

Coachella: Coaches Coaching Coaches



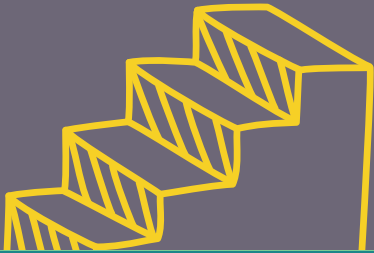
1. Review

2. Rethink

3. Reshape

4. Relearn

REVIEW



STAGES OF CHANGE



RETHINK

Check out this PLC-Created Tool for questions you can ask a client to identify which stage of change they may be at the moment.



You have voted!



Official FCC PLC Logo!



FLINT INSTITUTE OF ART:



RESHAPE

Your Perception!

Our duty as coaches is to provide our services through a trauma-informed lens. But what exactly does that mean?

Click the article to learn more.



What is Trauma-Informed Care?

"BEING ABLE TO ACCESS CHOICE IN EVERY MOMENT IS THE BIGGEST POSSIBLE PROTECTION WE HAVE AGAINST TRAUMA." - LIZ STANLEY, PHD

RELEARN

People Also Ask

What it means to be a mentor?

A **mentor** is

a person or friend who guides a less experienced person by building trust and modeling positive behaviors. An effective mentor understands that his or her role is to be dependable, engaged, authentic, and tuned into the needs of the mentee.

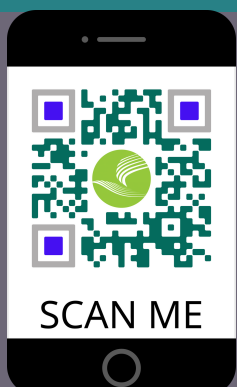
RESOURCES

While it is our duty as Coaches to provide support through a trauma-informed lens, it is also important to only provide services within our scope of competence. Here are some resources if you feel a participant could use support beyond your level of expertise.

[Genesee County Programs & Treatments](#)

[FCC PLC Resource Guide](#)

[Becoming Trauma-Informed](#)



Join us for our next
PLC meeting, Aug. 4th!
Register to join PLC.

