

	Updated Core Competencies (8 total)		Current Core Competencies (11 total)
1	Demonstrates Ethical Practice	1	Meeting Ethical Guidelines and Professional Standards
2	Embodies a Coaching Mindset		(no equivalent competency, but has been part of Coaching Presence)
3	Establishes and Maintains Agreements	2	Establishing the Coaching Agreement
4	Cultivates Trust & Safety	3	Establishing Trust and Intimacy with the Client
5	Maintains Presence	4	Coaching Presence
6	Listens Actively	5	Active Listening
7	Evokes Awareness	6	Powerful Questioning
7	Evokes Awareness	7	Direct Communication
7	Evokes Awareness	8	Creating Awareness
8	Facilitates Client Growth	9	Designing Actions
8	Facilitates Client Growth	10	Planning and Goal Setting
8	Facilitates Client Growth	11	Managing Progress and Accountability