

Coached UPDATE

FEBRUARY 2023

Enhancing the quality of conversations in education communities

Short Read

TIME TO READ: 5MINS

HAPPY NEW YEAR

Well, here we are again at the commencement of another year. The holiday season has gone, and summer is well advanced in the southern hemisphere. In the north most will be looking forward to the end of snow and ice. It all comes around so quickly. I wonder how those new year's resolutions are faring in February?

Last year was a significant year – a year past the crisis peaks of the pandemic, a year of sensing some normality returning without being entirely sure what that will look like. One thing we can be sure of, though, is that the work of educators is more important than ever! And at the beginning of the calendar year, it can be good to take a breath and reflect and acknowledge what has worked well, what lessons there are to learn, and what good things you want to take with you into this new year.

So sometime before the end of the month, it might be good to grab a coffee and a notepad and spend a little time reflecting on the following questions:

1. Things that brought a smile to your face in 2022

What are you pleased you were able to accomplish this past 12 months? What successes or achievements have you had this past year? Make a list of all the successes or accomplishments that brought a smile to your face. These can be big or small things in your professional or personal worlds. Keep writing even when you think you have run out. Ask yourself, "And what else?"

2. Lessons Learned

Take a moment to read through your list, enjoy it as you go, and reflect on what contributed to these successes.

- What strengths did you use?
- What role did others play in these achievements?
- Did you plan well?
- Did you create an explicit goal?

it can be helpful to capture these lessons by completing this stem...

"It was important to..."

Some examples might be:

"It was important that I got others involved in planning the xyz project"

"It was important that we kept communicating about progress"

"It was important that we celebrated our successes along the way."

Generate 4 or 5 lessons you learned or were reminded of as you reflect on these achievements from your past year. Write them down using the "It was important..." stem or another way you might prefer to express them.

You might also want to add "so that..." to the end of these statements as a way of noticing and naming the positive difference each one made. For example, "... so that others felt more connected to the project" or "... so that the skills and contribution of team members were recognised and utilised."

3. Principles of Success for 2023

Now, think about your list of lessons learned from your successes – large or small – and choose two as pieces of advice or wisdom you would like to take with you into the coming year. If you can keep them top of mind, which couple of lessons will make a difference for you in the coming year? Write these down trying to keep them:

- *memorable,*
- *short, and*
- *starting with a verb (a reminder to do something)*

Some examples might be:

- *Get others involved early in a project*
- *Keep communicating frequently and regularly*
- *Celebrate small wins along the way*

This simple and brief exercise is designed to help us:

- remember and acknowledge many small wins that can easily be forgotten
- gain greater insight into principles of success
- generate positive energy about both what has happened and what lies ahead

We hope it is useful to you and those you support as you seek to make 2023 a great year for you and your students.

John Campbell
Founding Director
Growth Coaching International

#COACHED2023

JUST 3 WEEKS TO GO UNTIL #COACHED2023!

The GCI Team is excited to welcome you to the 8th Coaching in Education Conference taking place on 7 - 9 March 2023.

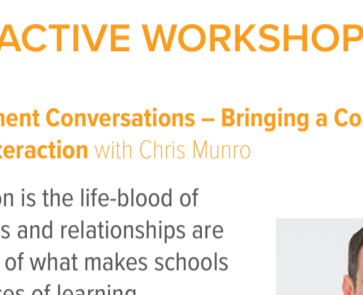
See below for just some of the sessions on offer at the conference!

Secure your Ticket Today

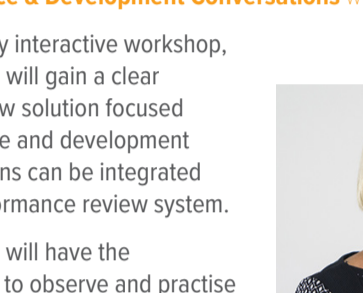
KEYNOTE PRESENTATIONS

With #CoachED2023 being less than a month away, click on the two videos which introduce us to Haesun Moon & Michael Bungay Stanier, two of our five keynote speakers.

Haesun Moon, Ph.D., is a communication scientist, an educator, and author of **Coaching A to Z: The Extraordinary Use of Ordinary Words** and several collaborative books.



