

Coachella: Coaches Coaching Coaches

The Many Rs of FCC

- 1. **Read** 
[Everyday Strategies for Working with Families](#) 
- 2. **Refresh** 
Fixer vs. Coaching Mindset
- 3. **Renew** 
Mindfulness Moment
- 4. **Review** 
Ready-To-Coach Checklist

The Fixer vs. The Coach

Top 11 ways coaches can reduce the impact of stress and trauma on families

1. Provide a comfortable, safe, and private space to meet
2. Reflect and honor diversity in the physical environment
3. Before every meeting, calm and center yourself
4. Build on participants' strengths
5. Divide action items into small, manageable steps
6. Develop short timelines to complete small steps
7. Provide choices for participants (when and where to meet, how they would like to receive services or referrals)
8. Consistently recall action steps for changes
9. Make decisions together
10. Make information clear, culturally relevant, and easy
11. Stay positive and build on participants' strengths



Refresh

Renew

Mindfulness

FLINT & GENESEE Literacy Network

FIXER VERSUS COACHING MINDSET

HEY COACHES! CHECK YOUR MINDSET!

FIXER MINDSET ❌	COACHING MINDSET ✅
<p>Ask yourself these questions</p> <p>Am I aware of my mindset?</p>	<p>Utilize these approaches instead</p> <p>Decide! Not slide! Make an intentional decision about the mindset you are going to use. Make a decision to pivot to coaching when you find yourself slipping into fixing.</p>
<p>Am I bringing negative or stereotypical thoughts about the individual into my meeting?</p>	<p>Recognize these facts:</p> <ul style="list-style-type: none"> • They are a hero, whole and complete • They have goals, dreams, and a desire to make a difference. • They have their own answers • They are contributing to me right here and now • They deserve dignity and respect
<p>Am I being transactional?</p>	<p>Empower the individual to seek their own solution.</p>
<p>Am I doing all the talking?</p>	<p>Ask the individual open-ended, powerful questions.</p>
<p>Am I in the driver's seat?</p>	<p>Assess strengths and value to ensure the individual is in the driver's seat; recognize that the individual is creative.</p>
<p>Am I continually assessing the individual for their state of change?</p>	<p>Understand and listen for the individual's perspective through change statements:</p> <ul style="list-style-type: none"> • "I need something now." • "Yes, but how?" • "I'm ready. Let's do it."

Family-Centered Coaching

GUIDED MEDITATION OPEN AWARENESS PRACTICE

BY LISA

Guided Open Awareness Meditation

This guided meditation practice is an invitation to practice present moment awareness. [...]Read More

Resources

- [The Family-Centered Coaching Toolkit](#)
- [A Coaching Approach to Case Management?](#)
- [Fixer v. Coaching Mindset Infographic - Choice Neighborhoods Initiative](#)

Review

READY TO COACH CHECKLIST

- Prepare your space
- Prepare your mindset
- Follow through

[View the full checklist here](#)



Reminder!

Our next PLC meeting is Thursday, July 8th,
To join our Professional Learning Community

[Register here](#)