

## Antener Life Coach Training / Antener Life Coach Képzés

### Organization details

<b>Name</b>	Antener Kft. /Antener Ltd.
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### Organization Description:

Antener Ltd. provides coach-training and train-the-trainer programs besides soft skill development programmes for businesses and coaches. We offer a blend of online and in-person programs to develop coaching skills. In our coach-training program, coaching skills we teach are tied to the ICF core competencies.

### Teaching hours

Total hours	Core Competencies	Resource Development
100	77+3	20

Course	Modules	Hours	CC	RD
Course 1: Coaching Foundations	Module 1: Foundations of Coaching	7.5	7	0,5
	Module 2: Coach identity, self-awareness	7.5	4.75	2.75
	Module 3: Standards in coaching (ICF Core Competencies, Code of Ethics, Intake Session, Coaching Agreement)	7.5	6.5	1
	Module 4: The coaching process 1.	7.5	6.25	1.25
	Module 5: The coaching process 2. – part 1.	7.25	6.5	0.75
	Module 6: The coaching process 2. – part 2.	7.25	6.5	0.75
	Module 7: Professional Questioning	7.5	6	1.5
	Module 8: Empathy, Active Listening	7.5	5.5	2
Course 2: Tools and Topic	Module 9: Creative Coaching Tools	7.5	5.75	1.75
	Module 10: Coaching Topics: Assertivity, Conflict Resolution	7.5	6	1.5
	Module 11: Coaching Topics: Time-Management, Work-Life Balance	7.5	7	0.5
Course 3: Business Development	Module 12: Self-branding	7.5	2.25	5.25
Course 4: Observed coaching practice	Module 13: Observed Coaching Practice	7.5	7	0.5
	Recorded coaching practice (observed) – asynchron.		3	

**Program Requirements:**

Students must attend the synchronous activities as scheduled within the course and complete all the observed coaching practices (5). These measure attainment of competencies in the learning objectives of the course and provide evidence of completion of all course activities and resources. Students must achieve competency as outlined in performance evaluation criteria supplied.

**Specific Criteria:**

1. Attendance at minimum 80% of all synchronous activities. In case of absence (max. 20%) students must complete the missing tasks at their own responsibility.
2. Completion of tasks and activities.
3. Successfully complete the 3 recorded observed coaching practice as instructed. (in line with the ICF Core Competencies)
4. Successfully complete 2 other observed coaching practice throughout the program (in line with the ICF Core Competencies)

**Attendance:**

Attendance is monitored as follows:

Students must be signed off by the coach lecturer at face to face sessions and must sign the attendance sheet. If the modules are conducted by attending virtual classroom (e.g. Zoom), they must sign the attendance sheet electronically.

Student completion of the 3 recorded observed coaching practice (asynchronous learning) must be uploaded to the Student Management System (e.g. Google Classroom) with the transcript and their feedback form if required.

**Program Delivery Method:** Face-to face or through virtual classroom platform (e.g. Zoom) plus 3 hours asynchronous learning (recorded observed coaching practice. Students will work with a client/clients, to establish a coaching partnership with a strong coaching agreement and a clear coaching plan outlining focus areas including goals, behaviours and skills to be focused on in the coaching partnership. Students will record a minimum of three coaching sessions to submit for performance evaluation. Students will also receive a written debrief of observations based on the ICF Competencies appear at ACC level.

**Program Language:** The training program will be delivered in English or in Hungarian.

**Target Audience:** The Life Coaching program is for those who want to stand out, master their coaching skills and work towards their ICF credentials.

**PROGRAM MATERIALS**

<b>Student Handout</b>	<b>Powerpoints</b>	<b>Work Book with Tools and Case Studies</b>
<b>Yes</b>	<b>Yes</b>	<b>Yes</b>

