

# Moving Forever Forward

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This session will introduce you to the principles of coaching.

The outcomes for this session are:

- Identify and describe the differences and similarities between conversation types
- Identify and reflect on key coaching skills
- Compare and contrast different question types
- Apply WHAT questions with in a coaching conversation.

This worksheet will enable you to make your own notes throughout the workshop. There are also some extra activities that you can undertake in your own time. These are designed to encourage reflection and raise your awareness about your role as a coach.

## Activity 1: Identifying the differences between tutoring, mentoring and coaching

One way to explore the nature of coaching is to compare it to conversations you are already familiar with. As educators most of our interactions with students use one of two types of conversations: tutoring and mentoring.

While you are watching the video note down the things that stand out for you about each conversation type:

Tutoring	Mentoring	Coaching

In your own time consider other types of conversation you have, with colleagues, students, friends and strangers. What common structures are there and what things are distinctly different? What aspects of the conversation do you remember most vividly?

### Activity 2: Think about the Future

Think about where you are now and what challenges you are going to face in the near future. What things (not too huge :-)) could you improve or develop to enable you to be better prepared to face those challenges? Write it down here for later:

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### Activity 3: What is coaching?

#### What skills make a good coach?

There are many schools of thought on what skills make a good coach. What others would you add to the list already presented?

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- .....
- .....
- .....

#### Where is coaching used?

Where do you think you could use coaching skills? What types of organisation do you think engages in coaching? What types of situations do you think coaching can be effective in?

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- .....
- .....
- .....
- .....
- .....

## Activity 4: Effective Questions

### What are the seven types of question?

Which keywords indicate that you are asking a question (there are a number of them in this handout :-). Which one is more effective than the others from the perspective of coaching?

1. ....
2. ....
3. ....
4. ....
5. ....
6. ....
7. ....

### Which words are best avoided in a coaching conversation?

There are some words best avoided in a coaching conversation. What makes these words ineffective?

- .....
- .....
- .....
- .....
- .....

### What is special about the word IF?

In one particular situation the word IF can be used with WHAT to make a particularly effective question. What is this and what do you think makes it so effective?

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### Activity 5: Triad practice- focus on WHAT questions

Write down some of observations about your triad practice. How did you feel when you were being coached? What did you notice about your thoughts when you were the coach? What did you notice as an observer of a coaching conversation?

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### Activity 6: What have you learned today?

Write down five or more things that you have learned or found particularly relevant to you today.

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2. ....  
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3. ....  
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4. ....  
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5. ....  
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