Michael Bungay Stanier is at the forefront of shaping how organisations around the world make being coach-like an essential leadership competency. His book **The Coaching Habit** is the best-selling coaching book of this century.



INTERACTIVE WORKSHOPS

In-the-moment Conversations – Bringing a Coaching Stance to Every Interaction with Chris Munro

Conversation is the life-blood of relationships and relationships are at the heart of what makes schools hum as places of learning.

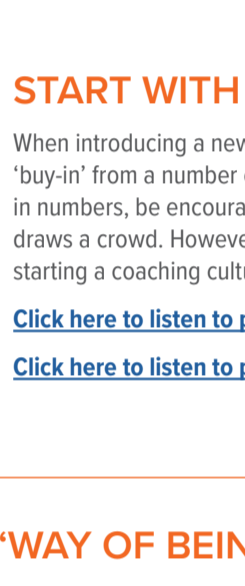
This interactive workshop will begin by considering what we mean by a 'coaching stance' before exploring the particular skills and dispositions required to adopt this stance effectively 'in-the-moment'.



Performance & Development Conversations with Penny Verdicch

In this highly interactive workshop, participants will gain a clear sense of how solution focused performance and development conversations can be integrated with a performance review system.

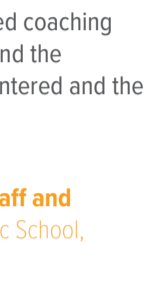
Participants will have the opportunity to observe and practise the Solution Focused Rating System as developed by Dr Gunter Lueger and to apply this in a GROWTH Coaching conversation.



Where Great Coaches Emerge – Supervision!

with Dr Henning, Carey McIver & Annette Gray

Come along to this interactive session and gain insights into a Solution Focused approach to Coaching Supervision that has evolved through our collaboration and reflection on the nature of supervision. Hear about our solution focus action learning approach to gaining internationally recognised accreditation as Coach Supervisors. Join us and see some live Solution Focus Supervision and consider how coaching supervision can make your coaching even better.



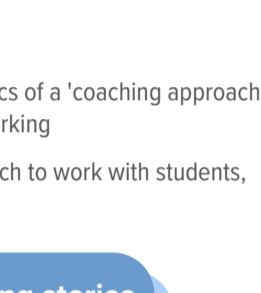
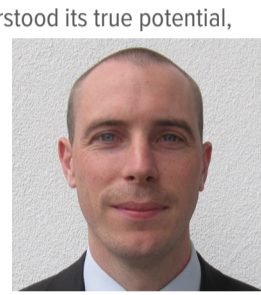
More workshops on offer

STORIES FROM THE FIELD

Introducing a Coaching Culture into an Academic Faculty: Our Story So Far with George Callaghan & Jenny Lynden, The Open University

Academic work has become increasingly intensified. The drive to publish and have impact, teach effectively and increasing administration duties combine to put pressure on individual academics.

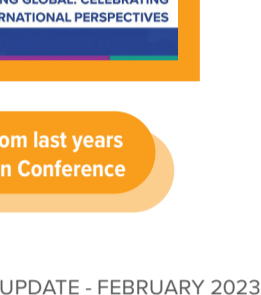
We will discuss the vision, the ups and downs of implementation and lessons learned. We will outline how we've applied coaching theory, as well as share an honest reflection around the strengths of our approach, the barriers we encountered and the insights we have learned.



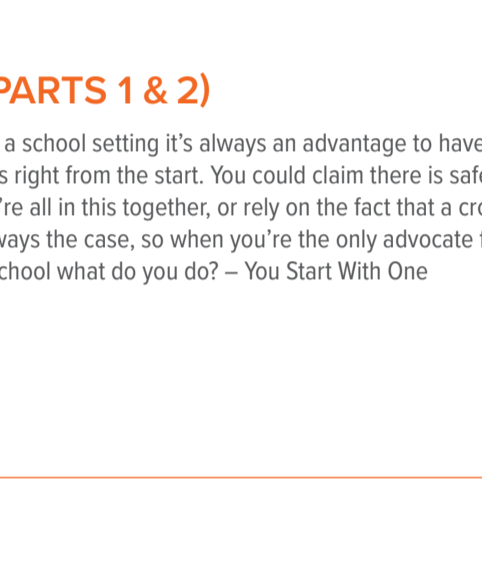
Adopting a Coaching Approach to Maximise Staff and Team Potential with Sam Crome, St Peter's Catholic School, United Kingdom

