

## **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