Club Coaches Training – Part 2
Objectives

• Understand the role
• Learn the coaching model
• Practice effective coaching conversations
• Learn the tools
• Next steps
Coaching model

Diagram:
- Performer's Role
  - Conversation
  - Perspective
- Coach's Role
  - Coachability
  - Progress

Arrows indicate the flow between the roles.
Coachable Ready

- Yes
- No
- Don't know
Conversation skills
Perspective skills
Perspective skills

• Help the performer gain a healthy perspective

• Needed the most when they are stuck or overwhelmed

• Helps with critical thinking and context
Why performers lack perspective

- Incomplete information
- Worrier
- Feeling overwhelmed
- Outside influences
- Familiarity
How coaches help

• Use critical thinking
• Use systematic thinking
• Putting things in context
Let's practice
Critical thinking

• Top of the sheet write a problem or challenge in your partner’s club they want to solve.
• Take 4 minutes to interview your partner using the questions on the worksheet.
• Switch roles and repeat.
Critical thinking debrief

- As the coach - How did the conversation go?
- As the performer – How did you feel being asked these questions? Did you notice any of your triggers popping up?
- How can you use this tool?
Progress skills
Progress skills

• Progress is a powerful motivator

• Coaches help by:
  ▪ Helping create a plan
  ▪ Managing agreements
  ▪ Inspiring action
Action plan

- Create a plan with achievable steps
  - Include rewards for completion
  - Make them fun
  - Small steps
  - Noticeable progress
Prompts to facilitate progress

• What’s the next step?
• Who could help you to get things moving forward?
• What can I do to help you move forward?
Review coaching model
• Achieving Club Excellence
  ▪ Kiwanis.org/acetools
• Membership Committee Training
• Online tools
• Each other
Wrap up

• Questions
• Next Steps
  - Commitment
  - Practice
  - Results
• Handouts/Resources

https://tinyurl.com/clubcoachinghandouts
Thank you for participating!

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