

<b>Name of Coach:</b>	Davni	<b>Name of Reviewer:</b>	Carly Anderson
<b>Name of Client &amp;/or Recording Identifier</b>	Zoe (42 minutes)	<b>Date of Review:</b>	May 2019

**Important Note:** The scoring outlined in this form 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.

Please note that evidence given by me is not exhaustive per marker/competency...which might mean this form is 2+ times longer than it is.

<b>PCC Markers</b>	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 by Carly Anderson <b>Connection</b> Presence <b>Partnering</b> Spaciousness <b>Emotional Content, the Light and the Shadow</b> Simplicity <b>Ignore Nothing</b> Trust Vulnerability <b>Expanded Learning</b>
<b>SETTING THE FOUNDATION</b>	
<b>Ethics and Standards</b>	
Did you notice any ethical issues?	No
<b>Competency: Creating the Coaching Agreement</b>	
1. Coach helps the client identify, or reconfirm, what s/he wants to accomplish in the session.	00:02 Very well thank you so much. So what would you like to talk about today? 1:58 Mm-hmm. And would it be relevant for you to address that feeling in our session? [nervousness]

	<p>2:51 Just, so just to reflect back to you know you said that you wanted to figure out a way to study effectively for the exam. Uhm that you were feeling this nervousness and you wanted to identify when that feeling comes, and how you can deal with it. Uhm you also spoke about changing your mindset and having a process to check in over the next few months, that you're on track. So lots of different aspects to the whole preparation, and I'm wondering what would be useful for you to narrow it down to for our session today?</p> <p>7:46 Right. So I just want to reflect back uhm. We started with you wanting a process for when you're feeling uhm nervous and uhm then you went on to say that there's some part of you that knows that mindfulness is a solution, but you want uhm a link so that you can understand that mindfulness is indeed a solution.</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>5:52 Uhm, a mechanism for every time you feel nervous.</p> <p>8:22 So now I'm wondering what would be a good takeaway for our session today?</p> <p>10:19 That was a confident yes, was it? Right uhm. So just to crystallize once again, you know how you will know that you have bridged that gap by the end of a session. Uhm, you said a trigger word. So the trigger word would help you bridge the gap, how?</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>5:00 Mm-hmm. And what would become available to you at the end of a session that would help you with this whole journey?</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>1:58 Mm-hmm. And would it be relevant for you to address that feeling in our session? [nervousness]</p> <p>3:54 Mm-hmm. So what is it that you want to overcome?</p>
<p>5. Coach continues conversation in direction of client's desired outcome unless client indicates otherwise.</p>	<p>22:27 Mm-hmm. Just wanted to quickly check in with you around the bridging the gap, how we're doing with it right here?</p> <p>24:17 Yeah. Yeah. I like that. There is an answer for everything. So how are we doing with the nervousness now?</p> <p>24:59 Mm-hmm. And you mentioned at the beginning that uhm you wanted to overcome something. What is that thing that you wanted to overcome? How is that feeling now?</p> <p>39:49 Mm-hmm. Right. I'm just looking back and seeing that you wanted to address this bridging the gap between mindfulness uhm, as a solution to when you feel anxious and using it to work in your favor with some trigger words. And what you've got at the end of the session to me seems like so much more than that.</p>

