Coaching Reflection

Hanim El-Zeftawy

Instructor:

Course:

Date:

The definition by ICF was used as a key foundation for coaching. They have defined coaching to be a partnering process with clients through a process that is creative and thought based. The idea is to simply inspire people to maximize on the personal and professional competencies. I believe that these competencies are vital when it comes to the implementation of good training process and each existing group is capable of surviving through substantially developing processes (Payne 2017. 18-23). These groupings plus competencies are not put under any weight and equally do not in any way present a priority means of coaching worth of demonstration.

The eleven competencies are vital when it comes to training because it prepares an individual and a team for the final product. It is essential for the people to always understand how coaching works and equally improve on their general conduct. Coaching normally involves preparedness with the aim of strategically being a key force worth of associating with. The major product that is targeted at all these stages is for the coach to impart new knowledge to learners. Patience has also been advocated through all the eleven competencies with there being an automatic plan to improve on the abilities and skills of individuals.

For most people, it is more valuable to create a decent relationship while coaching because it creates a personal touch with the people being coached. In the long run, the idea is to ensure that there is a continued desire to improve the students (Payne 23-34). A coach’s plan is to ensure that he creates a very good connection between himself and the employees and also continues to improve a standard mode of understanding that can make it possible to continue the growth pattern into the future.

Reference List

Anon, 2020. *The Gold Standard in Coaching: ICF - Core Competencies*. [online] International Coach Federation. Available at: <https://coachfederation.org/core-competencies> [Accessed 17 Mar. 2020].

Payne, K., 2017. Coaching Competencies Deconstructed.