

Inclusive Coaching: Promoting Student Resilience in Uncertain Times



CAROL CARTER
Founder of
LifeBound and
GlobalMindEd



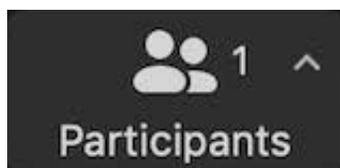
SARAH KRAVITS
LifeBound
Certified Trainer,
Academic Coach,
and Author

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

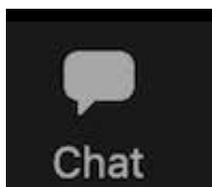
- Use the "questions" area to submit questions as they arise.
- This webinar will be archived at NROCnetwork.org.
and you will receive a follow-up email with a link to the recording and slides.
- Contribute to the Twitter conversation at #NROCpd.
- Do you need help with Zoom? Email memberservices@NROC.org.

Welcome to our new ZOOM Webinar Room

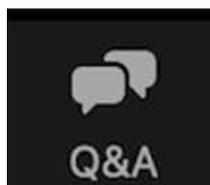
Hover your mouse **over the bottom of your screen to:**



Manage your profile and audio settings.



Tell us where you are from!
Share informal comments and feedback with the panelists or with all participants.



Share questions for the presenters.
Ask for help with Zoom technical issues from our support staff.
Questions will also be compiled with answers as part of the webinar archive.

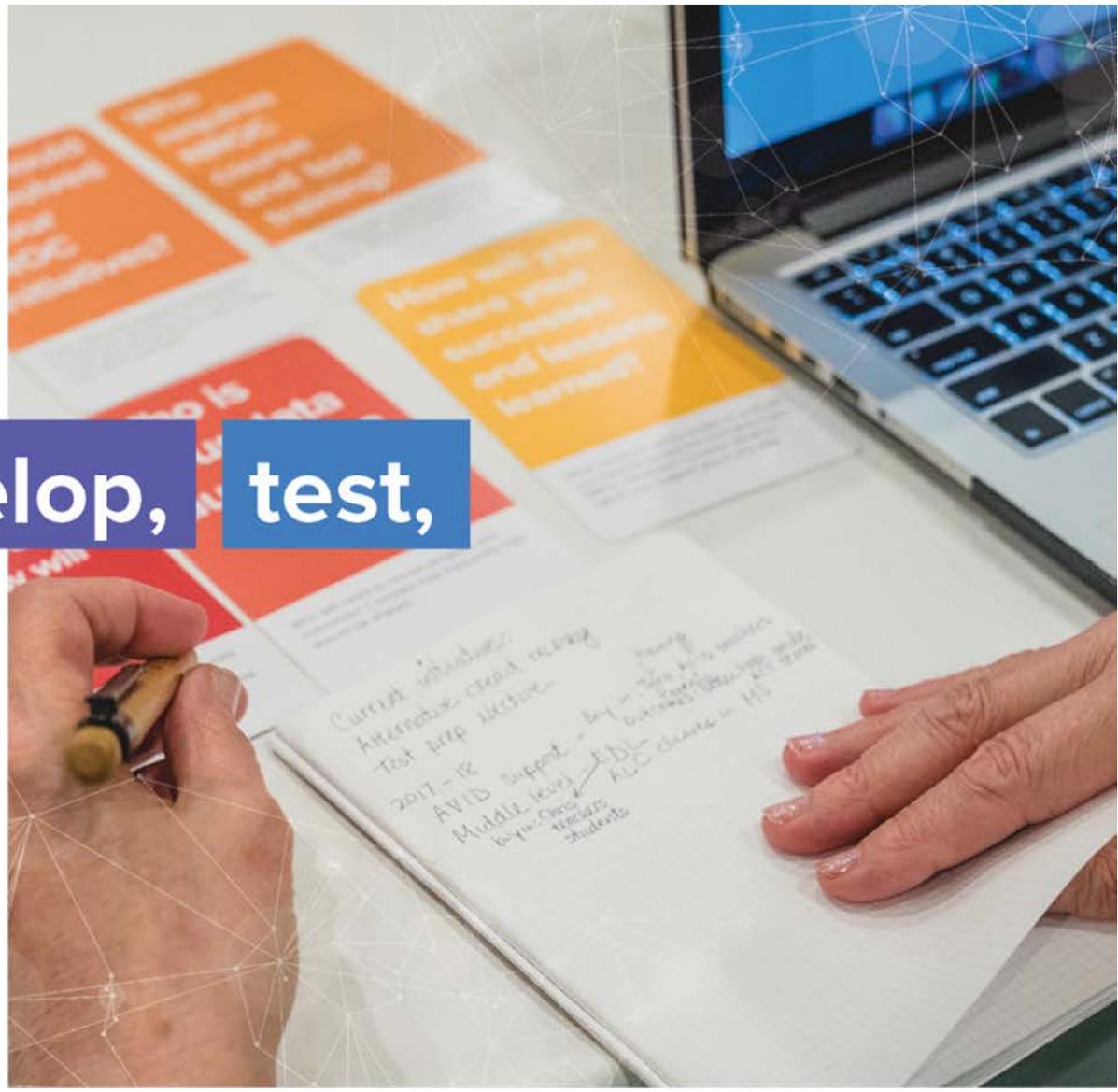


Rev is enabled for live captions.
Access subtitles and modify their size with the slider.
Or select transcript for viewing on the side.