<b>CO-CREATING THE RELATIONSHIP</b>	
<b>Competency: Creating Trust and Intimacy</b>	
1. Coach acknowledges and respects the client's work in the coaching process.	<p>23:13 I've noticed that uhm in our sessions when you come up with a question you always find uhm, you know quite often you find the answer very effortlessly. Have you noticed that? [laugh]</p> <p>26:01 Yeah. Very nice connections there. And I'm curious as to uhm, anything else around this uhm, this mindset that you wanted to work towards. Anything else coming up for you?</p> <p>39:49 Mm-hmm. Right. I'm just looking back and seeing that you wanted to address this bridging the gap between mindfulness uhm, as a solution to when you feel anxious and using it to work in your favor with some trigger words. And what you've got at the end of the session to me seems like so much more than that.</p>
2. Coach expresses support for the client.	<p>11:30 And then it's all crystal clear, is it? [laugh]</p> <p>11:44 Well that's good. That's good. How are you feeling about the nervousness now?</p> <p>16:00 Yeah, totally understandable that both of these would trigger nervousness. It's a big challenge uhm and I always see you always have seen from the past, 'cause we've worked on this in the past that you always take on challenges. I love that about you.</p> <p>33:31 Resilience. What does it allow you to access inside you, this beautiful quality that you have?</p> <p>38:01 [laugh] Yeah. You know, it's, I noticed that it was a question about what might come in the way and just your tone of voice around addressing each of those had such calm confidence. What did you experience as you were even answering that question?</p> <p>41:16 Right. Well I'm sure it's going to work out just fine, just the way it's meant to be. It's a challenging exam and I know you never shy away from challenges. I've seen that a few in the past and uhm, just even as the challenge of this session in terms of the nervousness at the beginning, to how beautifully you sort of turned it around into this deep quiet confidence that I can sense now. It's yeah, it's all going to work in your favor, I'm so sure of that.</p>
3. Coach encourages and allows the	Yes.

client to fully express him/herself.	
<b>Competency: Coaching Presence</b>	
<p>1. Coach acts in response to both the whole person of the client and what the client wants to accomplish in the session.</p>	<p>9:07 Okay, so uhm. You know that mindfulness may be the answer and uhm, what part of you knows and what part of you maybe doesn't know?  11:44 Well that's good. That's good. How are you feeling about the nervousness now?  13:24 Yeah. What would help make it stronger for you, this bridge?  17:27 Mm-hmm. Perfect argument. Perfect argument both, for both. How much do you buy into this?  20:35 [laugh] So actually, that segues into. I'm just curious, what if you sit this exam and it doesn't go the way you want it to go?  22:07 I'm curious if this ah, you know, the what if it doesn't work. Is that linked in any way to the anxiety and the nervousness?  29:00 Yeah uhm. And knowing your personality, you, how confident do you feel about being able to set specific targets and sticking with them?  38:01 [laugh] Yeah. You know, it's, I noticed that it was a question about what might come in the way and just your tone of voice around addressing each of those had such calm confidence. What did you experience as you were even answering that question?</p>
<p>2. Coach is observant, empathetic, and responsive</p>	<p>1:18 Right. Uhm. I noticed uhm that that was already very logically put down, study effectively, change mindset and have a process. Uhm just wanted to ask this uhm nervousness that you spoke about. Is that something that you feel even now as we're talking?  6:19 Right. Uhm, I can sense that uhm, nervousness that you spoke about, it's still there. That's what I'm sensing. What do you sense now?  11:30 Okay. Yeah it does. How do you feel as you say that?  12:36 You said breathe is a good one and you came up with it real quick. Do you think that might be the answer?  13:49 And how would that sound?  16:00 Yeah, totally understandable that both of these would trigger nervousness. It's a big challenge uhm and I always see you always have seen from the past, 'cause we've worked on this in the past that you always take on challenges. I love that about you.  18:08 Uhm, well that too. That too. Uhm, and what was coming up for me is who you're being in that state of mind. Pick whatever</p>

