

Coaching Workshop

The coaching workshop was designed to give MUG leaders an opportunity to get real life, hands on experience in the peer coaching process.

Part 1: Coaching presentation

A short presentation on coaching is made by one of the four presenters

Info to be covered:

1. The coaching process
2. Tips for a successful coach
3. Instructions for Peer coaching break out session

Squads will go to their assigned rooms

Handouts for MUG Leaders:

- Coaching framework handout
- Sample Questions
- Peer Coaching Checklist

Part 2: Coaching practice - This is your part of the session

Read through the process explained below and explain to you Squads

Students will take turns coaching each other through real life academic issues

1. Students will be asked to think back to their first year (or first term) and remember a time when they were struggling in their transition to UBC (think study habits, life balance, exam strategy, note taking etc)
2. Once everyone has written down their struggle (point form) they will pair up and separate.
3. One student will take on the role of Coach and the other of coachee.
4. Coach will use framework discussed to root out coachees problem
5. Once time is up, coachee will fill out the checklist provided and go over it with the coach to give feedback.
6. Roles will then switch and process repeated

7. Once everyone has had a chance to coach and be coached pairs will split up and find another partner
8. Process will repeat itself once more so that coaches have a chance to put to use the feedback that they were given
9. Group will reconvene and Squad leaders will lead a discussion on the coaching process
 - a. What worked, what didn't