

The Coaching Approach

It could be totally different....

IATEFL BESIG Annual Conference
Bonn
15 November 2014



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In the real world coach is often used to describe more luxury and comfort.



**“I can’t change the direction
of the wind, but I can adjust
my sails to always reach
my destination.”**

Jimmy Dean



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- 1. What is coaching?**
- 2. Using coaching techniques in your classes**
- 3. Other coaching ideas**



1. What is coaching?



Teaching

in a general sense is the transfer of knowledge, skills and habits from one person or group to another.

Coaching

is a development process in which an individual is given support while learning himself how to achieve a specific personal or professional result or goal.



Coaching helps you to help yourself.

By being asked questions, which make a difference, the coachee finds the answers to his issues himself.

“Change starts in the mind.”

“It could be different.”



But how can I coach as a teacher?



By asking your students questions on issues which are relevant and important to them.

They then see things from a different point of view and learn more effectively as they are achieving small successes.



2. Using coaching techniques in your lessons



Student assessment



Coaching questions can help to define the exact needs of your students and set their learning goals.



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The S-GROW Model

S Successes and
~~Strengths~~

R Reality

O

~~Opportunities~~

Will

© ALISON
HALL



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Getting rid of fear



Coaching questions can make your students realise they do not need to be afraid:

“From Fear to Freedom”



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From Fear to Freedom



Evaluation Wheels



A very effective method to analyse different aspects of your student's life



3. Other coaching ideas



Difficult students



Coaching techniques can help to find out why some students are difficult in class. Specific solutions can then be found.



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Self-



Climb your own ladder of success!



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1. **Is it true?**
2. **Can I absolutely know that it is true?**
3. **How do I react when I think this thought?**
4. **Who or what would I be without the thought?**



**Thank you for listening
and good luck with
coaching!**



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Further information:

[Deutscher Coaching Verband e.V.](#)

[European Business School](#)

Byron Katie: “The Work“

Allison Hail: “The S-Factor“



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