

TRAINING AGENDA

EX-CARERS BECOMING COACHES

DAY 1

PRE-COURSE HOMEWORK: Complete online MBTI test

MORNING

WHAT IS COACH4CARE?

An overview of Coach4care, its core principles and how the service works

WHAT IS COACHING?

An overview of coaching and how it is used. Keeping clarity of the session and coming back to what people want to focus on and reflecting back if people change

WHAT KIND OF A COACH ARE YOU GOING TO BE?

Use the MBTI exercises ex-carers completed as pre course homework. Get ex-carers to map out their journey, the same journey that can be used as a coaching tool.

REFLECTING ON END OF LIFE COACHING

Explaining how coaching is different for someone who is dying and reflecting on what this is like and how this might differ from normal coaching.

INTRODUCTION TO THE DOUBLE DIAMOND COACHING MODEL

Using the double diamond coaching model and the handbook with both people using their booklet.

AFTERNOON

ACTIVE LISTENING

An introduction to and a practice of how to listen actively

Strategies for working with people when strong emotions are present (the coach and coachee)

Learning how to reflect

HOW WILL YOU BRING YOUR EXPERIENCE TO THE ROLE?

What is helpful? What is not?

GETTING TO KNOW THE CARER (DISCOVER)

Identifying core values

My typical week

My typical day

Wheel of life tool

COACHING PRACTICE 2

Using the double diamond coaching model and the handbook with both people using their booklet.

This time focus on reflecting back and clarifying what the carer would like to focus on

HOMEWORK:
Coach a friend or colleague
(Coaching practice 3)

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DAY 2

MORNING

FEEDBACK ON COACHING

Round the room feedback on how it went
The group offer feedback and advice to each other

IDENTIFYING GOALS (DEFINE)

ex-caregivers learn how to use the 'visual goal setting' and 'how might we' tool
Activity

VISUALISING THE FUTURE (DEVELOP)

Facts, feelings future
Future pacing
What can I control
Activity

COACHING PRACTICE 4

Using the double diamond coaching model and the handbook with both people using their booklet.

AFTERNOON

COMING UP WITH NEW SOLUTIONS (DEVELOP)

Brainstorming
Mind mapping
Role play conversations

POSITIVITY PLANNING (DEVELOP)

Increasing positivity
Positive scripts
Strengths
Practice positivity planning and feedback

MAKING AN INTERVENTION (DEVELOP/DELIVER)

Improving resilience
Journalling
Building networks of support

COACHING PRACTICE 5

Using the double diamond coaching model and the handbook with both people using their booklet and focusing on resilience

HOMEWORK:

Coach a friend or colleague focus on helping them develop solutions to a problem that they have (coaching practice 6)

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DAY 3

MORNING

FEEDBACK

Feedback on how the coaching went

SELF-COMPASSION

Practice tools. Explain coaches also need to use these tools - these tools are as much about supporting coaches to do a good job as much as it is about sharing them with the carers they will work with.

Self compassion

Mindfulness breathing

Relaxation

FINAL COACHING PRACTICE (7)

Using the double diamond coaching model and the handbook with both people using their booklet and bringing in everything they have learned

COACHING AGREEMENT

An introduction to the coaching agreement, what is expected from both parties and when coaching should be stopped.

SUPPORT FOR COACHES

How ex-caregivers can receive support and how they should contact if they are ever worried or concerned.

WHAT TO DO IF A CARER'S LOVED ONE DIES

Guidance on what to do if a carers loved one dies

NEXT STEPS...