



# COACHING EXERCISE #1

## My Coaching Ethical Standards

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What ethical standards do you use with your clients? Below is a checklist you can use ensuring them.

- Do I collaboratively create negotiated agreements with my clients?
- Do I adhere to the ethical guidelines of my relative coaching practice (e.g. *APA Ethical Principles and Code of Conduct* or *International Federation of Coaches (ICF) ethical guidelines*)?
- Do I take reasonable precautions have been taken to protect against third party disclosure except when required by law or preservation of safety and life?
- Do I clearly understand and accurately represent to others my level of professional experience, training, competence and knowledge?
- Do I maintain and represent clearly and accurately distinctions between my work and those of others?
- Do I take responsibility for clarifying confidentiality with my clients?
- Do I keep myself informed of new technologies, legal requirements and standards relative to my profession?
- Do I develop and enhance my professional knowledge and competence?
- Do I recognize my limits as people and professionals and either renew/extend our resources or appropriately refer our clients to others who we believe possess them?
- Do I monitor the quality of my work and seek ongoing feedback from clients and support from colleagues and other professionals?
- Do I keep written notes of my coaching meetings summarizes my impressions and activities?