Inclusive Coaching: Promoting Student Resilience in Uncertain Times

Thanks for joining us! We will begin promptly at 1:00 p.m. ET.

- Use the "questions" area to submit questions as they arise.
- This webinar will be archived at NROCNetwork.org.
  and you will receive a follow-up email with a link to the recording and slides.
- Contribute to the Twitter conversation at #NROCpd.
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- Tell us where you are from!
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- Share questions for the presenters.
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- Rev is enabled for live captions.
  Access subtitles and modify their size with the slider. Or select transcript for viewing on the side.
NROC collaborates with educators to imagine, develop, test, & refine technologies that improve student success.
Summer 2020 NROC Member Survey

SPRING CONCERNS
- Engaging Learners: 30%
- Tech Access: 24%
- Staff Development: 21%
- Moving Lessons Online: 13%
- Other: 12%

FALL CONCERNS
- SEL Concerns: 28%
- Safety Measures: 20%
- Tech Access: 17%
- Student Motivation/Accountability: 17%
- Other: 18%
Inclusive Coaching: Promoting Resilience with Students in Uncertain Times

Carol Carter and Sarah Lyman Kravits

www.lifebound.com    www.globalminded.org
LifeBound: A Social Impact Company

Providing coaching, resources and training that drive learning and personal development for success in college, career and life.

Inspire | Transform | Empower

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What is Inclusive Coaching?

**Academic coaching** is an ongoing partnership to help students produce fulfilling results in their lives. Through the process of coaching, students deepen their learning, take responsibility for their actions, improve their effectiveness and consciously create their outcomes in life.

**Inclusive coaching** involves and inspires people from every background, identity, race, religion, age, stage, and ethnicity to promote access and equity.
Coaching builds key factors that predict student persistence and success – engagement, connection, and motivation.

- Robinson and Gahagan (2010) found coaching deepens connection between students and institution
- Bettinger and Baker (2011) found that coaching drives improvement in retention and completion that holds over time
- Coaching meetings correlated with higher academic performance (Pechac, 2017)
- Bi-weekly coaching improved term and overall GPA and drove persistence (Capstick et al, 2019)
Coaching Builds 12 Outcomes

» Purpose/passion
» Self-Awareness
» Vision
» Goal Setting
» Problem Solving
» Self-Management

» Perspective
» Motivation
» Accountability
» Resilience
» Professionalism
» Leadership
Who can coach?

Coaching is a versatile skill, useful in every context to provide a campus-wide culture of coaching and success.
Coaching in Crisis with Powerful Questions

Drive the coaching conversation with powerful questions that:

- Are open-ended
- Invite self-reflection
- Weigh costs & benefits
- Establish level of importance
- Encourage shifts in perspective
- Provoke insight
- Inspire
- Incite action
- Promote accountability
Demonstration: Inclusive Academic Coaching
Demonstration:
Inclusive Coaching on Life/Career
Different venues for reaching students – video platforms, e-mail, phone

Individual and/or group sessions

Breakout sessions allow flexibility for grouping

Coaching questions can be strategically deployed during established relationships/meetings

Useful in many situations, although not a default for every situation

Students can use coaching with peers and selves
How Can Coaching Build Resilience Now?
Upcoming Fall 2020
LifeBound Coaching Trainings

1-Day Introduction to Coaching
- September 25
- December 4

3-Day Virtual Intensive on Twelve Coaching Outcomes
- October 2, 9, & 16
- November 6, 13, & 20

www.lifebound.com
More About Us

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E-book available for $30 for online and hybrid FYE courses
Special thanks to our presenters:

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Learn more at LifeBound.com.

Thank you for joining us!

You will receive a link to the recording and presentation assets, also available at NROC.org.