

# Useful Coaching Behaviors

- **Empathic**
  - Building rapport
  - Identifying feelings
  
- **Supportive**
  - Acknowledge problems, concerns and feelings
  - Accepting differences of opinion
  - Showing understanding
  - Committing support
  - Expressing trust
  
- **Exploring**
  - Asking open questions
  - Reflecting
  - Sharing
  - Probing
  
- **Closing**
  - Summarizing
  - Concluding
  - Contracting for follow-up and help