Once Sam trained as coach and understood its true potential, it unlocked a whole new way of thinking about school leadership. The session will cover:

- Lessons learnt about the power of coaching in schools
- How and why school teams should have a coach, and train as coaches
- The impact on team dynamics of a 'coaching approach' to meetings and ways of working
- Applying a coaching approach to work with students, and student peer coaches

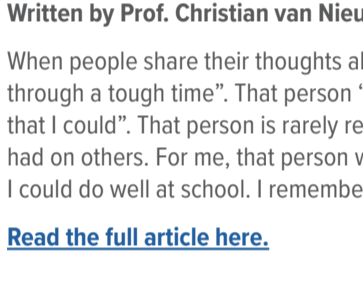
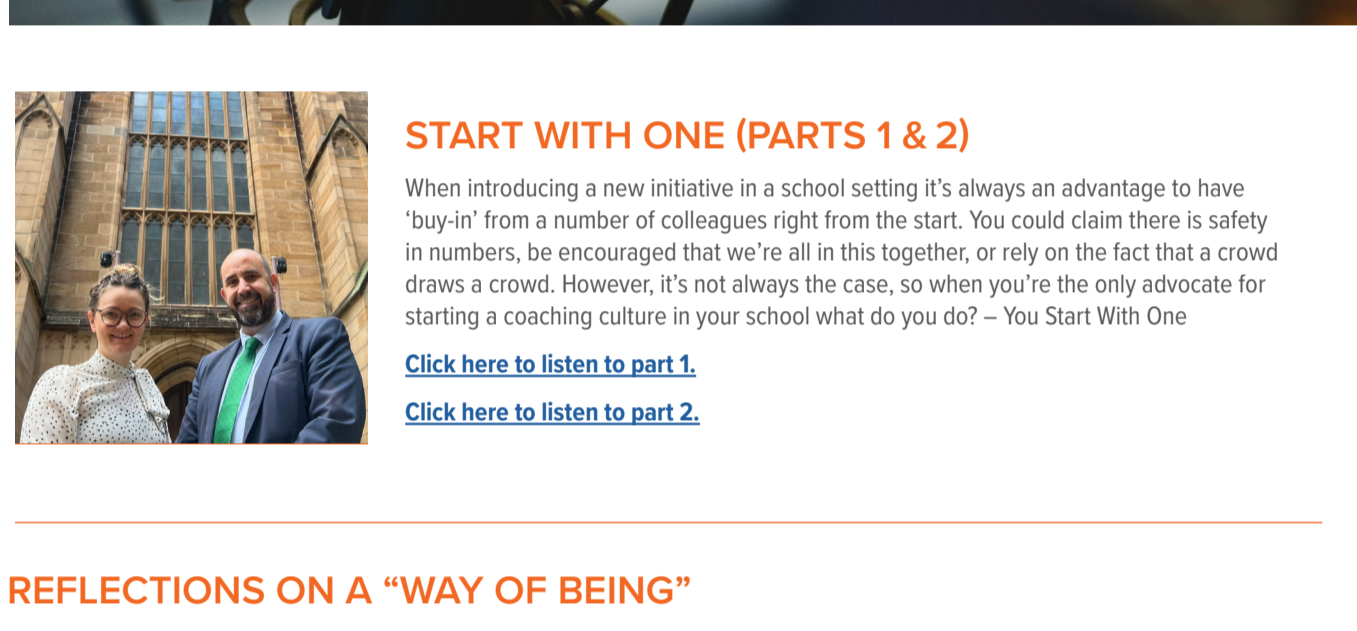


View other inspiring stories



Watch our recap video from last year's 7th Coaching In Education Conference

Resources



START WITH ONE (PARTS 1 & 2)

When introducing a new initiative in a school setting it's always an advantage to have "buy-in" from a number of colleagues right from the start. You could claim there is safety in numbers, be encouraged that we're all in this together, or rely on the fact that a crowd draws a crowd. However, it's not always the case, so when you're the only advocate for starting a coaching culture in your school what do you do? – You Start With One

