

USE OF COACHING SKILLS IN EDUCATION

Individualised educational programme



Klemen Bartolj



WHAT COACHING IS

- Specific communication skills (listening, good contact, calibration, putting on parts)
- Lingual awareness
- Awareness of structure
- Knowledge about asking questions


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- Knowing when ask what and what is relevant for client



DEVELOPMENT OF COACHING

- ' Technique invented by Tim Gallwey – Inner game of...
- ' First used in sport
- ' Later in economy for middle and top level management
- ' Life coaching
- ' Coaching in education



USE OF COACHING SKILLS WITH YOUNGSTERS WITH EMOTIONAL AND BEHAVIOURAL PROBLEMS

- Not voluntary in educational institution
- Lack of motivation for changes, feeling of helplessness
- Expectations from teachers, educators, institution, parents, social service...
- Need of inner motivation for coaching and changes



HOW CAN COACHING BE USED IN MY WORK

- ✓ Use of open questions in conversation
- ✓ Have attention on what is happening with the youngster, how he/she reacts - awareness
- ✓ Using their own vocabulary
- ✓ Depends of youngster and their contact with me



INDIVIDUAL EDUCATION PROGRAM

- ' One month from accommodation
- ' Define individual goals in education
- ' Can be changed, upgraded...
- ' School, education, personal

WHEEL OF BALANCE



https://www.google.com/search?qb&tbm=isch&source=iu&ictx=1&imgrc=gkgrtasi_ypr63im1%2050r%20200k1m0r1r4vrr_yr4jv1%2020_&usq=Ar1qz0w3L070m046r0q1_fzJBySL8sbQ&sa=X&ved=2ahUKEwiL4o6B3LXdAhUIK1AKHXCPB9oQ9QEwBHoECAUQDA#imgdii=VpweoewE_q5blM:&imgrc=bhulHArWd0K3kM:

S.M.A.R.T. GOALS

S

Specific

- State what you'll do
- Use action words

M

Measurable

- Provide a way to evaluate
- Use metrics or data targets

A

Achievable

- Within your scope
- Possible to accomplish, attainable

R

Relevant

- Makes sense within your job function
- Improves the business in some way

T

Time-bound

- State when you'll get it done
- Be specific on date or timeframe




FORM OF WRITING GOALS

- ' Write on paper:
 - what
 - when
 - with what or whose help
 - who will say if it is done



TESTING

- ' Defined by arrangement between youngster and me
 - ' in a few months
 - ' at end of year
 - ' Mostly depend on the goal
- 



THANK YOU FOR ATTENTION