

SPARK FOCUS

'The Five Cs' of Coaching

CONNECT • COMMUNICATE • CREATE • COLLABORATE • CELEBRATE

DEFINITION OF COACHING

An ongoing collaborative partnership created to facilitate personal growth and awareness that leads to conscious choice, focused action, and a meaningful, rewarding life that is built upon unconditional acceptance and a powerful appreciation of the client's potential, uniqueness, strengths, capabilities, and wholeness.

CONNECT

Goal: Build trust + establish intimacy

Tips:

- ✓ Get curious
 - What are your student's interests?
 - Lean into your student's strengths.
- ✓ Be enthusiastic
 - You have the choice to be positive or negative.
 - Fun opens pathways for learning!
- ✓ Maintain consistency
 - Show up.

COMMUNICATE

Goal: Hear your student

Tips:

- ✓ Active listening
 - Let go of your agenda.
 - Look for both verbal and nonverbal cues.
- ✓ Powerful questioning
 - Ask open-ended questions.
 - By drawing your student into the process, you are engaging their frontal lobe and supporting their metacognitive growth.
 - Ex: "How would you approach this?"

CREATE + COLLABORATE

Goal: Support your student toward THEIR goal

SPARK FOCUS

Tips:

- ✓ Create awareness
 - Be a mirror for your student.
 - Ex: “So what I’m hearing/seeing is...?”, “Your body language shows...”, “...is that accurate?”
- ✓ Planning/goal-setting
 - Parent/student goals often differ.
 - Executive functions are in everything we do, so plenty of opportunity to build these skills.
 - Students want to do well, meet them where they are at.
 - Help ensure your student’s goals are SMART (specific, measurable, attainable, realistic and time-bound).
- ✓ Manage progress and accountability
 - Progress is not linear.
 - Ask how they would like to be supported, instead of assuming.
 - Supports vary by age.
 - Takes time (33-66 days) for new habits to engrain.
 - SMALL STEPS TO BIG CHANGE!!!

CELEBRATE!

Goal: Reflect and flex that metacognitive muscle

Tips:

- ✓ Power of ‘the pause’
 - Being mindful rewires the brain, improving all executive functions
- ✓ Maintain experimental lens
 - Adjust expectations
- ✓ Learn best from obstacles and failures!
- ✓ Supports parent/student connection
 - Looping back to the first ‘C’ in our Coach Approach

ADDITIONAL ONLINE RESOURCES

Parenting Coach: <https://www.understood.org/en/tools/parenting-coach/>

Tech Support: <https://www.understood.org/en/tools/tech-finder>

Sanity School: <http://sanityschool.com/>

Derived from ADDCA’s Basic Coach Training Manual 2015.