



International Coach Federation - Orange County Chapter
MENTORING PROGRAM Application for Mentees

I. Background Information – (Please Print clearly)

NAME _____

ADDRESS _____

PHONE _____ FAX _____

E-MAIL ADDRESS _____

Name of your Company: _____

Internal Coach _____ External Coach _____

Years of experience: _____

Currently in a coaching program? _____ Which program? _____

Certifications: _____

ICF Certification? _____

Married: _____ Divorced _____ Single _____

of Children _____ Ages _____

Best time to meet with your mentor? morning _____ afternoon _____

Evening _____ Weekends _____ (choose as many as apply)

PLEASE ATTACH YOUR BIO TO THIS APPLICATION WHEN SENDING

Mentee: Give us some background on your coaching and experience

The following eleven core competencies were developed to support greater understanding about the skills and approaches used within today’s coaching profession as defined by ICF. They also support you in calibrating the level of alignment between the coach-specific training expected and the training you have experienced.

Please indicate which of these competencies you would like to learn from your mentor

A. SETTING THE FOUNDATION

- 1. MEETING ETHICAL GUIDELINES AND PROFESSIONAL STANDARDS _____
- 2. ESTABLISHING THE COACHING AGREEMENT _____

B. CO-CREATING THE RELATIONSHIP

- 3. ESTABLISHING TRUST AND INTIMACY WITH THE CLIENT _____
- 4. COACHING PRESENCE _____

C. COMMUNICATING EFFECTIVELY

- 5. ACTIVE LISTENING _____
- 6. POWERFUL QUESTIONING _____
- 7. DIRECT COMMUNICATION _____

D. FACILITATING LEARNING AND RESULTS

- 8. CREATING AWARENESS _____
- 9. DESIGNING ACTIONS _____
- 10. PLANNING AND GOAL SETTING _____
- 11. MANAGING PROGRESS AND ACCOUNTABILITY _____

II. Knowledge and Skills you would like to learn from your Mentor

Place an X by the practice skills that you like to learn from your Mentor

<u>SKILL</u>	<u>PRIORITIES</u>		
	<u>High</u>	<u>Medium</u>	<u>Low</u>
a) Practice startup	_____	_____	_____
b) Public Speaking	_____	_____	_____
c) Business planning	_____	_____	_____
d) Goal Setting	_____	_____	_____
e) Prioritizing	_____	_____	_____
f) Time Management	_____	_____	_____

- g) Balancing Life _____
- h) Pricing strategy _____
- i) Starting up practice _____
- j) Other _____

PLEASE RETURN THIS QUESTIONNAIRE TO:
Frumi Rachel Barr
ceocoach@frumi.com
Or fax it to 949/729-1579

Email any questions to ceocoach@frumi.com