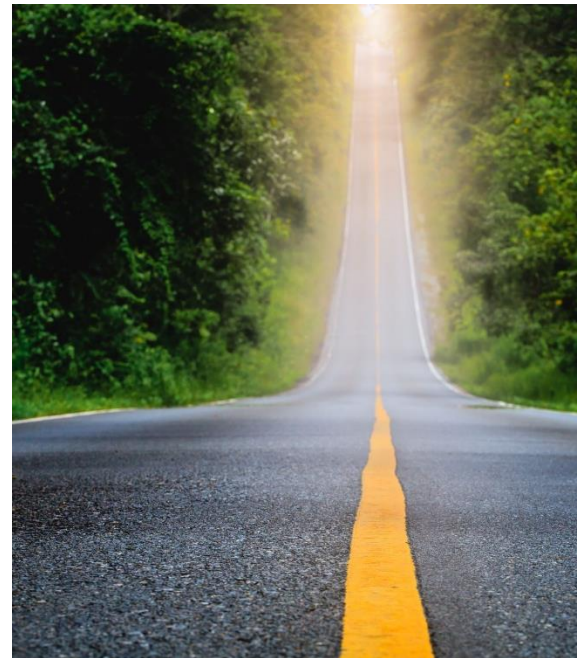


# Coaching Skills for Educators

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# Learning Objectives

*After this workshop, participants will be able to:*

- define coaching
- differentiate coaching from advising, mentoring, or counseling
- explain why coaching is helpful in adult learning
- experience a mock coaching session
- practice coaching skills

# Coaching

Starting place:

The client is creative, resourceful, and whole

We don't need to fix them.

We don't need fixing either.

# ICF Definition of Coaching

The International Coaching Federation (ICF) defines coaching as a partnership with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential



# Value of Coaching for Students

Coaching skills are helpful in getting students to:

- ▶ articulate their short & long term goals
- ▶ obstacles to those goals
- ▶ resources that they have or need to get there.

# Value of Coaching for Educators

Coaching skills are helpful in getting us to:

- ▶ articulate our short & long term goals
  - ▶ obstacles to those goals
  - ▶ resources that we have or need to get there.
- 
- ▶ Sound familiar?

# Coaching, Advising, Mentoring, Counseling: What's the difference?





What do we want to achieve by the end of this meeting?

What is happening now?  
What resources do we have/need?



What can we commit to, who will do it and by when?

What ideas can we come up with to achieve our goal?



# Coaching Key Ideas

- ▶ Deep listening
- ▶ Stay curious a little longer
- ▶ Don't be the fixer: teach them to fish!
- ▶ Partner with the client so they problem solve
- ▶ Create safe space to explore ideas with you
- ▶ Set goals and check in about them
- ▶ Open ended questions

# Let's Practice

Who wants to be coached?

Who wants to coach?

# Interested in a free one-hour coaching session?

Email me at [eboutin@mghihp.edu](mailto:eboutin@mghihp.edu) and we can set it up.

