

## **Coaching to support young people's progress (3 days)**

**Tuesday 28<sup>th</sup> & Wednesday 29<sup>th</sup> October**

**Wednesday 25<sup>th</sup> November**  
**9.30am – 4.30pm, Friends House**

**Target group:** Experienced Personal Advisers, IYSS & TYS practitioners who want to add coaching methodologies and skills to their existing range of approaches to supporting young people's progress.

**About Coaching:** Coaching is a powerful and effective way of helping individuals embrace change, anticipate positive outcomes for themselves, broaden their experience and develop new skills. It is not a therapy, but focuses on empowering an individual to develop positive self belief and a willingness to move forward.

**Course Aims:** To provide an in depth range of coaching skills and methodologies enabling participants to choose which tools work best for them.

### **Learning Objectives:**

- To increase understanding of the concepts and practice of 'authenticity' and 'positive thinking' as the basis of good coaching techniques
- To increase effectiveness in assisting clients to meet and move beyond challenges and barriers to their progress and make positive change
- To increase confidence in practicing coaching techniques through opportunities to undertake co-coaching with a colleague during and between sessions

**Course methodology:** The course will be delivered by a qualified and experienced coach practitioner and trainer who has delivered coaching to head teachers, extended services co-ordinators and others. The initial two days will deliver coaching skills and methodologies and set up the co-coaching relationships. The third day four weeks later will revisit the tools, answer queries, hear client case histories, introduce some further tools and review co-coaching relationships. (It is expected that participants will meet their co-coach once or twice between days 2 and 3.) A pack of coaching materials will be provided and email support from trainer between sessions to clarify issues or seek advice will be available. Course content will include:

- Techniques for setting boundaries and working more effectively
- Developing personal motivation and Motivational techniques for clients
- Understanding the change process and managing resistance to change
- Transforming ambivalence
- Combining coaching with advice and guidance
- Managing client workload and working to targets