

## Coaching with Young People Programme

### Programme Overview

PINNA’s **Coaching with Young People Programme** has been adapted from PINNA’s successful ‘Manager as Coach’ programme to equip those who work with young people with coaching skills to improve their communications and relationships. This programme is aimed at teachers, youth workers, lecturers, advisers, parents, carers, employers, trainers, therapists, mentors, key workers – anyone who works with young people on a daily basis.

### Programme Contents

Collective Knowledge	Explore what coaching is and how it differs from other ‘helping’ interventions Explore your current skills, abilities and natural talents in relation to coaching Identify areas for development Experience a model of coaching that takes you through the coaching process
Understanding People	Understand the qualities and skills required to coach Understand how each individual operates through their own system of beliefs, knowledge, experience and values Understand communication styles and preferences Understand the significance of rapport in coaching and how to influence rapport
Coaching and Communication	Understand how using a coaching style can improve communications in 1:1 situations as well as in groups Use an action learning format as a tool to develop coaching practice

### Programme Format

The programme consists of two workshop days followed by an action learning day one month later. In-between the programme days, delegates undertake practice coaching sessions and record the learning in a Learning Journal. Following the action learning day a further round of coaching practice is undertaken including a tutor-observed session. Throughout the programme additional reading and research is required. The programme culminates with a written assignment of 1500 words, drawing together learning from all aspects the programme.