## Website Information

Title of the program	<b>Antener Life Coach Training / Antener Life Coach Képzés</b>
General program vision and goals	The aim of Life Coaching certificate program is to provide a deep and advanced integration of coaching skills to enable coaches to stand out, master their coaching skills and work their ICF ACC credentials.
List of classes/modules/parts	Full schedule supplied
Number of student contact hours included in program	97 Hours of Live Student Contact 3 Hours of asynchronous learning (recorded coaching session)  TOTAL 100 HOURS
Learning Objectives	<ul style="list-style-type: none"> <li>• Demonstrate flexibility and creativity in coaching a variety of clients</li> <li>• Define coaching mindset</li> <li>• Creating opportunities for ongoing learning, and awareness to empower clients towards agreed-upon coaching goals</li> <li>• Identify key characteristics of effective coaching relationships</li> <li>• Discuss how coaching can complement other helping/consulting professions</li> <li>• Demonstrate partnering to achieve successful coaching outcomes</li> <li>• Demonstrate an understanding of the ICF credentialing pathway and its benefits to coaches</li> <li>• Identify the skill distinctions that exist at each ICF credential level</li> <li>• Develop coaching skills to progress along credential pathway</li> <li>• Demonstrate an understanding of the ICF Core Competencies</li> <li>• Identify areas for personal coaching growth to align with PCC markers</li> <li>• Demonstrate evidence of ACC level coaching</li> <li>• Experiment with different coaching techniques</li> <li>• Observe coaching and provide feedback aligned with ICF Core Competencies on ACC level</li> <li>• Enhance coach-client connection through active listening</li> <li>• Define the role of emotion in coaching</li> <li>• Develop confidence in working with client emotions</li> <li>• Practice and experiment with working with client emotions</li> </ul>
Coaching philosophy/model/approach	Integrated philosophy. Models mainly GROW and SPARKLE Approaches: Gestalt, SF, Provocative
Listing of lead instructors	Timea PIROSKA ACC Dr. Bernadett BALAJTHY, ACC Dorottya MÉZES-LENDVAI, ACC Brigitta BENKŐ, PCC
Dates and locations of when and where the program is to be delivered	Schedule outlined on the website

Language	English/Hungarian
How the program is delivered	Face-to-face or Virtual classroom (e.g. Zoom)
Intended participants	The Life Coaching program is for those who want to stand out, master their coaching skills and work towards their ICF credentials.
Requirements students must meet to enter the program	No requirements
Policies on payment of tuition and fees	Fully outlined (website)
Policies on withdrawals and refunds	Fully outlined (website)

**ACSTH Program Course Schedule**

Key Topics	Alignment of ICF Core Competencies	Content	CC and RD
<p><b>COURSE 1 - FOUNDATION OF COACHING</b></p> <p><b>Module 1: Coaching foundations</b></p>	<p><b>A. Foundation</b></p> <ol style="list-style-type: none"> <li>1. Demonstrates Ethical Practice (2)</li> <li>2. Embodies a Coaching Mindset (1.5 CC)</li> </ol> <p><b>B. Co-Creating the Relationship</b></p> <ol style="list-style-type: none"> <li>3. Establishes and Maintains Agreements (0.5)</li> <li>4. Cultivates Trust and Safety (0.25)</li> <li>5. Maintains Presence (0.25)</li> </ol> <p><b>C. Communicating Effectively</b></p> <ol style="list-style-type: none"> <li>6. Listens Actively (2)</li> <li>7. Evokes Awareness (0.25)</li> </ol> <p><b>D. Cultivating Learning and Growth</b></p> <ol style="list-style-type: none"> <li>8. Facilitates Client Growth (0.25)</li> </ol>	<p><b>Introductory session</b>            Overview of the program            Expectations of students and faculty            Establishing and exploring students' goals</p> <p><b>Defining coaching</b>            What is coaching?            What is NOT coaching            Definition of coaching            Distinction between coaching and training/therapy/friendly conversation/counselling</p> <p><b>When is coaching successful?</b></p> <p><b>Types of coaching</b></p> <p><b>A brief history of coaching</b></p> <p><b>Who can be a coach?</b>            The coach/coachee relationship            Getting Comfortable With Not Knowing            Self-Reflection</p> <p><b>Observed coaching session</b></p> <p><b>Introduction Goal setting and measuring progress</b>            Individual outcomes            Accountability from within            Self-accountability &amp; commitment</p>	<p><b>Total: 7.5</b></p> <p><b>CC: 7.0</b> <b>RD: 0.5</b></p>
<p><b>COURSE 1 - FOUNDATION OF COACHING</b></p> <p><b>Module 2: Coach identity, self-awareness</b></p>	<p><b>A. Foundation</b></p> <ol style="list-style-type: none"> <li>1. Demonstrates Ethical Practice (0.25)</li> <li>2. Embodies a Coaching Mindset (1.75)</li> </ol> <p><b>B. Co-Creating the Relationship</b></p> <ol style="list-style-type: none"> <li>3. Establishes and Maintains Agreements (0.75)</li> <li>4. Cultivates Trust and Safety (0.5)</li> <li>5. Maintains</li> </ol>	<p><b>The skills and mindset of a coach</b>            The necessary mind-set of a successful coach            The necessary skill-set of a successful coach.            Evaluate your coaching skills – Self-assessment.</p> <p><b>TA101</b>            Identifying Ego States – Parent, Adult and Child            Analysing transactions            The Egogram            Drivers – bringing compulsive behaviours under conscious control</p>	<p><b>Total: 7.5</b></p> <p><b>CC: 4.75</b> <b>RD: 2.75</b></p>