NROC
collaborates with
educators to

imagine, **develop,** **test,**
& refine

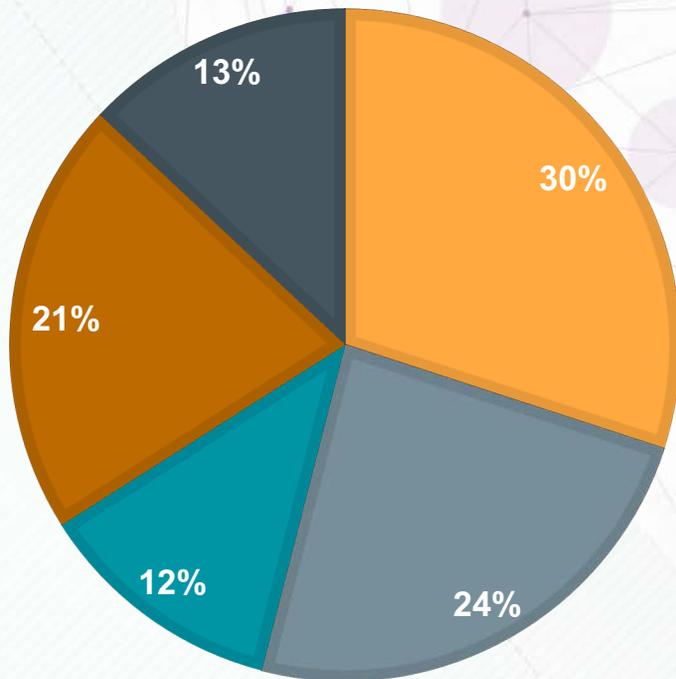
technologies that
improve student
success.



Summer 2020 NROC Member Survey

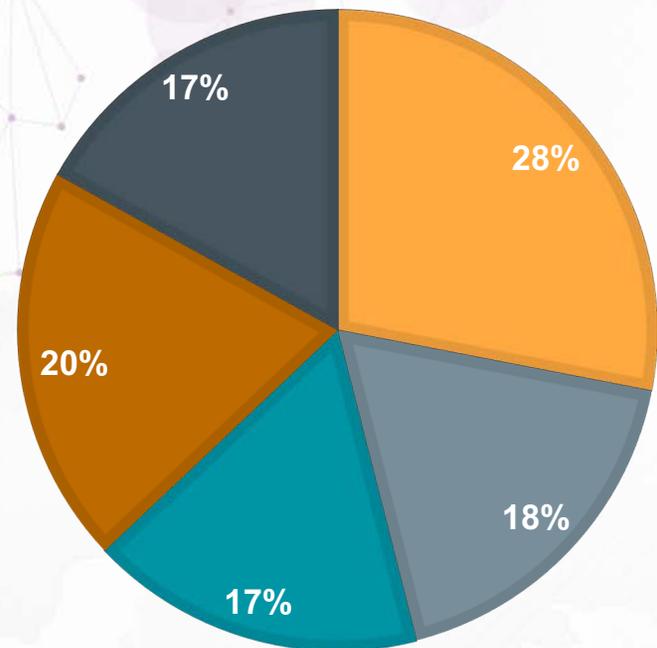
SPRING CONCERNS

- Engaging Learners
- Tech Access
- Staff Development
- Moving Lessons Online
- Other



FALL CONCERNS

- SEL Concerns
- Safety Measures
- Tech Access
- Student Motivation/Accountability
- Other



LifeBound

in partnership with NROC



Inclusive Coaching: Promoting Resilience with Students in Uncertain Times

Carol Carter and Sarah Lyman Kravits

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

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.

Research-Based Evidence of Coaching Efficacy

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



Academic Coaching in Distributed Settings (during COVID and beyond)