	<p>works for you.</p> <p>23:40 I'm wondering what happens in that moment when you pose the question and then how does that posing of that question itself starts to be the beginning of the answer to it?</p> <p>26:01 Yeah. Very nice connections there. And I'm curious as to uhm, anything else around this uhm, this mindset that you wanted to work towards. Anything else coming up for you?</p> <p>30:01 Right uhm. I wanted to check that we have seemed to come up with lots of good solutions, answers to what, you know how the mind approaches this whole challenge. How are you experiencing this [crosstalk 00:30:24]-</p> <p>33:31 Resilience. What does it allow you to access inside you, this beautiful quality that you have?</p>
<p>3. Coach notices and explores energy shifts in the client.</p>	<p>21:29 Mm-hmm. There was some silence there when you were, you know when you were answering. And I'm wondering if there's anything beneath that?</p>
<p>4. Coach exhibits curiosity with the intent to learn more</p>	<p>6:45 Mm-hmm. Mm-hmm. And you spoke about bridging this piece. Uhm, you know logically what you need to do and then bridging it to something. What is this bridging?</p> <p>10:19 That was a confident yes, was it? Right uhm. So just to crystallize once again, you know how you will know that you have bridged that gap by the end of a session. Uhm, you said a trigger word. So the trigger word would help you bridge the gap, how?</p> <p>12:14 What kind of word are you looking for?</p> <p>12:48 And how is it bridging that gap for you?</p> <p>Yeah, so okay so these are the two triggers. What would you wanna do with these right now?</p> <p>19:55 Mm-hmm. Uhm, understanding the subject material. Do you enjoy that?</p> <p>40:47 [laugh] And any residue of anything that's like, that you're feeling even as you're thinking of the whole session?</p>
<p>5. Coach partners with the client by supporting the client to choose what happens in the session.</p>	<p>00:02 Very well thank you so much. So what would you like to talk about today?</p> <p>1:58 Mm-hmm. And would it be relevant for you to address that feeling in our session? [nervousness]</p> <p>2:24 So I'm noticing that we've unpacked quite a lot already in terms of this exam. Ah, lots of different aspects to the preparation and the mindset. Would there be some sequence in which you might wanna think about it for today?</p> <p>11:53 [laugh] Okay. So bridging the gap. Where should we start</p>

	<p>with that? 14:59 Mm-hmm. And you spoke earlier about what might actually trigger that nervousness. Would it be useful for you to go beneath that? 17:46 [laugh] So that state of mind you said that would help you to uhm focus on the new content and the challenge in a positive way. Uhm, would it help to build that out?</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>6:19 Right. Uhm, I can sense that uhm, nervousness that you spoke about, it's still there. That's what I'm sensing. What do you sense now? 14:14 Mm-hmm. Uhm the diversion of thought brings up to me the idea that it diverts for a bit and then does it come back or has it gone away forever? 18:08 Uhm, well that too. That too. Uhm, and what was coming up for me is who you're being in that state of mind. Pick whatever works for you. 21:29 Mm-hmm. There was some silence there when you were, you know when you were answering. And I'm wondering if there's anything beneath that? 23:13 I've noticed that uhm in our sessions when you come up with a question you always find uhm, you know quite often you find the answer very effortlessly. Have you noticed that? [laugh]</p>
<p>7. Coach partners with the client by playing back the client's expressed possibilities for the client to choose from.</p>	<p>2:51 Just, so just to reflect back to you know you said that you wanted to figure out a way to study effectively for the exam. Uhm that you were feeling this nervousness and you wanted to identify when that feeling comes, and how you can deal with it. Uhm you also spoke about changing your mindset and having a process to check in over the next few months, that you're on track. So lots of different aspects to the whole preparation, and I'm wondering what would be useful for you to narrow it down to for our session today?</p>
<p>8. Coach partners with the client by encouraging the client to formulate his or her own learning.</p>	<p>32:37 Yeah. So you know you've already taken what you've learned about yourself and applied it to the mindset that you wanted to study effectively for your exam. You've already done it. Uhm, just even that, you know, what does this tell you about how you handle nervousness in general? 33:52 Mm-hmm. And how would uhm, this great awareness that you have about yourself uhm, be put into some beautiful actionable steps towards your greater goal?</p>

