



CLCI Mentor Coaching Individual Session Homework

This homework is designed to maximize the effectiveness of your mentor coaching session and is required when submitting a recorded session. By reviewing your recording, you'll help your mentor focus on coachable moments, and you'll take ownership of identifying key skills that contribute to a passing session.

Steps:

1. Select a recorded coaching session that you would like feedback on and best represents your skills.
2. Starting from Sub-competency 3.1, review your session and cite 2 short, verbatim examples with timestamps that demonstrate how you met each competency.
3. If you do not observe an example for a competency, write "Not Observed."
4. After completing the review, note your strengths and areas for improvement based on what you observed.

This process keeps you accountable in assessing your progress and identifying what makes for a passing recording, while also ensuring mentor time is spent on enhancing key skills.

This form-fillable PDF will be submitted at the same time as your recording.

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Audio Submission Feedback Form
Name of Student & # Audio**



NAME:	
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DATE:	NOTES:
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ICF Competency 1: Demonstrates Ethical Practice

1. Demonstrates personal integrity and honesty in interactions with clients, sponsors and relevant stakeholders.	2. Is sensitive to clients' identity, environment, experiences, values, and beliefs.
3. Uses language appropriate and respectful to clients, sponsors and relevant stakeholders.	4. Abides by the ICF Code of Ethics and upholds the Core Values.
5. Maintains confidentiality with client information per stakeholder agreements and pertinent laws.	6. Maintains the distinctions between coaching, consulting, psychotherapy and other support professions.
7. Refers clients to other support professionals, as appropriate.	

ICF Competency 2: Embodies a Coaching Mindset

1. Acknowledges that clients are responsible for their own choices.	2. Engages in ongoing learning and development as a coach.
3. Develops an ongoing reflective practice to enhance one's coaching.	4. Remains aware of and open to the influence of context and culture on self and others.
5. Uses awareness of self and one's intuition to benefit clients.	6. Develops and maintains the ability to regulate one's emotions.
7. Mentally and emotionally prepares for sessions.	8. Seeks help from outside sources when necessary

ICF Competency 3: Establishes and Maintains Agreements

3.1 Coach invites the client to identify their desired coaching outcome	
3.2 Coach and client reach an agreement on what the client wants to accomplish in the session	
3.3 Coach shows curiosity about the client and how the client relates to what they want to accomplish	
3.4 Coach attends to the agenda set by the client throughout the session, unless the client indicates otherwise.	

ICF Competency 4: Cultivates Trust and Safety

4.1 Coach acknowledges client insights and learning in the moment.	
4.2 Coach explores the client's expression of feelings, perceptions, concerns, beliefs, or suggestions.	

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4.3 Coach expresses support and concern for the client, which may focus on the client's context, problem or situation, rather than the client holistically.	
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ICF Competency 5: Maintains Presence

5.1 Coach is curious throughout the session.	
5.2 Coach acknowledges situations that the client presents.	
5.3 Coach allows the client to direct the conversation at least some of the time.	

ICF Competency 6: Listens Actively

6.1 Coach uses summarizing or paraphrasing to make sure they understood the client correctly	
6.2 Coach makes observations that support the client in creating new associations	
6.3 Coach co-creates a shared vision with the client	

ICF Competency 7: Evokes Awareness

7.1 Coach acknowledges the client's new awareness, learning, and movement toward the desired outcome	
7.2 Coach supports the client in viewing the situation from new or different perspectives	
7.3 Coach inquires about or explores the client's ideas, beliefs, thinking, emotions and behaviors in relation to the desired outcome	

ICF Competency 8: Facilitates Client Growth

8.1 Coach partners with the client to create or confirm specific action plans translating awareness into action	
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8.2 Coach asks questions to support the client into action	
8.3 Coach supports the client to close the session	

Strengths	
Feedback	
Areas for Development	
Feedback	