

Business Purpose: To ensure high self awareness of coaches.



Developing as a coach takes time and involves a process of practice, feedback and reflection. Here's a *coaching qualities* audit to help you decide whether you've got what it takes and what you may want to develop:

qualities	low		ok		high
	1	2	3	4	5
Care					
Patience					
Respect for self and others					
Resilience					
Adaptability of style to suit the coachee					
Respectful attitude					
Empathy					
Trust					
Integrity					
Optimism					
Belief in people					
Honesty					
Affirming vocabulary					
Non-judgmental attitude					
Curiosity					
Reflective practitioner					
Fairness					
Assertive					
Focused					

- What evidence have you got for rating yourself the way you have?
- Would others agree with you?
- What examples can you think of to illustrate how you demonstrate these qualities?