<b>COMMUNICATING EFFECTIVELY</b>	
<b>Competency: Active Listening</b>	
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>5:52 Uhm, a mechanism for every time you feel nervous.</p> <p>10:19 That was a confident yes, was it? Right uhm. So just to crystallize once again, you know how you will know that you have bridged that gap by the end of a session. Uhm, you said a trigger word. So the trigger word would help you bridge the gap, how?</p> <p>13:24 Yeah. What would help make it stronger for you, this bridge?</p> <p>26:01 Yeah. Very nice connections there. And I'm curious as to uhm, anything else around this uhm, this mindset that you wanted to work towards. Anything else coming up for you?</p> <p>33:31 Resilience. What does it allow you to access inside you, this beautiful quality that you have?</p>
2. Coach inquires about or explores the client's use of language.	<p>6:45 Mm-hmm. Mm-hmm. And you spoke about bridging this piece. Uhm, you know logically what you need to do and then bridging it to something. What is this bridging?</p> <p>12:14 What kind of word are you looking for?</p>
3. Coach inquires about or explores the client's emotions.	<p>1:18 Right. Uhm. I noticed uhm that that was already very logically put down, study effectively, change mindset and have a process. Uhm just wanted to ask this uhm nervousness that you spoke about. Is that something that you feel even now as we're talking?</p> <p>6:19 Right. Uhm, I can sense that uhm, nervousness that you spoke about, it's still there. That's what I'm sensing. What do you sense now?</p> <p>11:44 Well that's good. That's good. How are you feeling about the nervousness now?</p> <p>22:07 I'm curious if this ah, you know, the what if it doesn't work. Is that linked in any way to the anxiety and the nervousness?</p> <p>24:17 Yeah. Yeah. I like that. There is an answer for everything. So how are we doing with the nervousness now?</p> <p>38:01 [laugh] Yeah. You know, it's, I noticed that it was a question about what might come in the way and just your tone of voice around addressing each of those had such calm confidence. What did you experience as you were even answering that question?</p>

<p>4. Coach inquires about or explores the client's tone of voice, pace of speech or inflection as appropriate.</p>	<p>21:29 Mm-hmm. There was some silence there when you were, you know when you were answering. And I'm wondering if there's anything beneath that?</p>
<p>5. Coach inquires about or explores the client's behaviors.</p>	<p>12:48 And how is it bridging that gap for you?            14:14 Mm-hmm. Uhm the diversion of thought brings up to me the idea that it diverts for a bit and then does it come back or has it gone away forever?            Yeah, so okay so these are the two triggers. What would you wanna do with these right now?            23:40 I'm wondering what happens in that moment when you pose the question and then how does that posing of that question itself starts to be the beginning of the answer to it?            27:00 Mm-hmm. How do you uhm, know when you're at a good pace for yourself?            28:08 Mm-hmm. And what could be a good process to check in that you've got the pace where you need it?            33:31 Resilience. What does it allow you to access inside you, this beautiful quality that you have?</p>
<p>6. Coach inquires about or explores how the client perceives his/her world.</p>	<p>9:07 Okay, so uhm. You know that mindfulness may be the answer and uhm, what part of you knows and what part of you maybe doesn't know?            17:27 Mm-hmm. Perfect argument. Perfect argument both, for both. How much do you buy into this?            20:35 [laugh] So actually, that segues into. I'm just curious, what if you sit this exam and it doesn't go the way you want it to go?            23:13 I've noticed that uhm in our sessions when you come up with a question you always find uhm, you know quite often you find the answer very effortlessly. Have you noticed that? [laugh]            36:08 Hmmm. I love that. It's a stepping stone to something better. And what might come in the way?</p>
<p>7. Coach is quiet and gives client time to think.</p>	<p>Yes. No interruptions by coach.</p>
<p><b>Competency: Powerful Questioning</b></p>	
<p>1. Coach asks questions about the client; his/her way of thinking, assumptions, beliefs, values, needs, wants, etc.</p>	<p>6:19 Right. Uhm, I can sense that uhm, nervousness that you spoke about, it's still there. That's what I'm sensing. What do you sense now?            6:45 Mm-hmm. Mm-hmm. And you spoke about bridging this piece. Uhm, you know logically what you need to do and then</p>