- [Click here to listen to part 1.](#)
- [Click here to listen to part 2.](#)

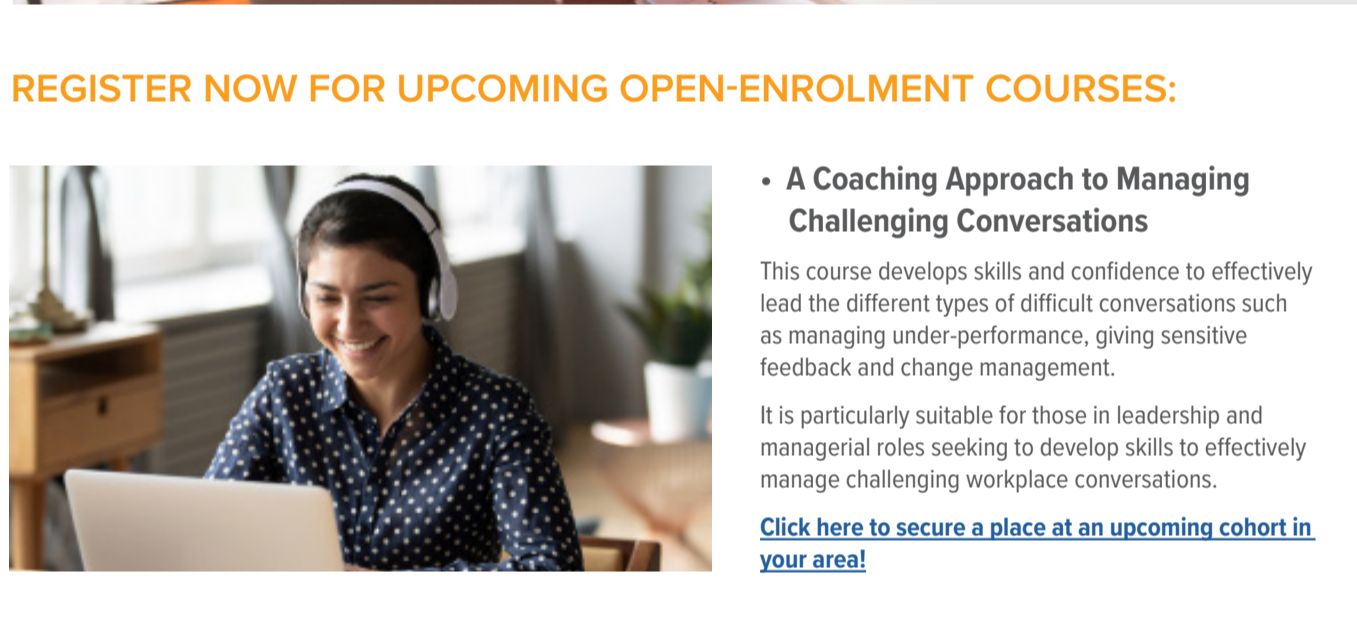
REFLECTIONS ON A "WAY OF BEING"

Written by Prof. Christian van Nieuwerburgh

When people share their thoughts about that person, it is often with some emotion. That person "believed in me when I was going through a tough time". That person "saw something in me that no one else saw". That person "wanted me to succeed and believed that I could". That person is rarely remembered for what they taught—more often they are remembered for the positive impact they had on others. For me, that person was Donald Corsette, my sixth grade teacher. He was kind to me. And, crucially for me, he thought I could do well at school. I remember that. And I remember who he was. What he said to me, the "information", is hazy.

[Read the full article here.](#)

Upcoming Courses



REGISTER NOW FOR UPCOMING OPEN-ENROLMENT COURSES:



• A Coaching Approach to Managing Challenging Conversations

This course develops skills and confidence to effectively lead the different types of difficult conversations such as managing under-performance, giving sensitive feedback and change management.

It is particularly suitable for those in leadership and managerial roles seeking to develop skills to effectively manage challenging workplace conversations.

[Click here to secure a place at an upcoming cohort in your area!](#)



• Advanced Coaching Practice with Prof. Christian van Nieuwerburgh

Want to know more about GCI's Advanced Coaching Practice program? Prof. Christian van Nieuwerburgh has made the following short [video](#) explaining the program.

