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## Coaching Skills

In each Profession there are specific skills that the field identify and use for competency assessment and for setting the standard within the field.

The following are the Coaching skills identified by the MCF, distinct and apart from skills of other professional modalities (such as training, mentoring, consulting, counselling). It is competency within these following Coaching skills that distinguishes a professional Coach.

The MCF has identified 29 Coaching specific skills,

7 Essential or Core Skills

9 Change Skills

13 Critical Skills

Following are the competency benchmarks for each of these skills. Competency ranges from 0 level of competency (no level of skill) to a level 5 (mastery of the skill). Level 3 or higher demonstrates competency in increasing degrees.