

Tips on engaging pupils within coaching sessions

Context

You may be working with a young person who is disengaged during the coaching session.

We understand that this can be demotivating because of the effort you have put in to prepare for the coaching session and the time you have volunteered, but boosting the confidence of a disengaged pupil can have an even greater impact on their future and can be even more rewarding for you.



Top Tips

- Keen an open mind as many students need time to feel comfortable. There are four coaching sessions; you may notice your young person is more receptive next week, having had time and space
- Just showing up on time every week indicates that you care
- Set expectations of how you will be working together from the outset: let them know that they can be open and honest without judgement; you will listen to them and take them seriously; they can ask questions if they don't understand anything; you may make suggestions in their best interests but they can disagree
- Ask your student who their role models are; this will give you an insight into how they perceive themselves and show you what they are passionate about
- Ask your young person what success looks like for them
- Praise your student and recognise their hard work
- Tell them your career story from the start to build trust
- Tell your young person, within boundaries, when you failed at something. Do this confidently and they will understand that this is a safe space where they can be open and honest without judgement
- Match your student's energy and take it one level above to show your enthusiasm
- Reflect back the emotions/feelings you may identify to help them understand how they feel and seek further clarification - *pause and wait for a response*
- If you are concerned about your student's engagement, raise this with your Transition Manager