

# 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 This Moment
* Hold the Client’s Agenda
* Holding the Focus
* Inquiry
* Intrude
* Intuition (Blurting)
* Metaphor
* Meta-view
* Powerful Questions
* Reframing
* Requesting
* Take Charge