

# How to Get the Most out of a Coaching Session

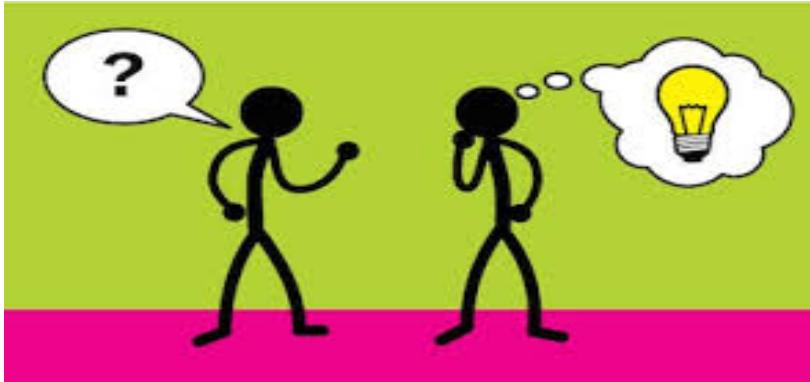
6 Tips to Help Teachers Bring their “A” Game

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# 1. Ask Questions



- ▶ How would personnel being coached know the types of questions they might ask?
  - ▶ Examples include:
    - ▶ Artifacts used
    - ▶ Confidentiality
    - ▶ Flexibility
    - ▶ Observations
- ▶ Developing trust
- ▶ Do those receiving coaching services have a chance to ask questions before beginning their coaching partnership?

## 2. Start with a Positive Attitude



- ▶ Changing perspectives (for the better)
  - ▶ “This is your time out from working for others to work for yourself and fine-tune your game so that you can grow in ways that will not only impact your practice now, but also boost your ability to take on future challenges.”

- ▶ How do your coaches handle situations when the person being coached is in distress?
- ▶ Has mindfulness been brought into the conversation?

## 3. Show Up



## 4. Work Hard

- ▶ What have you found that helps both coach and partner prepare for the session?
- ▶ How have your coaches developed a reciprocal relationship



Being  
**prepared**

# 5. Dig Deep

- ▶ “... new cognitive knowledge is not enough for elite performance. We teach in a VUCA world (volatile, uncertain, complex, and ambiguous) that requires deep insight into ourselves and how we show up in many different circumstances. Good coaching is deeply supportive of this kind of vertical growth that cannot be gained simply by acquiring knowledge and skills.
  - ▶ ....Dig deep and seek transformation, not just a transaction.”
- ▶ What do you think of this idea?
- ▶ What would it look like for your SPDG’s coaching?

# 6. Practice, and Be Accountable



Most coaching sessions end with a plan for action.



**Overall article question:** Do you think it would be helpful to share this article with those personnel preparing for a coaching relationship?

Do you have another resource that might be more appropriate?

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# Virtual Support of Coaches & Coaches' Virtual Support

What's Working, What's Not, and What Can We Help Each Other with?



What's working?



What's Not?



# How can this group help?

Brainstorming? Resources? Future Topics?

Next article: “What You Practice is  
What You Value”