

Core Competencies Evaluation

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Meeting ethical guidelines and professional standards is one of my strengths that I ascertained from the business world. Working and running a business requires ethical and professional standards to always remain at an all-time high. This along with the convictions of being a follower of Christ helps me to hold these same truths in every area of my life.

Establishing the coaching agreement will be strengthened by my ability to always be organized and to have a plan. I document everything in to always have a paper trail and to have a written mode of operation that will not be deviated from.

When establishing trust and intimacy with the client I can rest on one of my strongest assets and that is my ability to build rapport with strangers and familiar people alike.

Being present in the coaching process requires commitment. Once I am committed to anything I am engaged until the end. Once I commit to coaching a client I will intentionally be present mind, body, and spirit.

Active listening is a lot more difficult than it appears to be. My strength when listening I have learned to tune everything else out and focus on the nucleus of my conversation.

Asking the right questions are important to bringing all the right things to the surface that your client needs to effectively move them in the right direction. I know how to ask the hard questions that many will feel uncomfortable with asking.

Direct communication is the only way I communicate. Many today can only communicate through text or through e-mail but I insist on talking and most likely face to face.

Creating awareness can be rather difficult. These are moments where I thrive on letting you know your successes but also identifying yield signs that could develop into stop signs if issues are not made aware.

Designing actions again pushes me back to my strength of creating a plan for everything. Actions requires movement and movements needs planning if success is inevitable.

Planning and goal setting ties into my last competency. I am a documenter and hold myself to anything I create. I would not expect anything less from a coaching client.

Managing progress and accountability is strengthened by my ability set and follow up weekly meetings, calls, or in person meetings to go over what was developed in the last meeting. I am a stickler for homework assignments. This forces the other person to critically think while matriculating through assignments.

