

## Sample Co-Active Coaching Skills List

Accountability	Holding the client's agenda
Acknowledgment	Holding the focus
Articulating what's going on	Inquiry
Asking permission	Intruding/taking charge
Bottom-lining	Intuiting
Brainstorming	Listening
Challenging	Metaphor
Championing	Meta-view
Clarifying	Powerful questions
Clearing	Reframing
Confidentiality	Requesting
Creating trust	Self-management
Dancing in the moment	Structures
Forwarding the action	Visioning
Goal setting and planning	