

FuturesinMind

bespoke psychological services

COACHING PSYCHOLOGY IN SCHOOLS

**AN APPROACH TO ENHANCE THE DEVELOPMENT
AND WELLBEING OF SCHOOL STAFF**

"Coaching is the art of facilitating the performance, learning and development of another." Downey, 2003

Relationships • Respect • Collaboration • Integrity • Inclusion • Equality



WHAT IS COACHING?

Coaching is a structured, collaborative, future-focussed and goal-directed conversation that supports problem-solving and solution finding.

"The sessions helped me to reflect well on my practice and achieve perspective as well as realigning myself towards a more positive and pro-active attitude."

Primary School Teacher, 2018



WHY USE COACHING?

Coaching is a powerful vehicle for increasing performance, achieving results and enhancing personal effectiveness (Bachirova et al, 2014).

Whether you are....

- experiencing a difficulty in the classroom (e.g. management of classroom behaviour/individual pupils, etc...)
- if there is a particular goal you want to achieve or work towards (developing more inclusive practice; supporting working memory, etc...)
- or have some space to reflect on an area of practice or a particular situation.

Then coaching psychology can be of genuine practical value to school staff in making positive changes to their day-to-day practice.

BENEFITS OF COACHING?

Coaching can support a range of positive outcomes for children and young people; school staff and organisations, such as:

- increased work performance;
- reduced stress;
- enhanced wellbeing;
- improved implementation of new teaching policy and practice.

THE APPROACH: I-GROW

At Futures in Mind we use a well-known, tried and tested model called I-GROW (Whitmore, 2002). Whether as a one-off session or part of a series (depending on the issue and individual needs) coaching sessions can last up to 50 minutes: Issue(s) – Goal – Reality – Options – Way forwards



Our highly experienced educational psychologists will help you to find a positive way forwards, moving from problem to solution.

To find out more, contact us or visit our website using the details below