4 Foundational Tasks / Skills

1. Collaboration *(to work with another person or group in order to achieve or do something)*

*Design**

What gets designed (i.e. confidentiality)

*Listening**

*Powerful Questions**

*Curiosity**

*Action**

Accountability (to life)*

Efficacy (the power to produce a desired result or effect)

Environment

2. Self-Management

Non Directive

Non Coercive

Priming

*Language Use**

*Transparency (within the context of self-management)**

Ethics

Coaches' inner responses

Triggering

Compassion (sympathetic consciousness of others' distress together with a desire to alleviate it)

3. Transparency

Humanness

Peerness

Courage

4. Ethics

Responsibility

Best practice

Supervision

* Denotes specific skill within overall task