

# Coaching Program

Coaching aims to enhance practitioners' capacity in a safe environment to reflect, encourage learning, and explore new understandings and skills. Participants will have a reflective space with a trusted coach to develop their skills, explore evidence-based practices and discover alternative ways of embedding theories to practice. They will also be able to use the coaching space to understand vicarious trauma, explore self-regulation tools and develop the capacity to be present with the child, young person and family whilst managing client complexities. Coaching provides practitioners with the skills and confidence to provide a quality service to their clients through:

- Establishing a connection with clients through using non-judgemental language and approach.
- Learning how to have authentic conversations that balances empathy and challenges to create meaningful change.
- Supporting the clients in their healing journey through empowering their narratives.

Each coaching session consists of:

- A Case Reflection to apply the theory to practice principles.
- Active Practice with practitioners to increase confidence of practice with clients; and
- A focus on embedding micro skills in practice to support practitioners' growth.

## Learning Outcomes

- The ability to effectively reflect on and improve practice continuously.
- An increased confidence in approaching difficult conversations, managing competing family demands and expectations, and
- An enhanced understanding of suitable goals and activities to reduce risk and support the wellbeing of the young person and their family.

## Who can benefit from coaching:

Practitioners, social workers, clinicians, teachers, wellbeing counsellors and other workforce participants who are part of an integrated system that impacts a child or young person's life (and their family) and who wish to embed skills and have a safe space to reflect on work practices.

## Delivery Details

Coaching sessions typically run for 1.5 to 2 hours monthly for 2 to 6 months, either online or in-person.

## More information

Contact [training@cfecfw.asn.au](mailto:training@cfecfw.asn.au)