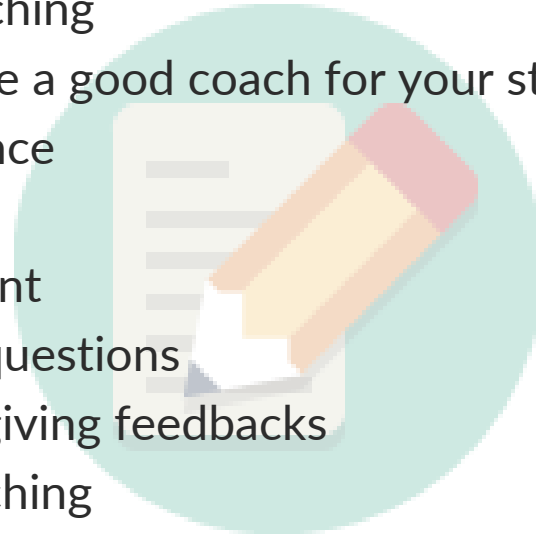

Introduction to coaching skills

Susanna Esposito – ELA trainer

Topics of the week

1. Introduction to coaching
2. Important skills to be a good coach for your students:
 - Emotional intelligence
 - Leadership
 - Conflict management
3. The importance of questions
4. The importance of giving feedbacks
5. Solution-based coaching
6. Practical tools in coaching





<https://www.youtube.com/watch?v=Esh75mbmucY>



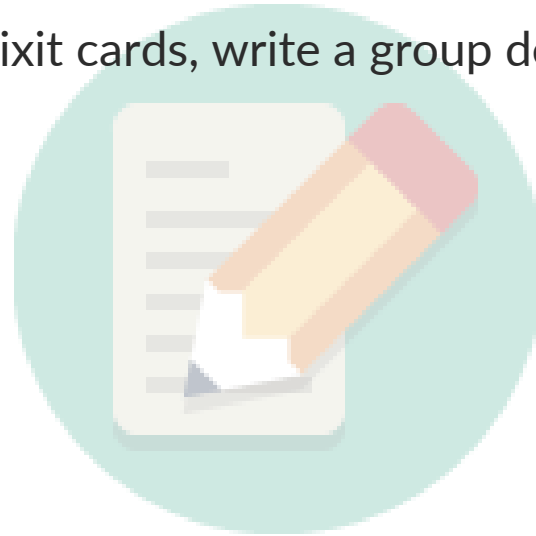
What is coaching?

Let's do a Visual Brainstorming!

- Choose a ***Dixit Card*** that represents what Coaching looks like for you.
- Explain why you choose that Card writing **3 words** to describe your idea of coaching.

Group definition

- Starting from the Dixit cards, write a group definition of “Coaching”



Not a unique definition

- A form of development in which a person called a coach supports a learner or client (the coachee) in achieving a specific personal or professional goal by providing training and guidance (Passmore, Jonathan)
- Helping them learn rather than teaching them (Gallway)
- Unlocking a person's potential to maximize their own performance (Whitmore)

The essence of coaching is:

- To help a person change in the way they wish and helping them go in the direction they want to go.
- Coaching supports a person at every level in becoming who they want to be.
- Coaching builds **awareness**, empowers **choice** and leads to **change**.

Teaching vs Coaching



Differences with teaching

- The emphasis is less on imparting information and more on the coach asking questions to help the coachees raise their own awareness, take responsibility, think through options and decide upon their own course of action
- Coaching is a means of personal development just as teaching and training are, it is fundamentally different from training because the answers come from the coachee rather than the coach

Your current practices... and challenges

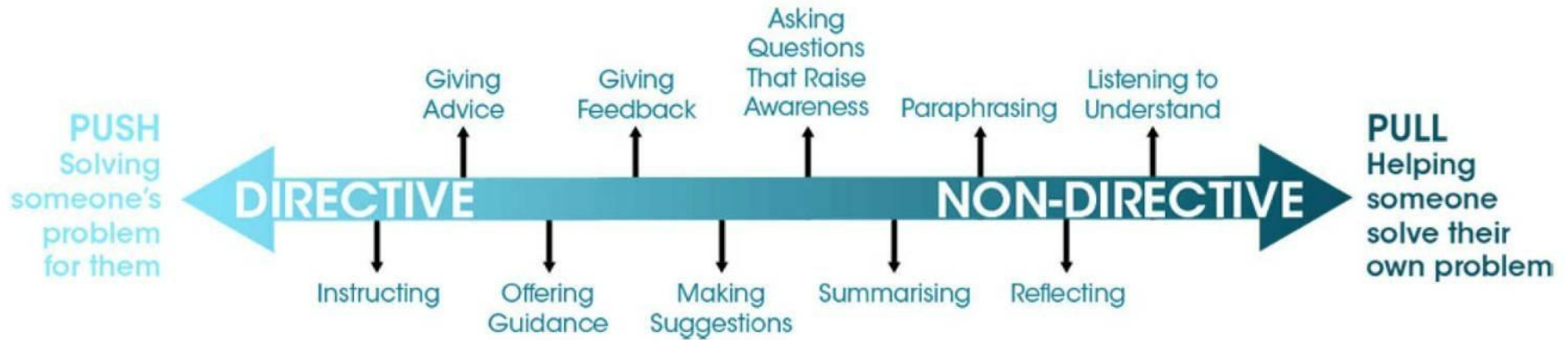
- How we work with the students?
- How we support them to develop their emotional intelligence?
- How we coach them?
- Which are our main challenges?



Why is coaching an important tool for teachers?

1. It fosters non-directive communication with students and colleagues
2. It helps to find a common language with students
3. It helps to find the students' internal motivation to study
4. It helps to formulate the student's learning goals
5. It helps to build relationships based on support and trust
6. It helps to understand the reasons of student's procrastination and laziness

Directive VS Non Directive communication



Introducing the Optimism Journal

WHAT?

- A daily journal where we write all the positive things that happened to us that day
- That we can read when the pessimism is about to take on us

WHY?

- It reminds and encourages
- It makes it more likely that you'll be aware of the importance of gratitude and express gratitude more frequently
- Some things you might be grateful for are: Your health, Your friends, Your children, Your relationship, Your skills and talents, Your home, Your job, Your life itself