**Catalyst Coaching 360**

**Welcome Home Health: YouthBHConnect**

**Coaching Best Practices**

1. **Coaching Topics: Physical, Emotional and Educational Wellness**

**Physical Wellness**

* 1. Routines
     1. Sleep (Bedtime routines)
     2. Physical activity/Play- (When? What do you enjoy? What feels good?)
     3. Eating/Meals (Make choices that make you feel good and give you energy. )

**Emotional Wellness**

* 1. Friendships/Family
     1. Feelings of being different or not fitting in
     2. Manage Emotions/Identify Feelings (Where do you feel “emotion” in your body? What does it feel like? What happens when you feel this emotion? What strategies do you have to move through that emotion? )
     3. Connections (What adults do you talk to when you are angry or sad? Who do you feel safe talking to and sharing your feelings with? Who do you share your good news or happy feelings with?)
     4. Locus of Control (What do you have control over? What choices can you make when you don’t have control over another person? What makes you happy? How can you take care of yourself? )
     5. Compassion and Empathy (Self-compassion for when you make a mistake…Growth Mindset. If there is a difficult person, help the student look at the situation with empathy and compassion. “Do you think your teacher/friend was having a hard day? Have you ever had an experience when you were not nice because you were in a bad mood?”
     6. Strengths and Values (AFFIRM!)
     7. Self-Efficacy (AFFIRM successes! Ask about past successes and experiences.)
     8. Self-Esteem and Confidence (When have you been successful? How can you use your strengths to achieve something really hard or challenging?)
  2. Stress Management/Overwhelm
     1. What does stress look like for you? What does it feel like?
     2. Identify Support Strategies and Tools to improve Resilience
     3. Balance/Prioritization
     4. Time in Nature/Outside
  3. Social Media
     1. Habits/routines
     2. What do you use? How often?
     3. How do you feel when plugged in to social media?
     4. Any changes you think would be helpful?

**Educational Wellness**

* 1. School

1. Organizational Habits
2. Time management
3. Planning ahead
4. Academic Success Habits

* Study Habits (Classroom and at home)
* Note Taking
* Homework Time (Schedule, Routine, Quiet Space)
* Access to Resources and Support
* Paying attention
* Finishing assignments

1. Communication with Teachers and other Students

* Who do you feel comfortable going to for help?

1. Social (before and after school, lunch, recess)

* How are they connecting to others outside the academic day? ( extracurriculars, sports, clubs, jobs)

1. **Language tips**
   1. Teens (Honor their developing independence as young adults.)
   2. Children ages 9-12 (Keep a conversational style, avoid clinical conversation, keep it light and playful. Adjust to the child’s language and energy. Take time to develop trust and rapport. Do not rush.)
2. **Verbal Introduction in First Session**
   1. When parent is in attendance
      1. Description of role
      2. General topics
      3. Student permission to decline a topic
      4. Expectations
         1. Weekly SKILLS BUILDING (“homework”), aka goals
         2. Regularly scheduled sessions

Example of the Introduction when the **Parent is in Attendance**:

Hi, my name is \_\_\_\_\_\_\_\_\_, and I am going to be working with you as your wellness coach today.

*If the parent is there, introduce yourself to them also. “Hi Mom, how are you today? How would you like to be addressed? (Name, Mrs/Mr.)*

Ask an “ice breaker” question to the child such as “What has been the best part of your day today?” “Tell me something good that has happened today?”

Then transition to sharing about Wellness Coaching:

Before we get started, would it be ok if I shared about what our time together will look like?

We will spend about 30 min. together each time we talk. Don’t worry, I will keep track of the time.

Everything that we talk about will stay between your parents, you and me. If I ask you a question that you do not feel comfortable answering, you can say “Pass” or you can come up with a fun word to share like “Starbucks”.

How does that sound?

Our goal is to talk about Skills Building, specifically some things that you can work on to get better at school or at home. We build skills in sports, learning, in art. My job is to help you come up with some skills that you would like to improve in … (Routines, Family/Friendship relationships , or at School such as completing assignments)

At the end of our sessions, we will come up with Skills to practice during the week and then when we meet again we can talk about how the Skills Building went.

How does that sound?

What questions do you have for me?

**Additional tips for when a parent is not in attendance** -

Introduction can follow the structure above. You may need to include additional discussion about weekly meeting time/expectations and accountability. This may often be an older student/adolescent. Utilize language that encourages independence and supports their growth as an emerging adult (does not talk down to them).

* 1. When child is alone
     1. Description of role
     2. General topics
     3. Student permission to decline a topic
     4. Expectations
        1. Weekly “homework,” aka goals
        2. Regularly scheduled sessions

1. **“Skills Building” ideas**

* Strategies to regulate outbursts/emotions, i.e. count to 10, take 5 deep breaths, ask for support, walk away.
* Keep a calendar for homework assignments.
* Practice a mantra when you are feeling down or defeated such as “I can do this.” “ I am good enough.” “Don’t take it personally.”

1. **Basic resources to offer students/parents**
   1. Wellness Wheel
   2. Faces of feelings

When working with young children it may be helpful to use a drawing of feelings to help the child identify and describe what they are experiencing emotion wise. For example: Draw a smiley face, Straight face, and Frowny face. Ask them when they have felt the way it looks in the picture.

* 1. Stress management tips
     1. Practice Deep Breathing
     2. Count to 10
     3. Visualize yourself in your “Happy Place”
     4. Listen to your favorite music
  2. <https://positivepsychology.com/coaching-kids/>

1. **Additional Resources for coaches**

* Helpful tips for coaching students with ADHD/Learning Disabilities

***Academic Coaching and Self-Regulation: Promoting the Success of Students with Disabilities***

<https://files.eric.ed.gov/fulltext/EJ1123788.pdf>

* This is an excellent website for evidence-based information about various topics relating to children/teens of all ages.

[https://childmind.org](https://childmind.org/)

* Additional site for ADHD and emotional regulation

<https://chadd.org/adhd-news/>

* Free Wellness Wheel (“Compass”) and resources designed for teens
  + <https://www.wellnesscompass.org/teen-programs-resources>