

Your name:	Glenys Henry
Organisation:	Glenys Henry Consulting
Position:	CEO
Abstract title:	<b>Coaching – building the ‘muscle’ for wellbeing</b>
	<p>A coaching approach is founded on the premise of ‘ask, don’t tell’, whereby a coach elicits what already exists within the coachee. Applying this approach within an educational environment and training educators in coaching skills empowers teachers and students to access their own wisdom through the process of exploration, application, and reflection, rather than being given an answer. Whether coaching skills are being employed between members of staff to improve individual or collective performance, or used between staff and students for academic and pastoral purposes, coaching enhances communication and innovation by promoting deep listening and powerful questioning. Coaching also introduces practical models applicable for feedback, classroom observation and interaction with children and parents on a daily basis. Coaching gives educators the skills and tools to develop their capacity which enhances wellbeing and resilience so that they can effectively model these skills for those they impact professionally and personally.</p> <p>This workshop will give participants a taster of a coaching approach, clarifying the difference between coaching and mentoring and introducing coaching methodology.</p>