



Sacred Depths Certification

Coaching Session Self Assessment

Please use this assessment as a guiding tool to (1) prepare before you begin the 30-minute call you are submitting for certification, and (2) to assess if the call included the six key competencies after you've completed the session.

This will help you to ensure you have demonstrated the key competencies needed to qualify for certification. Please note that you do not need to do every single thing listed for each core competency, but rather be mindful of **demonstrating key skills from each core competency category**.

Please note that this Self Assessment is not required as a submission with your certification materials at the end of the program -- it is only meant to be used as a helpful tool for you.

Before: How do I plan on incorporating these core competencies into the call?

After: How did incorporate these core competencies into the call?

- ☐ Holding a Strong Container
 - ☐ Getting Clear on Intentions
 - ☐ Integrating & Getting Clear on Takeaways
 - ☐ Keeping with Time
 - ☐ Guiding the Call & Keeping the Client on Track

- ☐ Energetics and Rapport
 - ☐ Equal Playing Field

- ☐ Being Fully Present
- ☐ Holding Space for Emotion
- ☐ Connecting Deeply with the Client

- ☐ Deep Listening Skills
 - ☐ Listening for the WHAT and the WHO
 - ☐ Listening to Your client and Listening to Yourself
 - ☐ Being Curious
 - ☐ Checking Your Filters and Privileges
 - ☐ Tracking the Threads the Client Shares

- ☐ Breakthrough Questioning Skills
 - ☐ Not Relying on Consulting
 - ☐ Asking (mostly) Open-Ended Questions
 - ☐ Using Client's Language and New Language
 - ☐ Activating the Power of Choice
 - ☐ Keeping questions brief when possible
 - ☐ Asking questions that activate the emotional, spiritual and body levels of learning & processing, not only the cognitive level.

- ☐ Creating Awareness Skills
 - ☐ Reflecting Hard Truths
 - ☐ Mirroring
 - ☐ Honoring What Is
 - ☐ Celebrating
 - ☐ Personal Story & Anecdote
 - ☐ Facting

- ☐ Visioning & Strategizing Skills
 - ☐ Holding space for client to uncover aligned visions or solutions
 - ☐ Holding space for client to create a do-able inner or outer plan of action & possibly a more detailed schedule, plan or blueprint
 - ☐ Assigning Homework
 - ☐ Setting Up Accountability Points