

**COACHING CHALLENGING  
YOUNG PEOPLE  
FACILITATED AND PRESENTED  
BY  
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# A BRIEF HISTORY

- *As far as humans could communicate.*
  - *Hunters/Casserole.*
  
- *Through faith.*
  - *Laurie Beth Jones.*
  
- *Great Depression.*

# HISTORY CONTINUED... COACH

- Rail Coach, Stage Coach.
- Kocsi – Hungarian Carriage.
- Transport.

# HISTORY CONTINUED... 1830

- Oxford slang

For a tutor who “carries” a student through an exam.

- 1831

In relation to sport.

# HISTORY CONTINUED... 1975

- Tim Gallwey “inner game of tennis.”

## Observations

- Game played their minds.
- Mental blocks
  - Doubt.
  - Pictures of failure.
  - Negative self talk.

# TIM GALLWEY

“The opponent within one’s own head is more formidable than the one the other side of the net.”

# TALKING THERAPIES

- Psychotherapy  
Counselling



Moving From

- Carl Rogers & Abraham Maslow  
Counselling movement.

- Health, Autonomy



Moving Towards

# ODD ONE OUT?

- Counselling.
- Mentoring.
- Cheerleader.

## Activity

- Think about coaching challenging young people.
- What one word describes this?



# DEFINITION OF COACHING

- “A personal conversation that inspires you to create the life you want.”

-Jeni Mumford

- “The coach’s sole aim is to work with the client to achieve all the clients potential - as defined by the client.”

-Jenny Rogers

- “Someone who supports you, motivates you, and holds you accountable to achieving your vision for yourself.”

-lifecoachspotter.com

## DEFINITION CONTINUED...

It's a special structured time whereby I am solely there to show respect by..

- Listening - to enable your voice
- Asking questions - to invoke reflection & insight.
- Empowering you - to be you or just do you.  
-by me

# COACHING FOR YOUNG PEOPLE

Needs to be:

- All about the person - respect.
- Future focussed - not about past.
- Action based - moving.
- Fun - should be enjoyable
- non directive.

# POWER SKILLS FOR A COACH

- Listening.

- Questions.

# LISTENING

## Henri Nouwen

□ Listening is “the highest form of hospitality”

## Activity

What distracts you from listening?

## Young People Say:

“No one listen’s to me”      “adults talk & talk”

“elders just chat”      “blah,blah,blah”

“they know better than me, without me even finishing”

# THREE LEVELS OF LISTENING

- Level 1 - Mainly about us  
reflexive listening.
- Level 2 - Focused listening  
external listening.
- Level 3 - Intuitive listening.

Will Thomas & Alistar Smith.

4<sup>th</sup> aspect - holding silence - important coaching skill.

Due to types of question drilling thought provoking

Activity:

# QUESTIONING

- “A prudent question is one half of wisdom.”  
-Francis Bacon
- “Questions focus our thinking.”  
-Charles Connolly.
- “I have no special talents. I am only passionately curious?”  
-Albert Einstein.

# TYPES OF QUESTIONS

- Right? Right time, asked in the right way.

Story time.

## Coaching Questions

- Open
- Seek to uncover
- Clarify meaning
- Future focus
- Reframing questions
- Commitment questions



# RULES FOR QUESTIONS

- How?
- When?
- Where?
- What?
- Who?

Use 'why' with **caution!!!**

# COACHING MODEL

Sir John Whitmore

Grow Model;

G = Goal

R = Reality

O = Options

W = Will

## Goal Questions

- What do you want to achieve?
- What is important to you right now?
- What areas do you want to work on?

## Reality Questions

- What successes have you had in the past?
- What skills/knowledge/attributes do you have?
- What is working well right now.

## Option Questions

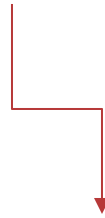
- How have you dealt with a similar situation?
- What could you do differently?
- If anything was possible, what would you do?

## Will Questions

- Which options seems best?
- Which would take you to your long-term goal?
- When will you do this?

## Activity - Create Your Own

Activity - Tool  Help elicit answers.



Communication Wheel.

Young person wheel