


Different coaching-teaching styles

Tips to achieve an effective coaching style and to achieve adaptability of the coaching style

Wiki

 3 minutes to read

Golden rules of coaching

1. Confidentiality and trust is the basis of coaching
2. The solutions involve the coachee (VET students)
3. There is an agreed goal to achieve, although there is no judgment or fixed agenda
4. The objective of coaching addressing to the person as a whole
5. The coach and the coachee are equal partners.
6. Coaching looks to the future and next actions.

Some ways/tips to achieve an effective coaching style:

Ask questions: It would be good to ask questions the students to gain an understanding of the needs and to ensure that you're using the best coaching style. Developing a relationship with VET students can help you build trust, which can make it easier for VET students to ask questions in return.

Be positive: It is important to maintain a positive approach in any of the coaching styles you will apply shows the VET students you are responsible for that you want to help them, even when encountering challenges.

Listen and support: As a coach, it is important to listen what the VET students need from you, this will enable you to know the type of guidance they require. If the students feel supported they will feel better in case of mistakes or encounter a challenge.

Continuous learning: it is important to be aware that continuous learning is fundamental for the coach development.



Figure. 1. Tips for effective coaching.

Some ways/tips to achieve adaptability of your coaching style:

1. **Ask Questions first and then listen:** it is important to ask powerful questions such as “How’s that working for you?” but most important is to listen carefully
2. **Built trust**
3. **Be a good listener:** Active listening is critical to any type of coaching.
4. **Stay calm under pressure**
5. **Check your biases and don’t judge**
6. **Communicate in an encouraging and respectful way**
7. **Focus on people’s talents and potential**
8. **Growth is a lifelong process.** It’s always possible to improve something.
9. **Be confident to inspire confidence**



Last but not least.....

Please REMEMBER....

You can improve and adapt your coaching style by

- ✓ *Providing and receiving feedback,*
- ✓ *Learning about your VET students skills and abilities, and*
- ✓ *Building mutual trust*
- ✓ *Continuous learning*