	<p>bridging it to something. What is this bridging?  12:14 What kind of word are you looking for?  12:36 You said breathe is a good one and you came up with it real quick. Do you think that might be the answer?  17:27 Mm-hmm. Perfect argument. Perfect argument both, for both. How much do you buy into this?  23:13 I've noticed that uhm in our sessions when you come up with a question you always find uhm, you know quite often you find the answer very effortlessly. Have you noticed that? [laugh]  36:08 Hmm. I love that. It's a stepping stone to something better. And what might come in the way?</p>
<p>2. Coach's questions help the client explore beyond his/her current thinking to new or expanded ways of thinking about himself/herself.</p>	<p>9:07 Okay, so uhm. You know that mindfulness may be the answer and uhm, what part of you knows and what part of you maybe doesn't know?  11:44 Well that's good. That's good. How are you feeling about the nervousness now?  13:24 Yeah. What would help make it stronger for you, this bridge?  14:14 Mm-hmm. Uhm the diversion of thought brings up to me the idea that it diverts for a bit and then does it come back or has it gone away forever?  Yeah, so okay so these are the two triggers. What would you wanna do with these right now?  20:35 [laugh] So actually, that segues into. I'm just curious, what if you sit this exam and it doesn't go the way you want it to go?  22:07 I'm curious if this ah, you know, the what if it doesn't work. Is that linked in any way to the anxiety and the nervousness?  23:40 I'm wondering what happens in that moment when you pose the question and then how does that posing of that question itself starts to be the beginning of the answer to it?  29:00 Yeah uhm. And knowing your personality, you, how confident do you feel about being able to set specific targets and sticking with them?  33:31 Resilience. What does it allow you to access inside you, this beautiful quality that you have?  38:01 [laugh] Yeah. You know, it's, I noticed that it was a question about what might come in the way and just your tone of voice around addressing each of those had such calm confidence. What did you experience as you were even answering that question?</p>
<p>3. Coach's questions help the client explore beyond his/her current thinking</p>	<p>19:28 Nice. It looks like a good big picture. And who are you being in that you know when you're working towards that position?</p>

to new or expanded ways of thinking about his/her situation.	
4. Coach's questions help the client explore beyond current thinking towards the outcome s/he desires.	5:00 Mm-hmm. And what would become available to you at the end of a session that would help you with this whole journey? 18:51 Mm-hmm. And how does it fit in to the bigger picture? 33:52 Mm-hmm. And how would uhm, this great awareness that you have about yourself uhm, be put into some beautiful actionable steps towards your greater goal?
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.	Yes. Example: 27:00 Mm-hmm. How do you uhm, know when you're at a good pace for yourself?
6. Coach's questions use the client's language and elements of the client's learning style and frame of reference.	Yes. One example: 22:07 I'm curious if this ah, you know, the what if it doesn't work. Is that linked in any way to the anxiety and the nervousness?
7. Coach's questions are not leading, i.e. do not contain a conclusion or direction.	Yes
<b>Competency: Direct Communication</b>	
1. Coach shares observations, intuitions, comments, thoughts and feelings to serve the client's learning or forward movement.	16:00 Yeah, totally understandable that both of these would trigger nervousness. It's a big challenge uhm and I always see you always have seen from the past, 'cause we've worked on this in the past that you always take on challenges. I love that about you. 18:08 Uhm, well that too. That too. Uhm, and what was coming up for me is who you're being in that state of mind. Pick whatever works for you.
2. Coach shares observations, intuitions, comments, thoughts and feelings without any attachment to them being right.	6:19 Right. Uhm, I can sense that uhm, nervousness that you spoke about, it's still there. That's what I'm sensing. What do you sense now? 12:36 You said breathe is a good one and you came up with it real quick. Do you think that might be the answer? 14:14 Mm-hmm. Uhm the diversion of thought brings up to me the idea that it diverts for a bit and then does it come back or has it gone away forever? 17:27 Mm-hmm. Perfect argument. Perfect argument both, for both. How much do you buy into this? 21:29 Mm-hmm. There was some silence there when you were, you know when you were answering. And I'm wondering if

