

Coaching Program

Designed by practitioners for practitioners



Coaching aims to enhance practitioners' capacity in a safe environment to reflect, encourage learning, and explore new understandings and skills. Participants will have a reflective space with a trusted coach to develop their skills, explore evidence-based practices and discover alternative ways of embedding theories to practice. They will also be able to use the coaching space to understand vicarious trauma, explore self-regulation tools and develop the capacity to be present with the child, young person and family whilst managing client complexities. Coaching provides practitioners with the skills and confidence to provide a quality service to their clients through:

- Establishing a connection with clients through using non-judgemental language and approach.
- Learning how to have authentic conversations that balances empathy and challenges to create meaningful change.
- Supporting the clients in their healing journey through empowering their narratives.

Each coaching session consists of :

- A case reflection to apply the theory to practice principles.
- Active practice with practitioners to increase confidence of practice with clients; and
- A focus on embedding micro skills in practice to support practitioners' growth.

Learning Outcomes

- Understand trauma and identify the different types of trauma.
- Understand how to recognise client behaviours related to trauma.
- Understand the signs of trauma in young people.
- Understand what Trauma Informed Practice looks like, and how to put it into practice.

Delivery Details

Coaching sessions typically run for 1.5 to 2 hours monthly for 2 to 6 months, either online or in-person.

Who can benefit from coaching

Practitioners, social workers, clinicians, teachers, wellbeing counsellors and other workforce participants who are part of an integrated system that impacts a child or young person's life (and their family) and who wish to embed skills and have a safe space to reflect on work practices.

more information

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