

School Coaching

Foundation in Secondary School Coaching - FSSC



About this course

This course is run by Noble Manhattan Coaching (**'NMC'**) in conjunction with the School Performance and Wellbeing Alliance (**'SPWA'**).

On successful completion of this course, school staff will have the appropriate skills, tools and knowledge that they need to provide **basic coaching services** to pupils in a Secondary School or Sixth Form College setting.

School staff will also be able to:

- Deliver a ground-breaking personal development programme, called **'The Other Subject*'**.
- Have a basic understanding of the developing brain.
- Know the difference between counselling, mentoring and coaching.
- Determine when coaching is and isn't appropriate.
- Know how to refer pupils to more appropriate support services in circumstances where coaching is not appropriate.
- Understand the importance of child protection, safeguarding and confidentiality when coaching pupils.

Who is this course for?

Staff and teachers who work in a Secondary School or Sixth Form College setting.

The challenge facing schools:

Most parents and staff want their children/pupils to do well, but not at the cost of their mental health or wellbeing.

As a result, pastoral care is becoming a major factor for parents and pupils when selecting a school.

How will this training benefit your school?

- Introduces a coaching culture.
- Empowers pupils to solve problems, make decisions and accomplish goals.
- Offers structured lessons and sessions that are focused, time limited and cost effective.
- Helps prevent, intercept and support performance, mental health and wellbeing issues early before they develop or become more serious.
- Complements counselling and other pastoral care services:
 - Provides an additional layer of support for basic issues – useful when such services are over-stretched.
 - Is an extra catch and referral point with respect to more complex issues.



Training

This course is delivered in two parts.

First inset training day: 9am – 5pm

Second inset training day: 8.45am - 5.15pm

To keep costs down, the second inset training day can also be delivered by a nominated staff member who undergoes 4 x 1-hr Skype training calls with a dedicated Noble Manhattan Coaching (**'NMC'**) trainer.

Training is offered either in school or offsite depending on the requirements of each school.

There is some light reading, **but there is no written work for this course.**

COSTS

Option 1: 2 x onsite inset training days **£3600** for up to 30 teachers/school staff. £100 for each additional teacher/school staff member.

Option 2: 1 x onsite inset training day and 4 x 1.5 hr training sessions (to be delivered by a nominated staff member who is trained by a NMC trainer) **£2645** for up to 30 teachers/school staff. £50 for each additional teacher/school staff member.

Option 3: Cost of offsite training days for individual staff members - **£395** per staff member per training day.

Trust schools receive a 20% discount and a limited number of bursaries are available to schools with special circumstances.

The Other Subject

The Other Subject comprises 100 lessons that empower school pupils (in Reception through to Year 13) live happier, healthier and more successful lives.

50 of these lessons are dedicated to Secondary Schools and Sixth Form Colleges (referred to as **OS Secondary**) and 50 of these lessons are dedicated to Infant and Primary Schools (referred to as **OS Junior**). On this training course, you will focus solely on **OS Senior**.

All lessons are unisex, age appropriate and cover key areas of maturation and development for children, including: Mindfulness; Relationship with yourself; Relationships with others; Communication; Resilience; Future planning and Accomplishment.

The Other Subject is an integrative and holistic programme and doesn't prescribe one modality or methodology. Rather, it uses tried and tested coaching techniques (traditionally used in the corporate and sporting worlds) and blends these techniques with principles from neuroscience, positive psychology, Mindfulness and cognitive behavioural science.

The Other Subject helps schools feel reassured that that they are adopting a blend of all the most widely-accepted and evidenced-based approaches to boost performance and wellbeing in schools – in preference to one modality that may go in and out of favour, depending on trends, Government initiatives and results from trials/research.

The Other Subject doesn't over-burden staff. Instead it enables them to do what they are already doing at the coal-face (e.g. basic pastoral care and support services) with more training and confidence.

The lessons are flexible and adaptable and can be taught as part of PSHE or used as the basis of an assembly, talk or workshop for pupils or parents. Alternatively, staff can use the lessons content and structure to help pupils basic issues in a one-to-one session.

The lessons have the potential to benefit a school community systemically. In delivering these lessons, not only is there an enormous benefit to pupils – there is also a benefit to staff, given the universal nature of the lessons. For the same reason, there is also a benefit to parents to the extent the lessons are shared with them in evening workshops.

Why is this training unique?

This training is unique, in that staff learn how to support pupils in a way that is:

- Safe and reliable.
- Accessible and non-stigmatised.
- Solution focused.
- Time limited.
- Cost effective.
- Empowering to staff and pupils.
- Adaptable and flexible.
- Integrative and holistic.
- Complementary to other support, training and help that pupils might be receiving.
- Helpful to staff on a personal level.

Other Courses

There are 5 other school coaching training courses available from May 2018

Foundation in Infant and Primary School Coaching (FIPSC). This course is for school staff who work in an Infant or Primary School setting and would like to learn coaching tools and skills to help support pupils with basic performance, mental health and wellbeing issues.

Certificate in Infant and Primary School Coaching (CIPSC). This course is for qualified coaches, counsellors and psychotherapists who would like a bolt on qualification to allow them to work as a specialist School Coach in a Secondary School or Sixth Form College setting. This course can also be used to evidence CPD.

Certificate in Secondary School Coaching (CSSC). This course is for qualified coaches, counsellors and psychotherapists who would like a bolt on qualification to allow them to work as a specialist School Coach in a Secondary School or Sixth Form College setting. This course can also be used to evidence CPD.

Practitioner and School Coach Diploma – Infant and Primary Schools (PSCD/IPS). This higher-level course is for anyone who wants a double qualification, enabling them to work as a specialist School Coach in an Infant and Primary School setting (supporting pupils and staff) and a general Practitioner Coach with IAPC&M accreditation that is able to support individuals of all ages outside of a school setting.



Practitioner and School Coach Diploma – Secondary Schools (PSCD/SS).

This higher level course is for anyone who wants a double qualification, enabling them to work as a specialist School Coach in a Secondary School or Sixth Form College setting (supporting pupils and staff) and a general Practitioner Coach with IAPC&M accreditation that is able to support individuals of all ages outside of a school setting.

These courses are run by the **School Performance and Wellbeing Alliance** in conjunction with **Noble Manhattan Coaching**.



For further information please see noble-manhattan.co.uk/school-coaching or use the contact information below.

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