# Competency Practice Grid



The list that follows is a sampling of some of the many skills and competencies in a Coactive Coach’s tool kit. Some competencies may develop quickly for you and some may require more practice. Pick a new competency each day and try it out with colleagues, clients and friends and notice the impact on you and them. If you wish, you can rate your current level of competency with each skill as low, medium and high to help you focus on the skills that need more practice.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Skill** | | **Rating** | | | **Impact** |
| L | M | H |
|  | Accountability |  |  |  |  |
|  | Acknowledgment |  |  |  |  |
|  | Articulate What is Going On |  |  |  |  |
|  | Asking Permission |  |  |  |  |
|  | Bottom-Lining |  |  |  |  |
|  | Challenging |  |  |  |  |
|  | Championing |  |  |  |  |
|  | Dance in This Moment |  |  |  |  |
|  | Hold the Client’s Agenda |  |  |  |  |
|  | Holding the Focus |  |  |  |  |
|  | Inquiry |  |  |  |  |
|  | Intrude |  |  |  |  |
|  | Intuition (Blurting) |  |  |  |  |
|  | Metaphor |  |  |  |  |
|  | Meta-view |  |  |  |  |
|  | Powerful Questions |  |  |  |  |
|  | Reframing |  |  |  |  |
|  | Requesting |  |  |  |  |
|  | Take Charge |  |  |  |  |