	<p style="text-align: center;">Presence (0.5)</p> <p><b>C. Communicating Effectively</b></p> <p>6. Listens Actively (0.25)</p> <p>7. Evokes Awareness (1)</p> <p><b>D. Cultivating Learning and Growth</b></p> <p>8. Facilitates Client Growth (0.25)</p>		
<p><b>COURSE 1 - FOUNDATION OF COACHING</b></p> <p><b>Module 3: Standards in coaching (ICF Core Competencies, Code of Ethics, Intake Session, Coaching Agreement)</b></p>	<p><b>A. Foundation</b></p> <p>1. Demonstrates Ethical Practice (2)</p> <p>2. Embodies a Coaching Mindset (1 CC)</p> <p><b>B. Co-Creating the Relationship</b></p> <p>3. Establishes and Maintains Agreements (1)</p> <p>4. Cultivates Trust and Safety (0.75)</p> <p>5. Maintains Presence (0.5)</p> <p><b>C. Communicating Effectively</b></p> <p>6. Listens Actively (0.5)</p> <p>7. Evokes Awareness (0.5)</p> <p><b>D. Cultivating Learning and Growth</b></p> <p>8. Facilitates Client Growth (0.25)</p>	<p><b>Observed Coaching session</b></p> <p>The 'incompetent coach'</p> <p><b>ICF Competencies</b></p> <p><b>Code of Ethics</b></p> <p>Explain Professional Standards related to professional scope of practice and coaching practice. Concepts and problems.</p> <p><b>Case Studies</b></p> <p><b>How can we handle the Ethical dilemmas?</b></p> <p><b>What is the general purpose of coaching?</b></p> <p><b>Initial coaching meeting</b></p> <p>What happens before the coaching process starts?</p> <p>Exploring the agenda of the coachee</p> <p><b>First contact</b></p> <p>When the coachee approaches the coach (intake session)</p> <p><b>Observed Coaching Session /fishbowl/</b></p> <p><b>Responsibilities of the Coach and the Client during the Coaching Process</b></p> <p><b>Coaching Practice : the Intake session</b></p>	<p><b>Total: 7.5</b></p> <p><b>CC: 6.5</b></p> <p><b>RD: 1</b></p>

<p><b>COURSE 1 - FOUNDATION OF COACHING</b></p> <p><b>Module 4: The Coaching Process 1.</b></p>	<p><b>A. Foundation</b></p> <ol style="list-style-type: none"> <li>1. Demonstrates Ethical Practice (0.25)</li> <li>2. Embodies a Coaching Mindset (1 CC)</li> </ol> <p><b>B. Co-Creating the Relationship</b></p> <ol style="list-style-type: none"> <li>3. Establishes and Maintains Agreements (0.75)</li> <li>4. Cultivates Trust and Safety (0.75)</li> <li>5. Maintains Presence (0.5)</li> </ol> <p><b>C. Communicating Effectively</b></p> <ol style="list-style-type: none"> <li>6. Listens Actively (1)</li> <li>7. Evokes Awareness (1)</li> </ol> <p><b>D. Cultivating Learning and Growth</b></p> <ol style="list-style-type: none"> <li>8. Facilitates Client Growth (0.75)</li> </ol>	<p><b>The Coaching Agreement</b></p> <p><b>The coaching process</b></p> <p><b>Coaching process models</b></p> <p><b>Introductory coaching exercise (a Gestalt approach)</b></p> <p><b>Coaching demo – an observation of ICF Core Competencies in action</b></p> <p><b>(Self) coaching tools in action</b></p>	<p><b>Total: 7.5</b></p> <p><b>CC: 6.25</b></p> <p><b>RD: 1.25</b></p>
<p><b>COURSE 1 - FOUNDATION OF COACHING</b></p> <p><b>Module 5: The Coaching Process 2 - Part 1.</b></p>	<p><b>A. Foundation</b></p> <ol style="list-style-type: none"> <li>1. Demonstrates Ethical Practice (0.25)</li> <li>2. Embodies a Coaching Mindset (1 CC)</li> </ol> <p><b>B. Co-Creating the Relationship</b></p> <ol style="list-style-type: none"> <li>3. Establishes and Maintains Agreements (0.75)</li> <li>4. Cultivates Trust and Safety (0.75)</li> <li>5. Maintains Presence (0.75)</li> </ol> <p><b>C. Communicating Effectively</b></p> <ol style="list-style-type: none"> <li>6. Listens Actively (1)</li> <li>7. Evokes</li> </ol>	<p><b>GROW in action</b></p> <p><b>Tools for Goals and Reality</b></p> <p><b>Observed coaching practice for Goals and Reality phases</b></p> <p><b>An introductory supervision</b></p> <p><b>Customer resistance</b></p>	<p><b>Total: 7.25</b></p> <p><b>CC: 6.5</b></p> <p><b>RD: 0.75</b></p>