This course is for experienced coaches who are interested in taking their practice to the next level. It is designed to support active reflection on your current coaching practice leading to new insight and awareness. The course, based on the book **The Coaching Habit** co-authored by Professor Christian van Nieuwerburgh and David Love, will support you to address the question "how can I be of even better service to those around me?"

Our next cohort commences on 9th May 2023 - click [here](#) to register.

NEW COURSE IN 2023!

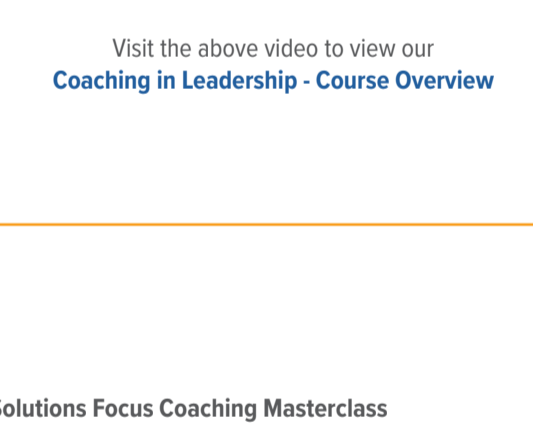
Coaching in Leadership: Energising Every Conversation

Announcing a new leadership development course from GCI that builds the confidence and skills to develop coaching as a way of leading.

Learn how to use a coaching approach to build engagement, make progress and strengthen relationships, in every conversation.

Designed specifically for current and aspiring leaders in educational settings, this new course offers an extended cohort learning experience with a pathway to internationally recognised coaching and mentoring industry credentials.

[Register Now!](#)



Visit the above video to view our [Coaching in Leadership - Course Overview](#)

Online:

A Coaching Approach to Mentoring FEATURED

Commencing 21 March 2023
1 day online workshop - 3 x 2hr sessions

Solutions Focus Coaching Masterclass

Commencing 11 May 2023 - AEST
2 x 1 day online workshop - 3 x 2hr sessions each day

Introduction to Leadership Coaching

Commencing 3 May 2023 - AEST
2 x 1 day online workshops

Students Coaching Students

Commencing 31 May 2023 - AEST
5 x 2 hour online workshops over 2 days
**This course has pre-requisite requirements*

Advanced Coaching Practice FEATURED

Commencing 9 May 2023 - AEST
3 x 2hr fortnightly online workshops

Reflective Practice for Coaches and Leaders

Cohort 1 - Commencing 15 March 2023 - Please see website for details
**This course has pre-requisite requirements*

