COACHING SKILLS FOR TEACHERS

by:
Desiree Enriquez-Catalan
Teacher III, Pablo Roman NHS

No matter how we look at it, coaching skills for teachers gives them an opportunity to enter the room for improvement; personally and professionally. Its effectiveness grows in popularity.

Getting coaching for yourself is one thing but developing your skills to coach others is another and requires self-awareness, understanding and practice.

Coaching is considered a process, giving other persons time to think and share their feelings. Your job as a coach is to challenge their attitude, offer inspiration and get them to a place of action.

Here are the five key principles that will help you to be an effective coach:

1. Play a person’s strengths.

We all know what we are not good at and there is no point in trying to solve a problem from a place of weakness. If you are an introvert you can’t suddenly become an extrovert, it would be unnatural. When you focus on a person’s strengths and uniqueness, you build their confidence.
2. Create time to think

The only way to see the wood from the trees is to step back and create some space and time. Helping people to see the bigger picture allows them to gain perspective but also to focus on their specific issue more clearly.

By encouraging reflection, you are able to create more self-awareness.

3. Solutions are within

So often we think the answers are outside of us but the truth is that we are good at getting in the way of our own solutions. Helping someone to explore options, ideas or thoughts has a magical quality which allows us to connect with our inner wisdom and create those “aha” moments.

4. Being Present

So often we are distracted by either reminiscing the past where our memories live or the getting lost in our dreams in the future. Being focused in the current moment “AHA” will bring about changes and improvements in their wants or dislikes.

5. Personal Responsibility

It can be so easy to judge others and tell them what they are doing wrong or what they should be doing but in fact you are only holding them back and could be creating a rod for your own back. When you insist on another person taking responsibility for their actions and behaviors you are giving them the control and authority they need to take ownership.
Coaching skills are skills enhancements and refinements, it is worth sharpening it or investing. They are particularly helpful in times of stress, conflict and change and after a while it becomes a way of doing things rather than a set of techniques.

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