

Coaching Skills/Competencies Covered During the Group Coaching Certificate Program (GCCP)

Category I: Building Trust, Rapport, and Intimacy, and Creating Coaching Presence

- Building Rapport, Trust, and Intimacy; and Creating Coaching Presence

Category II: Enhancing Communication Skills

- Body Language
- Active Listening
- Open Questioning
- Reflecting
- Affirming
- Summarizing
- Refocusing and Reframing
- Sharing Knowledge and Information
- Powerful Questioning

Category III: Applying Skills Specific to Groups

- Providing Context and Managing Expectations
- Encouraging Engagement and Group Participation
- Managing Challenging Participant Behaviors
- Modulating Group Energy and Emotions

Category IV: Cultivating Self-Management Skills

- Goal Setting
- Self-Monitoring
- Problem-Solving
- Positive Thinking

Category V: Propelling Health Behavior Change

- Increasing Motivation
- Building Confidence
- Enhancing Commitment
- Enhancing Social Support
- Advancing Stage of Change
- Managing Progress