

Coaching Behaviour Framework

Engaging the Inactive

Personal



	Attributes	Knowledge	Behaviours
We're looking for someone who is...	They are...	They need to...	We're looking for them to...
Capacity for Learning	Proactive Interested	have awareness of areas for improvement	be open to new things, want to improve and make time to learn
Coaching Values	Sincere Honest	have an awareness how and when they can add to the experience for an individual	apply their values in a timely manner to enhance the experience for the participant
Creativity	Can-Do Open Minded	have experience of success and failure linked to taking decisions	be confident in their practice, not afraid of trying something new and be creative in problem solving
Emotional Intelligence	Conscientious Settled	understand how individual mind-set can influence experiences for other people taking part	stop external factors from effecting their ability to deliver a positive experience for the participants
Growth Mind-set	Self-Critical Realistic	awareness of limitations of self in relation to potential requirements of individual or group	recognise and ask when support is required
Identity	Confident Strong	understand what they offer as an asset within the role they play	project their identity consistently through the sessions they deliver
Responsible	Reflective Progressive	understand the importance of reviewing own practice	be receptive to feedback and makes time to reflect upon own practice
Self Awareness	Self Aware Reflective	understand their own motivations for coaching	identify their changing motivations and address accordingly without influencing/ biasing participants



Voice of the Participant

My Coach...

“is always learning”

“always tries something new”

“practices what they preach”

“is consistent”

“strives to make thing better”

“always ask for feedback”

“is always welcoming and smiley”

“knows what they stand for”

