



Session 2 Summaries

Coaching in Education

Date: November 27, 2024

Hosts: Samantha Chesler, Patricia Hubert

The Coach's Superpower

Listening Active listening is a skill that allows us to fully engage with others by setting aside distractions and focusing on their words and emotions. By doing so, we create a space where individuals feel valued and truly heard. Practicing this skill helps us connect better, collaborate more effectively, and become more effective listeners.

The Coach's Superpower

Powerful Questions A powerful question provokes deep thinking and encourages meaningful conversation. It aims to uncover new insights and perspectives. Such questions are open, simple, and arise from carefully observing what you hear, see, and feel.

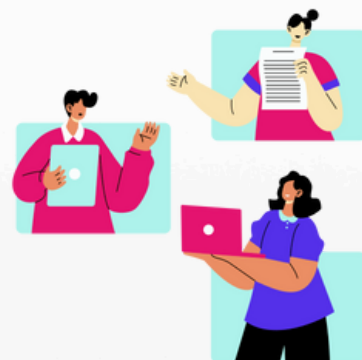
Listening and Questioning for Engagement

Using the 2 Key Coaching Skills in Schools Reflecting on how we can adjust the way we listen and ask questions in schools to encourage thinking and engagement.

Additional Resources

- * [Session 2 Slide Deck](#)
- * [Session 2 Recording](#)





Session 1 Summaries

Coaching in Education

Date: October 30, 2024

Hosts: Samantha Chesler, Patricia Hubert

The Coach Approach

The Coach Approach can transform schools. Listening and asking quality questions can make staff and students alike feel seen and heard. However, this approach has constraints and challenges. People think it takes too much time, and senior leadership often resists it. The whole school needs to be on board, and training is essential to shifting culture.

Coaching vs. Regular Conversations

Establishing the difference between a coaching conversation and a regular conversation is key. A coaching conversation allows for more silence and more reflection. There will be more questions and less advice giving. We must create a container for the conversation, so we ask: What are we doing in this conversation today? How are we doing it? How will we know when things have shifted forward?

Coach-Style Conversations for Students

Students will also benefit from coach-style conversations. These things are key: Be open-minded and curious, notice not diagnose, never know better, never know first, never think you know. Investigate how to initiate a coaching culture at school, but first, try these simple tools with students.

Start Small

Start Small Set an intention to listen better and ask questions that will prompt insights. 'The quality of your attention determines the quality of another person's thinking.' (Nancy Klein)

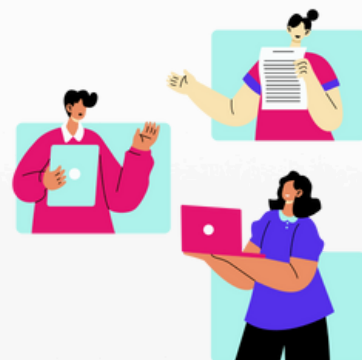


Additional Resources

- * [Session 1 Slide Deck](#)
- * [Session 1 Recording](#)

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Session 3 Summaries

Coaching in Education

Date: February 26, 2025

Hosts: Samantha Chesler, Patricia Hubert

Presence is the Foundation of Coaching

Being fully present is essential for effective coaching. The session emphasized the importance of grounding oneself in the moment through simple techniques like balanced breathing. This practice helps educators clear their minds, focus on conversations, and create a more intentional coaching environment. Presence allows for deep listening and thoughtful responses, which are at the core of the coaching approach.

Transforming Meetings into Thinking Environments

Meetings should not just be about task completion but should encourage reflection and engagement. The concept of a "Thinking Environment," inspired by Nancy Kline, was introduced as a way to improve discussions. Participants explored ways to make meetings more inclusive, ensuring all voices are heard and valued. Key strategies included using short, open-ended questions, providing uninterrupted speaking time, and fostering a safe space for honest conversations.

Applying Coaching Skills in Schools

Educators identified various opportunities to apply a coaching approach in schools, from teacher observations and student mentoring to staff appraisals and leadership meetings. A key insight was that coaching is not about providing solutions but guiding individuals to find their own. Encouraging curiosity, asking powerful questions, and allowing silence for reflection were highlighted as essential strategies to embed coaching into daily practice.



Additional Resources

- * [Session 3 Slide Deck](#)
- * [Session 3 Recording](#)
- * [How to Improve Your Creativity and Listening Skills with Nancy Kline's Thinking Environment - YouTube](#)

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Session 4 Summaries

Coaching in Education

Date: March 26, 2025

Hosts: Samantha Chesler, Patricia Hubert

Enhancing Coaching Skills through Presence and Active Listening

The session emphasized the importance of being present during coaching conversations, which includes focusing on both body and mind. Participants engaged in an exercise to enhance presence by visualizing a golden light spreading through the body, helping them connect deeply with the moment. Active listening was highlighted as a key coaching skill, where coaches are encouraged to be aware of the “in-between” spaces and non-verbal cues in conversations to better understand their coachees’ needs.

The Power of Values in Coaching Conversations

The session highlighted the essential role that values play in coaching. By reflecting on personal stories of joy and frustration, participants were encouraged to identify their core values. The session included a “values storytelling” exercise, where participants listened for values during storytelling and reflected back on them. This activity aimed to help coaches better understand themselves and others, reinforcing how values can guide decision-making and influence coaching effectiveness.

The Role of Self-Compassion in Effective Coaching

Self-compassion was discussed as a critical element for coaches to serve others effectively. By understanding and practicing kindness toward themselves, coaches can avoid burnout and remain grounded. Participants reflected on how they treat themselves compared to how they treat others during times of struggle. The concept of self-compassion, as defined by Kristin Neff, emphasizes treating oneself with the same kindness and care one would show a close friend, which ultimately enhances one’s ability to care for others.



Additional Resources

- * [Session 4 Slide Deck](#)
- * [Session 4 Recording](#)

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