	<p>there's anything beneath that? 22:07 I'm curious if this ah, you know, the what if it doesn't work. Is that linked in any way to the anxiety and the nervousness? 23:13 I've noticed that uhm in our sessions when you come up with a question you always find uhm, you know quite often you find the answer very effortlessly. Have you noticed that? [laugh]</p>
3. Coach uses the client's language or language that reflects the client's way of speaking.	Yes. Example: 28:08 Mm-hmm. And what could be a good process to check in that you've got the pace where you need it?
4. Coach's language is generally clear and concise.	Yes
5. The coach allows the client to do most of the talking.	Yes
6. Coach allows the client to complete speaking without interrupting unless there is a stated coaching purpose to do so.	Yes. No interruptions by coach.
<b>FACILITATING LEARNING AND RESULTS</b>	
<b>Competency: Creating Awareness</b>	
1. Coach invites client to state and/or explore his/her learning in the session about her/his situation (the what).	39:08 Yeah. Anything else coming up for you these very powerful insights and reflections and commitment?
2. Coach invites client to state and/or explore his/her learning in the session about her-/himself (the who).	31:11 Right. And uhm, what have you uhm, learned about yourself in this conversation we've had today?
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>6:19 Right. Uhm, I can sense that uhm, nervousness that you spoke about, it's still there. That's what I'm sensing. What do you sense now? 12:36 You said breathe is a good one and you came up with it real quick. Do you think that might be the answer? 14:14 Mm-hmm. Uhm the diversion of thought brings up to me the idea that it diverts for a bit and then does it come back or has it gone away forever? 22:07 I'm curious if this ah, you know, the what if it doesn't work. Is that linked in any way to the anxiety and the nervousness? 23:13 I've noticed that uhm in our sessions when you come up</p>

	with a question you always find uhm, you know quite often you find the answer very effortlessly. Have you noticed that? [laugh]
4. Coach invites client to consider how s/he will use new learning from the coaching.	32:37 Yeah. So you know you've already taken what you've learned about yourself and applied it to the mindset that you wanted to study effectively for your exam. You've already done it. Uhm, just even that, you know, what does this tell you about how you handle nervousness in general? 33:52 Mm-hmm. And how would uhm, this great awareness that you have about yourself uhm, be put into some beautiful actionable steps towards your greater goal?
5. Coach's questions, intuitions and observations have the potential to create new learning for the client.	9:07 Okay, so uhm. You know that mindfulness may be the answer and uhm, what part of you knows and what part of you maybe doesn't know? 13:24 Yeah. What would help make it stronger for you, this bridge? 17:27 Mm-hmm. Perfect argument. Perfect argument both, for both. How much do you buy into this? 23:40 I'm wondering what happens in that moment when you pose the question and then how does that posing of that question itself starts to be the beginning of the answer to it? 27:00 Mm-hmm. How do you uhm, know when you're at a good pace for yourself? 33:31 Resilience. What does it allow you to access inside you, this beautiful quality that you have? 38:01 [laugh] Yeah. You know, it's, I noticed that it was a question about what might come in the way and just your tone of voice around addressing each of those had such calm confidence. What did you experience as you were even answering that question?
<b>Competency: Designing Actions, Planning And Goal Setting, And Managing Progress And Accountability</b>	
1. Coach invites or allows client to explore progress towards what s/he want to accomplish in the session.	22:27 Mm-hmm. Just wanted to quickly check in with you around the bridging the gap, how we're doing with it right here? 24:17 Yeah. Yeah. I like that. There is an answer for everything. So how are we doing with the nervousness now? 24:59 Mm-hmm. And you mentioned at the beginning that uhm you wanted to overcome something. What is that thing that you wanted to overcome? How is that feeling now?

<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>Yeah, so okay so these are the two triggers. What would you wanna do with these right now?            28:08 Mm-hmm. And what could be a good process to check in that you've got the pace where you need it?            29:00 Yeah uhm. And knowing your personality, you, how confident do you feel about being able to set specific targets and sticking with them?            35:15 Mm-hmm. Yeah. And would you like to commit yourself to anything as a result of all this?</p>
<p>3. Coach invites or allows client to consider her/his path forward, including, as appropriate, support mechanisms, resources and potential barriers.</p>	<p>36:08 Hmmm. I love that. It's a stepping stone to something better. And what might come in the way?            38:46 Wow. And who could help you and support you in this process?</p>
<p>4. Coach assists the client to design the best methods of accountability for her/himself.</p>	
<p>5. Coach partners with the client to close the session.</p>	<p>41:53 And anything else that you might need from our session today?</p>
<p>6. Coach notices and reflects client’s progress.</p>	<p>39:49 Mm-hmm. Right. I'm just looking back and seeing that you wanted to address this bridging the gap between mindfulness uhm, as a solution to when you feel anxious and using it to work in your favor with some trigger words. And what you've got at the end of the session to me seems like so much more than that.</p>

