



SUSTAIN COACHING PRESENCE

ICA COMPETENCY NO. 5
INTERNATIONAL COACHING ALLIANCE
VERSION 21.2+



DEFINITION OF THE COMPETENCY

The coach remains fully present, emotionally available, attentive, and flexible in the moment of interaction. They are able to navigate uncertainty, shift direction within the session, and sustain a deep coaching presence in alignment with the client's evolving needs.

PURPOSE OF THE CHARTER

This competency outlines the coach's ability to be entirely engaged and present throughout the coaching session—not distracted by personal thoughts or technique—but instead cultivating a space of real-time dialogue, where the client feels seen, heard, accepted, and supported.

CORE PROFESSIONAL PRINCIPLES OF ICA

1. Total Presence

The coach is fully focused on the client—verbally, nonverbally, emotionally, and mentally. Presence is expressed through intentional attention that is free from judgment, assumptions, or pre-set expectations.

2. Process Flexibility

The coach is able to adjust their pace, style, and direction of the session in response to the client's current state, rather than adhering rigidly to a predefined plan.

3. Stability in Uncertainty

The coach is comfortable working in situations of ambiguity, not-knowing, or the absence of clear answers—remaining in the space of exploration without rushing to resolution.

4. Emotional Sensitivity and Depth

The coach is capable of being present with the client even during intense emotional states or complex experiences, without turning away, intervening prematurely, or trying to "fix" the situation.

5. Spontaneity and Authenticity

The coach allows space for authentic and responsive communication, avoiding mechanical behavior or scripted technique, and instead meeting the client with real-time awareness.

6. Minimization of Internal Interference

The coach is able to manage their internal state to prevent personal thoughts, fears, or experiences from influencing the client. This maintains professional neutrality and a clear coaching environment.



COACH'S DECLARATION

By signing this document, the coach affirms:

- An understanding of deep presence as a foundational condition for coaching effectiveness
- A readiness to be fully engaged and consciously present in every client interaction
- A professional commitment to sustaining openness, adaptability, and grounded awareness throughout each session

Note:

This document is a required component of the accreditation process under the International Coaching Alliance. The coach's signature confirms adherence to the professional standards of presence outlined in Competency No. 5 and will be included in their official accreditation file. Accreditation cannot be granted without this signed document.

Date: _____

Coach's Full Name: _____

Signature: _____

ICA Accreditation ID (if applicable): _____