	<p style="text-align: center;">Awareness (1)</p> <p><b>D. Cultivating Learning and Growth</b></p> <p>8. Facilitates Client Growth (0.75)</p>		
<p><b>COURSE 1 - FOUNDATION OF COACHING</b></p> <p><b>Module 6: The Coaching Process 2 - Part 2.</b></p>	<p><b>A. Foundation</b></p> <ol style="list-style-type: none"> <li>1. Demonstrates Ethical Practice (0.25)</li> <li>2. Embodies a Coaching Mindset (1 CC)</li> </ol> <p><b>B. Co-Creating the Relationship</b></p> <ol style="list-style-type: none"> <li>3. Establishes and Maintains Agreements (0.75)</li> <li>4. Cultivates Trust and Safety (0.75)</li> <li>5. Maintains Presence (0.75)</li> </ol> <p><b>C. Communicating Effectively</b></p> <ol style="list-style-type: none"> <li>6. Listens Actively (1)</li> <li>7. Evokes Awareness (1)</li> </ol> <p><b>D. Cultivating Learning and Growth</b></p> <p>8. Facilitates Client Growth (0.75)</p>	<p><b>GROW in action 2.</b></p> <p><b>Tools for Opportunities and Way Forward</b></p> <p><b>Observed coaching practice for Opportunities and Way forward phases</b></p> <p><b>An introductory supervision</b></p> <p>Wrap-up session</p>	<p><b>Total: 7.25</b></p> <p><b>CC: 6.5</b></p> <p><b>RD: 0.75</b></p>
<p><b>COURSE 1 - FOUNDATION OF COACHING</b></p> <p><b>Module 7: Professional Questioning</b></p>	<p><b>A. Foundation</b></p> <ol style="list-style-type: none"> <li>1. Demonstrates Ethical Practice (0.25)</li> <li>2. Embodies a Coaching Mindset (1 CC)</li> </ol> <p><b>B. Co-Creating the Relationship</b></p> <ol style="list-style-type: none"> <li>3. Establishes and Maintains Agreements (0.75)</li> <li>4. Cultivates Trust and Safety (0.75)</li> <li>5. Maintains Presence (0.75)</li> </ol> <p><b>C. Communicating Effectively</b></p>	<p>Introduction of Professional Questioning</p> <p><b>Brainstorming and Presentation</b></p> <p>Types of Questions</p> <p><b>Practice in Peers</b></p> <p>What makes a question powerful?</p> <p>What mistakes can we make?</p> <p><b>Observed Coaching Demonstration /fishbowl/</b></p> <p>Why avoid the 'WHY'?</p> <p><b>Case Study 1.</b></p> <p>If you were the coach what would you ask?</p>	<p><b>Total: 7.5</b></p> <p><b>CC: 6.</b></p> <p><b>RD: 1.5</b></p>