Coaching and Supervision

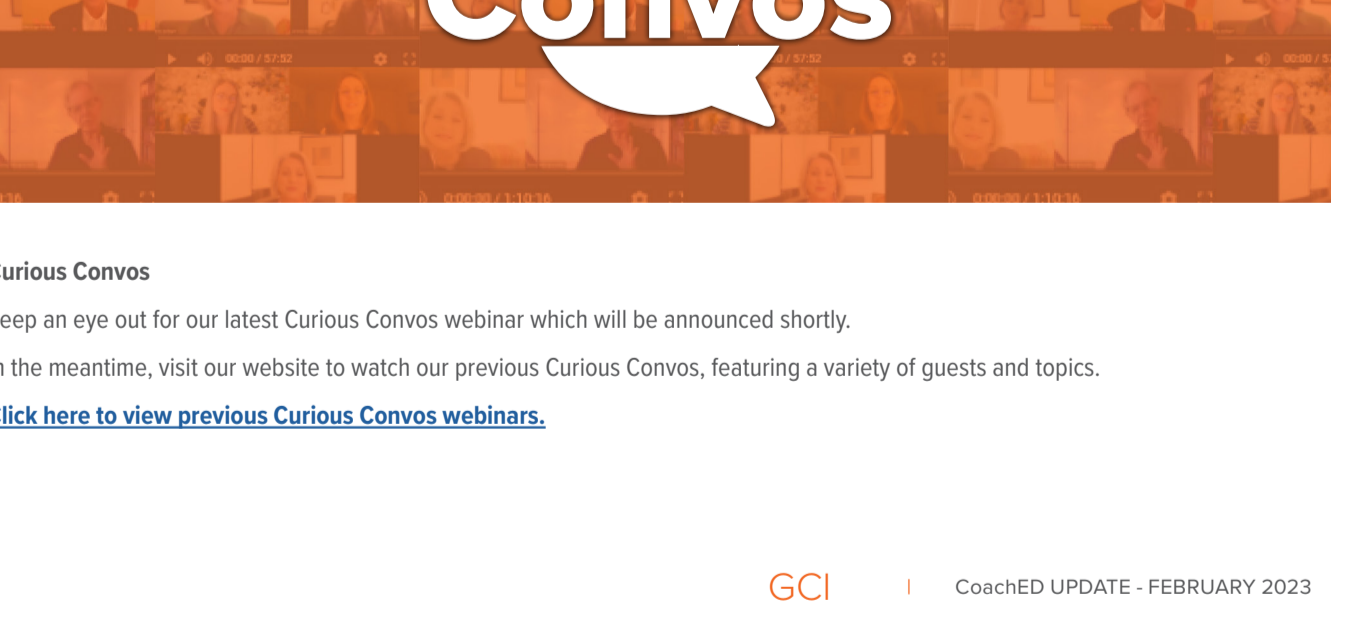
Scheduled to suit you

[Click here for NZ courses](#)

Be sure to [click on the dates](#) to visit the registration pages!

*Please ensure you meet eligibility requirements of the course prior to registering.

Complimentary Professional Learning



Curious Convos

Keep an eye out for our latest Curious Convos webinar which will be announced shortly.

In the meantime, visit our website to watch our previous Curious Convos, featuring a variety of guests and topics.

[Click here to view previous Curious Convos webinars.](#)

Coming Soon



Where great minds inspire the world of education

The 8th coaching in education conference
#COACHED2023



SARAH MCKAY

Dr Sarah McKay is a neuroscientist and science communicator who specialises in translating brain science research into simple, actionable strategies for peak performance, creativity, health and well-being. Sarah grew up in Christchurch, New Zealand. She was awarded a BSc (Hons) 1st class in neuroscience at Otago University and an MSc and PhD training in neuroscience at Oxford University. Sarah is the author of *The Women's Brain Book: The Neuroscience of Health, Hormones and Happiness*, which explores the female lifespan through the lens of neurobiology. Her second book, *Baby Brain* (rebranded), is due in 2023.

HAESUN MOON

Haesun Moon, Ph.D., is a communication scientist, an educator, and author of *Coaching A to Z: The Extraordinary Use of Ordinary Words* and several collaborative books. She cares about people experiencing better conversations at home and at work - and she does that by training, coaching, and consulting. She believes that conversations can change the world, and she defines this process as hosting dialogic conditions in which people participate to imagine and perform their preferred change.

JIM KNIGHT

Jim Knight, Senior Partner of the Instructional Coaching Group, is a research associate at the University of Kansas Center for Research on Learning. He has spent more than two decades studying professional learning and instructional coaching, and written several books on the instructional coaching including *Instructional Coaching: A Partnership Approach to Improving Instruction* (2007), *Unmistakable Impact: A Partnership Approach for Dramatically Improving Instruction* (2011), *High-Impact Instruction* (2013), *Focus on Teaching* (2014), *Better Conversations* (2015), and *The Impact Cycle* (2018).

MICHAEL BUNGAY STANIER

Michael Bungay Stanier is at the forefront of shaping how organisations around the world make being coach-like an essential leadership competency. His book *The Coaching Habit* is the best-selling coaching book of this century, with over a million copies sold and thousands of five-star reviews on Amazon. In 2019, he was named the #1 thought leader in coaching.

PROF. CHRISTIAN VAN NIEUWERBURGH

Christian is a leading academic and thought-leader in the field of coaching, as well as a practising executive coach. Regarded as an international authority in the field, Christian regularly speaks at conferences, facilitates training, and consults in the UK, Europe, the Middle East and Australia. Through his role at Growth Coaching International, Christian continues to enjoy delivering training and professional learning opportunities in schools, colleges and universities. Christian holds a PhD from the University of Birmingham (UK), an MSc from the University of East London (UK) and an MA and BA from the American University of Beirut, (Lebanon).

Don't Miss Out!
[Click Here To Register](#)

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