

# DIGGING DEEPER

Coaching practices for  
practitioners working in  
complex & challenging  
environments

**Digging Deeper** is an **interactive and practical workshop** that explores the **practice of coaching as a tool for social workers and youth workers** working in complex and challenging environments. You will learn a practical strengths-based approach: ask your clients questions that 'dig deep' and nurture self-awareness and healthy ways to explore personal responsibility. Activate positive decision-making that energises self-determination, aspiration and hope... one conversation at a time. Digging Deeper provides social workers and youth workers with the skills and confidence to facilitate coaching conversations with clients that:

- **Set the foundation: Build trust and rapport quickly and effectively in challenging environments**
- **Dig deeper: Learn how to ask questions that cut through the mess, strength spot and harness intrinsic motivation**
- **Redefine story: Help clients to re-write their challenging stories and replace them with powerful narratives, strengths, aspirations and hope.**

The Digging Deeper is a practical workshop **facilitated by experienced trainer, practitioner and coach Shayne Hood**, who will provide you with the opportunity to practice and build your coaching skills so you can apply them with clients straight away!

Shayne will equip you with a **coaching toolkit, including coaching questions, and lots of practical advice.**

Workshop participants will gain:

- **an extensive understanding of coaching theory and what this means for practice**
- **an understanding of the connection between coaching and self-determination in the context of youth work and social work**
- **new skills for applying and navigating the practical elements of coaching**
- **new skills for reflecting and continuously improving coaching practices.**

Digging Deeper is a face to face\* workshop held over **two days**  
**9.30-4.30pm Thursday 5th & Thursday 12th of August**

**Cost:** From \$400 for two days training, including catering and coaching toolkit

**Location:** CBD location [TBC] \*Covid Safe rules will be followed, we will pivot to online if required.

[Purchase your ticket here.](#) Get in quick, spots are limited!

Any questions? Contact Emily Mellon [emily.mellon@cfecfw.asn.au](mailto:emily.mellon@cfecfw.asn.au) 9614 1506

*Shayne is an inspiring leader and facilitator...As a practitioner and someone with lived experience he knows what he is talking about when he links theory with practice and provides a narrative when talking to professionals in a training setting...He will always focus on strengths and centralises them in any conversation. Shayne provided me with mentoring and coaching throughout the first year of the [extending care] pilot and I truly enjoyed reflecting on evidence-based practice and outcomes. I hope I will get to work with Shayne again in the future.*

**Kim Jansen, Uniting NSW**