Sample Co-Active Coaching Skills List

Accountability Acknowledgment

Articulating what's going on

Asking permission

Bottom-lining Brainstorming Challenging Championing

Clarifying

Clearing Confidentiality Creating trust

Dancing in the moment Forwarding the action

Goal setting and planning

Holding the client's agenda

Holding the focus

Inquiry

Intruding/taking charge

Intuiting Listening Metaphor Meta-view

Powerful questions

Reframing Requesting Self-management

Structures Visioning

Co-Active Coaching (3rd ed.) © 2011 by Henry Kimsey-House, Karen Kimsey-House and Phillip Sandahl. Permission is hereby granted to reproduce this page for client use. Duplication for any other use, including resale, is a violation of copyright law.