	<p>6. Listens Actively (1) 7. Evokes Awareness (1) <b>D. Cultivating Learning and Growth</b> 8. Facilitates Client Growth (0.75)</p>	<p>When and how do we construct questions? <b>Case Study 2.</b> Group work with SPARKLE model Crafting powerful questions  <b>Specific questions</b> Explore Inner and external resources Against Generalisation and Cognitive Disortions How to use Miracle Question? Personalisation <b>Coaching Practice</b> : Powerful questions in action <b>Special situations: Difficult answers</b> How can we react as a coach?</p>	
<p><b>COURSE 1 - FOUNDATION OF COACHING</b>  <b>Module 8: Empathy, Active Listening</b></p>	<p><b>A. Foundation</b> 1. Demonstrates Ethical Practice (0.25) 2. Embodies a Coaching Mindset (0.5 CC) <b>B. Co-Creating the Relationship</b> 3. Establishes and Maintains Agreements (0.25) 4. Cultivates Trust and Safety (0.5) 5. Maintains Presence (1) <b>C. Communicating Effectively</b> 6. Listens Actively (2) 7. Evokes Awareness (0.75) <b>D. Cultivating Learning and Growth</b></p>	<p><b>Practice</b> :Mirroring exercise What is empathy? <b>Emotions</b> The power of Emotional Agility /Susan Davis/ Hierarchy of needs /Abraham Maslow/ and the connection of the needs and emotions <b>Emotion/Interpretation</b> Practice and Brainstorming Get to know the Bodily Map of emotion and the study of PNAS <b>Conversation exercise</b> Discussion <b>Active Listening</b> Tools of Active Listening The ICF core competency of active</p>	<p><b>Total: 7.5</b> <b>CC: 5.5</b> <b>RD: 2</b></p>

	<p>8. Facilitates Client Growth (0.25)</p>	<p>listening defined</p> <p>What are we listening for?</p> <p>7 Key Active Listening Skills</p> <p>How to listen Better?</p> <p>Why Body Language is so important?</p> <p><b>Coaching practice</b> :Active listening in action</p> <p><b>Group Work</b></p> <p><b>The Roadblocks to Communication</b></p> <p><b>Observed Coaching Demonstration/Fishbowl/</b></p> <p>The 'incompetent coach is back.</p> <p><b>Coaching practice</b> : 'Empathy Lab'</p>	
<p><b>COURSE 2 : TOPICS AND TOOLS</b></p> <p><b>Module 9: Creative coaching tools</b></p>	<p><b>A. Foundation</b></p> <p>1. Demonstrates Ethical Practice (0.25)</p> <p>2. Embodies a Coaching Mindset (0.25 CC)</p> <p><b>B. Co-Creating the Relationship</b></p> <p>3. Establishes and Maintains Agreements (0.25)</p> <p>4. Cultivates Trust and Safety (0.5)</p> <p>5. Maintains Presence (0.25)</p> <p><b>C. Communicating Effectively</b></p> <p>6. Listens Actively (0.25)</p> <p>7. Evokes Awareness (3)</p> <p><b>D. Cultivating Learning and Growth</b></p> <p>8. Facilitates Client Growth (1)</p>	<p>The use of creative techniques in coaching: "thinking out of the box"</p> <p>The power of Divergent Thinking</p> <p><b>Tools of association</b></p> <p><b>Observed Coaching Demonstrations /Fishbowl/</b></p> <p><b>Storytelling</b></p> <p><b>Creative writing</b></p> <p><b>Coaching practice:</b> Tools in action</p> <p><b>Creative Coaching Tools for problem solving</b></p> <p><b>Ikigai</b></p> <p>Coaching practice in peers</p> <p>Mind Map</p> <p>Practice in peers</p>	<p><b>Total: 7.5</b></p> <p><b>CC: 5.75</b></p> <p><b>RD: 1.75</b></p>
<p><b>COURSE 2 : TOPICS AND TOOLS</b></p>	<p><b>A. Foundation</b></p> <p>1. Demonstrates</p>	<p><b>Coaching practice in peers</b></p>	<p><b>Total: 7.5</b></p> <p><b>CC: 6.</b></p>

