

The ICF current listing of the 8 core competencies represent a re-arranging or repackaging of the original 11 core competencies. Nothing has been left out of current trainings due the elimination of 3 core competencies. Listed below you'll find where the original competencies are most closely aligned with the current 8 core competencies.

## PRE-2021 CORE COMPETENCIES

1. Meeting Ethical Guidelines and Professional Standards (#1)
2. Establishing the Coaching Agreement (#3)
3. Establishing Trust and Intimacy with the Client (moved to #4)
4. Coaching Presence (moved to #5)
5. Active Listening (moved to #6)
6. Powerful Questioning (moved to #7)
7. Direct Communication (moved to #7)
8. Creating Awareness (moved to #7)
9. Designing Actions (moved to #8)
10. Planning and Goal Setting (moved to #8)
11. Managing Progress and Accountability (moved to #8)

## NEW CORE COMPETENCIES (2021)

1. Demonstrate ethical practice
2. Embody a Coaching Mindset
3. Establish and Maintain Agreements
4. Cultivate Trust and Safety
5. Maintain Presence
6. Listen Actively
7. Evoke Awareness
8. Facilitate Client Growth

