

## TASN ATBS Coaching 101 Information Sheet

### What is educational coaching?

Professional coaching is a learning interaction that

- Capitalizes on strengths
- Generates positive changes
- Builds capacity
- Fosters personal transformation

### How is it different than traditional consultation?

In traditional consultation, the consultant

- provides information and analysis
- generates ideas and shares resources

In coaching, the coach

- supports the planning, problem-solving and reflection of coaching client
- supports ideas generated by the client

### Why is coaching more effective than consultation?

In education, professional coaching

- Builds capacity
- increases sense of support
- increases sense of efficacy and independence
- improves interdependent relationships and school culture
- increases likelihood that newly acquired knowledge will be applied

### What does a coaching conversation look like?

Here are the steps you might see professionals engage in during a coaching conversation

- identify a purpose
- build rapport
- set a goal
- create a plan
- analyze & reflect on conversation



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