<p><b>Module 10: Coaching Topics 1: Assertivity, Conflict Resolution,</b></p>	<p>Ethical Practice (0.5)</p> <p>2. Embodies a Coaching Mindset (1 CC)</p> <p><b>B. Co-Creating the Relationship</b></p> <p>3. Establishes and Maintains Agreements (1)</p> <p>4. Cultivates Trust and Safety (1)</p> <p>5. Maintains Presence (1)</p> <p><b>C. Communicating Effectively</b></p> <p>6. Listens Actively (0.5)</p> <p>7. Evokes Awareness (0.5)</p> <p><b>D. Cultivating Learning and Growth</b></p> <p>8. Facilitates Client Growth (0.5)</p>	<p>Recall a different situation or a conflict.</p> <p><b>What is Assertiveness?</b></p> <p>What is the difference between the Aggressive, Passive and Assertive Communication?</p> <p>Causes and Consequences</p> <p>Behavioural Dance Steps and Brainstorming</p> <p><b>Life postitions</b></p> <p><b>Observed Coaching practice /fishbowl/</b></p> <p><b>Assertive topics and Gradual task increase</b></p> <p><b>Coaching Practice: Conflicts in our life</b></p> <p><b>The Thomas-Kilmann model</b></p> <p><b>Observed Coaching Demonstration /Fishbowl/</b></p> <p><b>Situational practice and role play</b></p>	<p><b>RD: 1.5</b></p>
<p><b>COURSE 2 : TOPICS AND TOOLS</b></p> <p><b>Module 11:Coaching Topics 2: Time Management, Work-Life Balance</b></p>	<p><b>A. Foundation</b></p> <p>1. Demonstrates Ethical Practice (0.25)</p> <p>2. Embodies a Coaching Mindset (0.5 CC)</p> <p><b>B. Co-Creating the Relationship</b></p> <p>3. Establishes and Maintains Agreements (0.5)</p> <p>4. Cultivates Trust and Safety (0.5)</p> <p>5. Maintains Presence (0.75)</p> <p><b>C. Communicating Effectively</b></p> <p>6. Listens Actively (0.5)</p> <p>7. Evokes Awareness (2)</p> <p><b>D. Cultivating Learning and Growth</b></p>	<p style="text-align: center;"><b>Coaching practice: time</b></p> <p style="text-align: center;"><b>Time Management</b></p> <p><b>Time Robbers</b></p> <p><b>Observed Coaching demonstrations /fishbowl/</b></p> <p><b>Procrastinating</b></p> <p><b>Coaching practice:</b> How to use Eisenhower matrix in action.</p> <p><b>Work-Life Balance</b></p> <p><b>Observed Coaching practice /fishbowl/</b> Use Old house-New house in action</p> <p><b>Career</b></p>	<p><b>Total: 7.5</b></p> <p><b>CC: 7</b></p> <p><b>RD: 0.5</b></p>

	<p>8. Facilitates Client Growth (2)</p>		
<p><b>M12: Coaching Business: Self-branding;</b></p>	<p><b>A. Foundation</b></p> <ol style="list-style-type: none"> <li>1. Demonstrates Ethical Practice (0.0)</li> <li>2. Embodies a Coaching Mindset (0 CC)</li> </ol> <p><b>B. Co-Creating the Relationship</b></p> <ol style="list-style-type: none"> <li>3. Establishes and Maintains Agreements (0)</li> <li>4. Cultivates Trust and Safety (0)</li> <li>5. Maintains Presence (0)</li> </ol> <p><b>C. Communicating Effectively</b></p> <ol style="list-style-type: none"> <li>6. Listens Actively (0.25)</li> <li>7. Evokes Awareness (1)</li> </ol> <p><b>D. Cultivating Learning and Growth</b></p> <ol style="list-style-type: none"> <li>8. Facilitates Client Growth (1)</li> </ol>	<p>Perspectives about self-branding and marketing</p> <ul style="list-style-type: none"> <li>• An 8-step action plan</li> <li>• Coaching practice: self-awareness</li> <li>• Coaching practice: mission The 8-step action plan in action</li> </ul> <p>ICF credentialing Continuous learning through ICF</p>	<p><b>Total: 7.5</b></p> <p><b>CC: 2.25</b> <b>RD: 5.25</b></p>
<p><b>M13: Observed Coaching Practice</b></p>	<p><b>A. Foundation</b></p> <ol style="list-style-type: none"> <li>1. Demonstrates Ethical Practice (0.5)</li> <li>2. Embodies a Coaching Mindset (1)</li> </ol> <p><b>B. Co-Creating the Relationship</b></p> <ol style="list-style-type: none"> <li>3. Establishes and Maintains Agreements (1)</li> <li>4. Cultivates Trust and Safety (1)</li> <li>5. Maintains Presence (1)</li> </ol> <p><b>C. Communicating Effectively</b></p> <ol style="list-style-type: none"> <li>6. Listens Actively (1)</li> <li>7. Evokes Awareness (1)</li> </ol> <p><b>D. Cultivating Learning and Growth</b></p> <ol style="list-style-type: none"> <li>8. Facilitates Client Growth (0.5)</li> </ol>	<p><b>Observed Coaching Practices</b></p>	<p><b>Total: 7.5</b></p> <p><b>CC: 7</b> <b>RD: 0.5</b></p>