

Visible Co-active® Coaching Skills

The list that follows is a sampling of some of the many skills and competencies in a Co-Active®

Coach's tool kit. A definition of these skills and others can be found in the Glossary of the Co-Active® Coaching book or in the interactive glossary on the Fundamentals Blended Learning web page.

- Accountability
- Acknowledgment
- Articulate What is Going On
- Asking Permission
- Bottom-Lining
- Challenging
- Championing
- Dance in the Moment
- Enrollment
- Hold the Client's Agenda
- Holding the Focus
- Inquiry
- Intrude
- Intuition (Blurting)
- Metaphor
- Meta-view
- Powerful Questions
- Reframing
- Requesting
- Take Charge