- 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

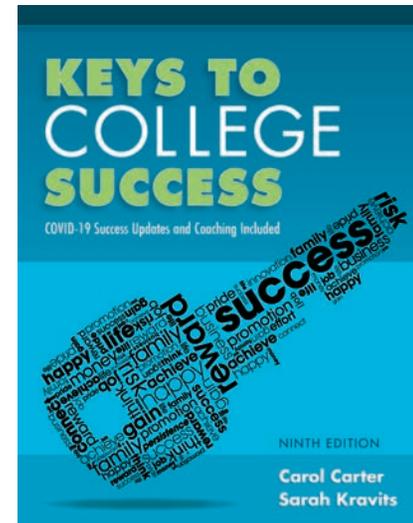
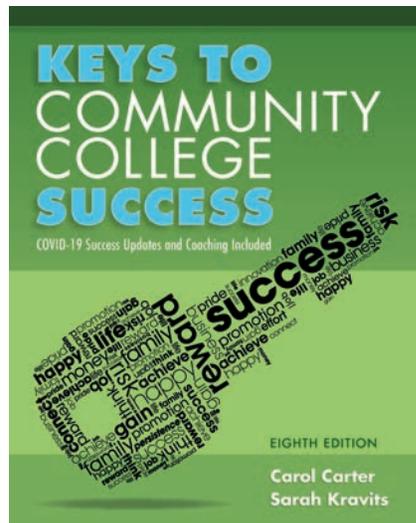
- October 2, 9, & 16
- November 6, 13, & 20

www.lifebound.com

More About Us

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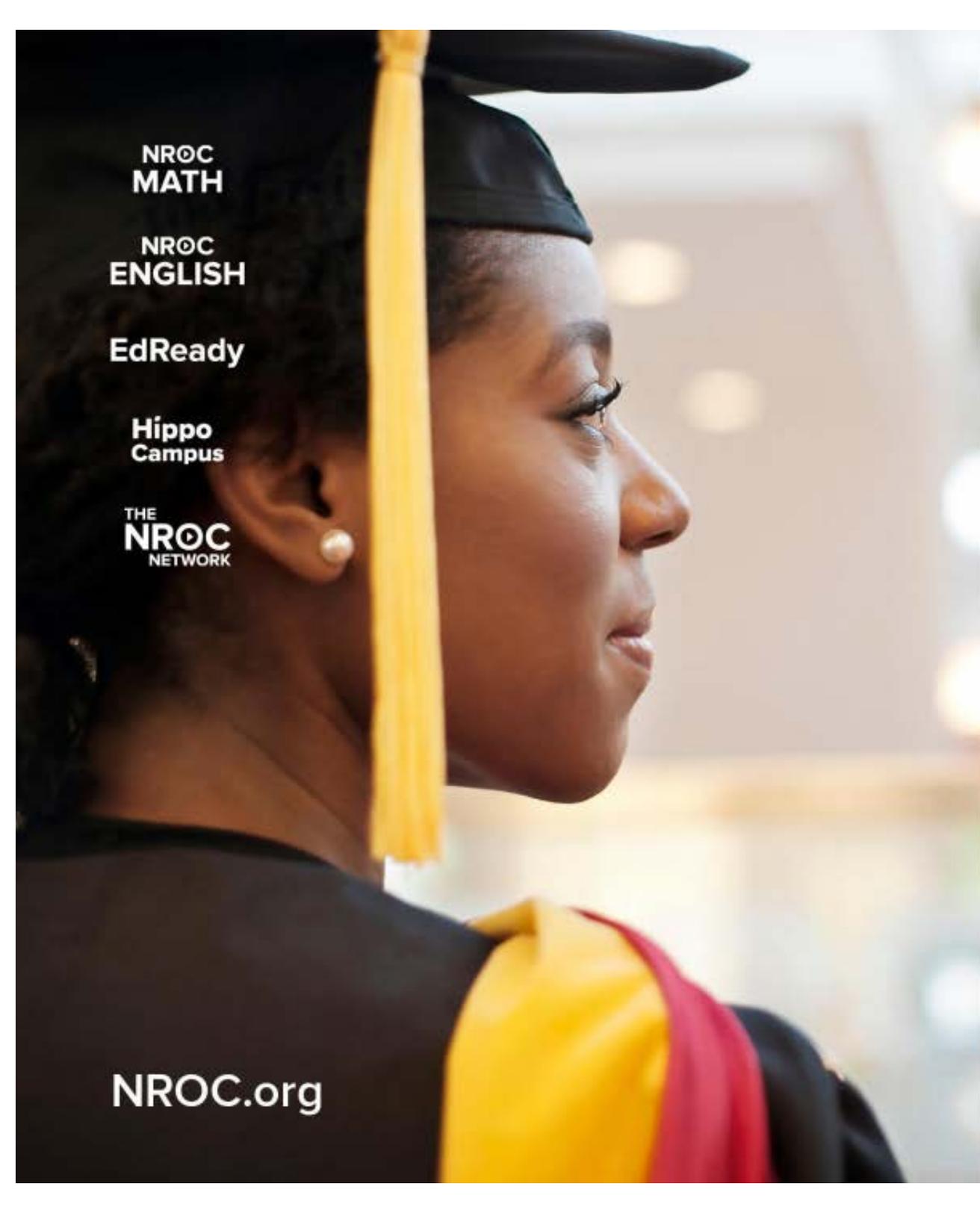
Carol Carter, Founder of LifeBound – caroljcarter@globalminded.org



E-book available for \$30 for online and hybrid FYE courses



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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.