

Trust Building Checklist ✓

This checklist can be used by student-coaches to self-assess their trust-building skills after a session.

Trust-Building Checklist for Student-Coaches

(Aligned with ICF Competency 4 – Cultivates Trust and Safety)

Foundational Trust (Psychological Safety & Respect)

- ☐ Do I create a safe and judgment-free space for my client?
- ☐ Have I demonstrated genuine warmth and openness in my interactions?
- ☐ Have I clearly communicated and upheld confidentiality agreements?

Rational Trust (Competence & Professionalism)

- ☐ Am I actively listening and responding to my client's needs?
- ☐ Do I follow through on my commitments and maintain consistency?
- ☐ Have I upheld ethical standards and demonstrated professionalism?

Transformational Trust (Deep Connection & Empowerment)

- ☐ Does my client feel comfortable exploring vulnerabilities with me?
- ☐ Have I held space for deep reflection and supported my client's self-discovery?
- ☐ Have I respectfully challenged the client's perspectives to encourage growth?