



INTEGRATE EMOTIONAL INTELLIGENCE

ICA COMPETENCY NO. 10
INTERNATIONAL COACHING ALLIANCE
VERSION 21.2+



DEFINITION OF THE COMPETENCY

The coach is able to recognize, regulate, and integrate emotional processes within the client interaction. They remain emotionally present, stable, and open—even in challenging situations—and help clients cultivate their own emotional intelligence as a foundation for self-awareness, self-regulation, and interpersonal effectiveness.

PURPOSE OF THE CHARTER

This competency defines the coach's capacity to engage consciously and respectfully with emotional dynamics. The coach does not avoid emotions but incorporates them as part of meaningful transformation, supporting the client in experiencing, accepting, and integrating their emotional landscape, thereby fostering psychological maturity.

CORE PROFESSIONAL PRINCIPLES OF ICA

1. Emotional Self-Awareness

The coach demonstrates the ability to recognize their own emotional responses during client interactions without allowing them to interfere with the client's process.

2. Regulation of Emotional States

The coach maintains emotional balance and presence, even during emotionally intense moments, practicing self-regulation as a professional standard.

3. Respect for the Client's Emotions

The coach welcomes all emotional expressions from the client without judgment, suppression, or avoidance, creating a space of psychological safety and empathy.

4. Recognition of Deep Emotional Dynamics

The coach attunes to subtle emotional cues, shifts in energy, nonverbal signals, and deeper emotional undercurrents present in the session.

5. Development of the Client's Emotional Literacy

The coach supports the client in understanding, expressing, regulating, and integrating emotions as an essential part of growth and decision-making.

6. Mature Empathy and Flexibility

The coach applies empathy not as a technique but as a grounded presence—respecting the client's boundaries, individuality, and contextual needs.



COACH'S DECLARATION

By signing this document, the coach affirms:

- An understanding of emotional intelligence as a core aspect of professional competency
- A commitment to ongoing development of personal emotional maturity and self-regulation
- A professional obligation to cultivate emotionally safe, empathetic, and attuned environments for every client interaction

Note:

This document is a mandatory component of the ICA accreditation dossier. The coach's signature confirms their alignment with Competency N° 10 and is required for the completion of the accreditation process.

Date: _____

Coach's Full Name: _____

Signature: _____

ICA Accreditation ID (if applicable): _____