<p>Acknowledgements of areas of Competency Strength</p>	<p><b>Coaching Session Agreement, all markers.</b>            Coach significantly explored the client topic, outcome, measure of success, what was ‘underneath’ that needed to be addressed, and importance to client. All markers in this competency were strongly demonstrated. A few examples:            1:58 Mm-hmm. And would it be relevant for you to address that feeling in our session? [nervousness]            3:54 Mm-hmm. So what is it that you want to overcome?            5:00 Mm-hmm. And what would become available to you at the end of a session that would help you with this whole journey?            8:22 So now I'm wondering what would be a good takeaway for our session today?</p>
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**Coaching Presence.**

Coach significantly partnered with the client throughout the session on how to proceed, and what to explore next. Refer to marker 5, 7.

Some examples:

2:24 So I'm noticing that we've unpacked quite a lot already in terms of this exam. Ah, lots of different aspects to the preparation and the mindset. Would there be some sequence in which you might wanna think about it for today?

11:53 [laugh] Okay. So bridging the gap. Where should we start with that?

14:59 Mm-hmm. And you spoke earlier about what might actually trigger that nervousness. Would it be useful for you to go beneath that?

17:46 [laugh] So that state of mind you said that would help you to uhm focus on the new content and the challenge in a positive way. Uhm, would it help to build that out?

**Active Listening, marker 3.**

Coach inquired into the 'Who' or mindset of the client, also into emotional content including:

6:19 Right. Uhm, I can sense that uhm, nervousness that you spoke about, it's still there. That's what I'm sensing. What do you sense now?

11:44 Well that's good. That's good. How are you feeling about the nervousness now?

22:07 I'm curious if this ah, you know, the what if it doesn't work. Is that linked in any way to the anxiety and the nervousness?

38:01 [laugh] Yeah. You know, it's, I noticed that it was a question about what might come in the way and just your tone of voice around addressing each of those had such calm confidence. What did you experience as you were even answering that question?

**Powerful Questioning.**

Coach asked succinct questions that were open-ended, allowing for client to discover answers for herself about her inner thinking and feeling. Coach asked 'beyond' or future oriented questions (marker 2, 3, 4) that required deeper reflection by the client. This supported other competencies including Coaching Presence, Active Listening, Creating Awareness, marker 5.

Some examples:

9:07 Okay, so uhm. You know that mindfulness may be the answer and uhm, what part of you knows and what part of you maybe doesn't know?

13:24 Yeah. What would help make it stronger for you, this bridge?

Yeah, so okay so these are the two triggers. What would you wanna do with these right now?

22:07 I'm curious if this ah, you know, the what if it doesn't work. Is that



	<p>linked in any way to the anxiety and the nervousness?          23:40 I'm wondering what happens in that moment when you pose the question and then how does that posing of that question itself starts to be the beginning of the answer to it?</p>
<p>Suggestions for Competency Development Upgrades</p>	<p><b>Coaching Presence.</b>          At times, coach sounded tentative or conscious of self/performance. Continue to trust your great questions, and your observations. Remain fully curious about the client. As you do, perhaps words will flow easier and sound more confident.</p> <p><b>Direct Communication.</b>          Continue to speak as succinctly and simply as possible when reflecting, making comments, and structuring questions. Continue to reduce or eliminate standard coaching phrases, such as, "I'm curious about..."</p>
<p>Other observations and comments:</p>	<p>This is high PCC skill level and moving into some MCC skill.</p>