, to speak. [Client: Yeah]. You said you wanted opportunities to practice so to speak? Practice doing this is? Not sure what the word is now that you used?</p> <p>45:05 Who is on the other side of that hurdle that can help you practice? Or where can you practice?</p> <p>48:08 That's a really nice shift. Maybe that is you as well yeah. Well, we're coming to near to the end of our session here and I just want to check what else you want to experiment with these next few weeks before we speak again?</p> <p>49:49 Just do it. I'm mean I'm sure you'll find your way, you've got such great self-awareness. You know what you're working with. I do want to ask you about the woman though that you resent not saying you speaking your honesty to. Do you want to take that on to still speak with her or not?</p> <p>51:04 Okay. I will let you choose how you do that. I have one of the things that it's just sort of sitting with me that you said that I want to ask you about if there's anything you want to do about this. You said you wanted to possibly keep the anger within you instead of expressing it? I got a sense that once you said your truth the anger went, so I'm not sure whether it's a language thing, or whether there's something how to process your anger, that you feel before you get to the honesty and the respectful communication. I'm wondering if there's anything you want to do with that anger when you feel it?</p> <p>52:40 So do you feel like you've got a sense of something to explore there with the anger?</p>
<p>3. Coach invites or allows client to consider her/his path</p>	<p>52:45 Yeah. Do you need anything else, any resources, or support, or anything from, for that or?</p>



forward, including, as appropriate, support mechanisms, resources and potential barriers.		
4. Coach assists the client to design the best methods of accountability for her/himself.		50:56 Wonderful. Would you like me to ask you about that next time we speak, or do you just want to tell me about it or what?
5. Coach partners with the client to close the session.		54:57 What else if anything, do you want to say to complete the session?
6. Coach notices and reflects client's progress.		54:44 Hmmm. Well, I feel your energy shift, and the difference in the language you're using about yourself, yeah and it's nice to work with you today. Thank you.
Overall score for MCC	8+	ICF requires a minimum average of 8.0 to pass MCC

<p>Acknowledgements of areas of Competency Strength</p>	<p>Ten Characteristics of MCC Skill Level demonstrated: Connection, Presence, Partnering, Spaciousness, Emotional Content, the Light and the Shadow, Ignore Nothing.</p> <p>Coaching Session agreement. Coach demonstrated exploring client topic, outcome, what needed to be addressed, and measure of success such as, "10:34 So what do you feel we'd need to talk about in this session for you to be able to have that strength, and courage to be able to speak up in let's say, situations to do with your daughter?"</p> <p>Managing Session Progress. Coach checked on session progress at 33:18 and 53:37</p> <p>Coaching Presence. Active Listening. Coach demonstrated curious listening that was responsive to the Who/whole person of the client including: 1:44 Well your energy is even much different today than when I spoke to you, what I can't remember when a few weeks ago. 1:57 Yeah so something has shifted already. 20:02 [laugh] You put your hand up here. Was this a shhhh? 27:50 I got a sense that was disappointing for you and maybe I get even a sense of anger at her for not seeing you? Is that? 35:32 Ironically, how would you feel if the nice and helpful person said your</p>
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	<p>truth to her? 36:51 What is the quality that you would name and add to your self-image? 38:07 How would you redefine nice for yourself?</p> <p>Designing Actions. Coach demonstrated partnering with client to design actions including: 45:05 Who is on the other side of that hurdle that can help you practice? Or where can you practice? 48:08 That's a really nice shift. Maybe that is you as well yeah. Well, we're coming to near to the end of our session here and I just want to check what else you want to experiment with these next few weeks before we speak again? 49:49 Just do it. I'm mean I'm sure you'll find your way, you've got such great self-awareness. You know what you're working with. I do want to ask you about the woman though that you resent not saying you speaking your honesty to. Do you want to take that on to still speak with her or not? 52:40 So do you feel like you've got a sense of something to explore there with the anger?</p>
<p>Suggestions for Competency Development Upgrades</p>	<p>Direct Communication. Powerful Questioning. Simplify. Coach demonstrates offering observations, then often asking a question at the end. Ask more standalone questions.</p>
<p>Other observations and comments:</p>	