

MACMHP 2011 Conference
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**“Using Life Coaching Skills
as a Purposeful Strategy with
Youth & Families”**

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What is Life Coaching?

“Partnering with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential.”

- International Coach Federation

Gap Management

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What Do Coaches Do?

“The coaches main role deals with expanding the ability to see contexts, rather than supplying content. The person being coached then sees new ways to utilize existing skills.”

-Julio Olalla

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Benefits of Life Coaching:

- Expand awareness
- Get un-stuck
- Increase confidence, results & satisfaction
- Improve relationships
- Gain insight & perspective

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How Coaching Works.....

- Define scope of relationship
- Identify priorities for action
- Assess current challenges and opportunities
- Establish specific desired outcomes
- Support and accountability

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DIRECTIVE
telling
training
teaching
giving advice
solution seeking
creative thinking
gaining clarity
questioning
listening
NON-DIRECTIVE

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Research on Coaching Youth: (2006-2010)

- Improves self-determination and self-efficacy
- Improved test scores & academic performance
- Increased confidence
- Increased ‘hardiness’ and hope
- Decreased depression
- Effective intervention to build resilience
- Positive impact on health and well-being

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Essential Life Coaching Skills

- Transparent Relationship
- Active Listening
- Powerful Questioning
- Goal Setting
- Accountability
- Acknowledging

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Transparency as a Coach

- Part of establishing the coaching relationship
 - Permission
 - What’s your agenda?
 - Logistics
- Vulnerable youth & families

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Active Listening

- Listening TO
- Listening FOR
- Listening WITH

“The greatest motivational act one person can do for another is listen.” -Roy Moody

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Powerful Questioning

- Opens others to exploration
- Draws attention to energy, wants, values...
- Open ended vs. closed
- Creates clarity, possibility, learning...
- Invites reflection, awareness
- Might not be able to answer....
- Moves people towards what they want

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Powerful Question Examples

- “What would you have to give up in order to achieve this goal?”
- “What’s most important?”
- “What’s getting in the way?”
- “What are 15 ways to do this?”
- “What support do you need to accomplish this?”
- “What would you do if you knew you could not fail?”

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Goal Setting

- The ability to develop and maintain an effective plan
- Full partnership
- S.M.A.R.T.
- Help identify and access resources
- Identify and target early successes

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Accountability

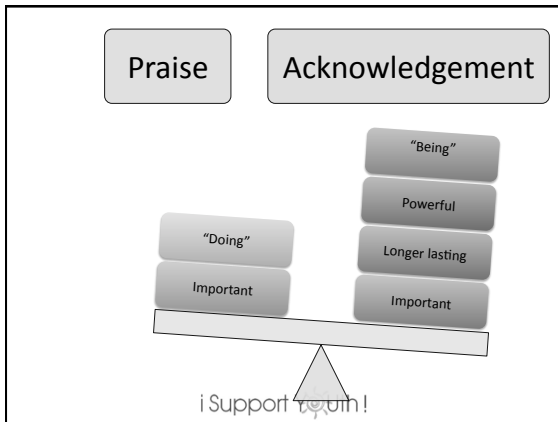
- Ability to hold attention.....
- Request action that will move client towards their goals
- Demonstrates follow through
- Acknowledges
- Keeps client on track
- Leaves responsibility with client.....

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ac·knowl·edge

- to admit to be real or true; recognize the existence, truth, or fact of.
- to show or express recognition or realization of.
- to recognize the authority, validity, or claims of.
- to show or express appreciation or gratitude for.
- to take notice of or reply to.

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Tips for Acknowledging

- Look for the motivation behind behavior
- Catch someone living their values
- Encourage others by acknowledging them
- Be specific and concrete
- Say ‘thank you’ when someone acknowledges you

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Acknowledgement Practice

- “I want to acknowledge you for.....”
- I appreciate that you.....”
- “Thank you for being.....”
- “During this conference I noticed that....”
- “When I talked with you what I enjoyed was that you.....”
- During our conversations I saw you as....”
- “What I believe others appreciate about you is.....”

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ICF Core Competencies

SETTING THE FOUNDATION:

1. Ethical guidelines and professionalism
2. Establishing the coaching agreement

CO-CREATING THE RELATIONSHIP:

3. Establishing trust and intimacy
4. Coaching presence

COMMUNICATING EFFECTIVELY:

5. Active listening
6. Powerful questioning
7. Direct communication

FACILITATING LEARNING AND RESULTS:

8. Creating awareness
9. Designing actions
10. Planning and goal setting
11. Managing progress and accountability

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Resources

www.minnesotacoaches.org
www.coachfederation.org (ICF)
Becoming a Professional Life Coach, by Patrick Williams & Diane Menendez. (2007). W.W. Norton Company: NY
Total Life Coaching, by Patrick Williams & Lloyd Thomas (2005). W.W. Norton Company: NY
Therapist as Life Coach: Transforming Your Practice, by Patrick Williams & Deborah C. Davis. (2002) W. W. Norton Company: NY
Co-Active Coaching, by Laura Whitworth, Henry Kimsey-House & Phil Sandahl. (1998). Davies-Black Publishing: CA

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Resources, continued

Professional Journals:

- International Journal of Evidenced Based Coaching and Mentoring (2009).
- Coaching: An International Journal of Theory, Research and Practice (2009).
- International Coaching Psychology Review (2007)
- Journal of Positive Psychology (2006)

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Upcoming Teleclass: Goal Setting & Accountability with Youth

- Mondays, October 3rd, 10th & 17th, 2011 with two separate class times (choose one)
 - 12:00 -1:00pm (CST) or
 - 4:00-5:00pm (CTS)
- All teleclasses will be recorded.
- \$99.00 (79.00 with discount*)
- *Special time limited offer of \$20.00 off for MACMHP participants: coupon code "MACMHP_Sept2011" (ends 9/30/11)

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